

“Claiming My ‘Peace’ of Heaven in 2011”

Today’s Lesson

Everything We Need

PowerPoint notes available at:

www.unityofbakersfield.org

Everything We Need

Unity offers the student of Truth a spiritual program based on the systemic study of the science of Being; that which transcends the physical realm. That study is known as metaphysics, and when it is applied to all of life’s challenges the student transcends and overcomes all obstacles with a clear understanding of the realm of ideas and their legitimate expression. -Charles Fillmore.

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Michael went to his father and told him about his life and how things were so hard for him. He did not know how he was going to make it and wanted to give up. He was tired of fighting and struggling. It seemed as one problem was solved a new one arose. His father, a chef, took Michael to the kitchen. He filled three pots with water and placed each on a high fire. When the pots of water came to a boil the father put carrots into the first pot, an egg into the second pot, and coffee beans into the third pot. Twenty minutes later he turned off the burners. Taking a bowl he went to the first pot and spooned out the carrots. He then took another bowl and fished out the egg from the second pot. Then he took a ladle and put the coffee into a third bowl.

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Turning to his son he asked him to come to the counter and tell him what he saw in the bowls. Michael walked to the counter and looked into the bowls and replied, “I see carrots, an egg, and some coffee. “Is that all that you see, son?” asked the father. “Look closer and tell me what you see.” Michael looked into the bowls again and said, “Well in the first bowl I notice that the carrots are soft.” “And what about the egg?”, his father asked. Taking the egg in his hand and breaking off part of the shell, Michael said, “I notice that it’s all hard inside.” Then Michael sipped the coffee and smiled as he tasted its rich flavor.

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Father, what do these things have to do with my problems, father?” asked Michael. His father then explained that each of these objects had faced the same adversity – boiling water – but each reacted differently. The carrot went in strong, hard, rigid, and unrelenting. However, after being subjected to the boiling water, it softened and became weak. The egg had been fragile. It’s thin shell had protected its liquid interior. But, after sitting through the boiling water, its inside became hardened. The coffee beans were unique however. After they were in the boiling water, they changed it.

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“So, Michael, which one do you wish to be? The carrot, the egg, or the coffee beans? You have told me of the adversities you are facing. How are you going to react? Are you going to be the carrot that seems strong, but with pain you wilt and become soft and lose your strength? Or are you the egg which starts out with a heart that is fluid and flowing, but changes the minute you experience the heat of a death, a breakup, a financial hardship or some or trail, and then becomes hardened and stiff? Does your shell look the same, but inside bitterness has stiffen and hardened your heart?

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Or will you be like the coffee bean, that when faced with the trails of adversity change it. When the waters in life get hot, when things are at their worst, do you get better and change the situation around you to something that is full of fragrance and flavor? You have an opportunity to walk through the open door of spirituality, to praise God or curse God, the choice is yours, my son. Which will it be?

Jesus taught, and Unity continues to teach, that life is consciousness and as co-creators with God we can transform any negative situation into a positive affirmation of God's presence working with us as we move through the open door of adversity.

The Turning Kaleidoscope



But when you pray, go into your room and shut the door and pray to your Father who is in secret. And your Father who sees in secret will reward you. (Matt 6:6)

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Jesus gives his disciples seven instructions on how to do just that. The lesson is what is later known as the Lord's Prayer: "*Our Father who art in heaven...*" Let's look at these instructions:

1) Our Father who art in heaven: Begin everything you do with your focus on the Creator. Look to something bigger than yourself as you affirm the one presence and one power. Just as the son in our story went to his father for guidance, we too can find the answers we need when we focus our attention on our divine parent who is the divine presence (heaven).

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2) Hallowed be Thy name: Praise or curse, the choice is always ours. Cursing is an action that causes separation, for we are in effect saying, God, why did you do this to me? Cursing allows one to play the blame game as a victim of God's wrath. Jesus knew this game all too well and thus gave instructions to praise the name of God, to focus on God the good, the holy, the whole.

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3) Thy kingdom come, thy will be done: An attitude for living, a way to align ourselves with the source of all that is good. Thy kingdom come represents God in all life, a presence that is all around us. Thy will be done represents the nature of God we willing ask to be done through us. Our desire to align our will to that of the divine nature that moves and has its being through all of creation.

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4) On earth as it is in heaven: Here we affirm that the presence of God is to be extended into the very fabric of our lives, the very essence of human society. Every time we express the divine essence of God and project it out into our world we in effect manifest heaven on earth.

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5) *Give us this day our daily bread:* Jesus told the people to ask for what you want. Be direct, make your request known, but for this day only. Tomorrow will take care of itself. Then leave room for God to move through the open door. Too often we ask and then shut the door by second guessing ourselves and wondering if we are worthy or not to receive.

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6) *Forgive us our debts/transgressions as we forgive our debtors/ trespassers:* This is the forgiveness activity. This helps us to be honest with ourselves and our shortcomings. It helps us to realize its okay to be wrong, as others are too. This part of the process calls for us to take the first step to reconciliation with ourselves and others. It says US and WE not YOU or THEM.

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7) *Lead us not into temptation, But deliver us from evil:* Here, Jesus acknowledges the adversary that we all face from time to time. It is easy to fall into the victim mind-set that we are a product of our circumstance and there is nothing we can do about it. Yet, Jesus said, “get behind me Satan.” When faced with any adversarial situation or circumstance you can deliver yourself from E.V.I.L.

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E = Ego
V = Vandalizing (and)
I = Impacting (our)
L = Lives

And many of you have noticed that evil spelled backwards is l-i-v-e. So one could say that to live life backwards is to live life in the consciousness of evil: ego vandalizing and impacting our lives.

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7. I know some of you are sitting there thinking, “what about, *for thine is the kingdom and the power and the glory forever.*”? This was never part of the original prayer as found in the ancient Hebrew writings. It was added in the King James Version of the Bible and used by the Church of England, in order to make it different from the Catholic version.

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If history has shown us anything it is this: you are not without our trials and tribulations in life, you are not without your adversaries that come to you in many forms and degrees. But if you take one thing with you today, please know that you have the power, the tools, the spiritual gifts to overcome, transform, and then transcend. No matter what you are facing, or will ever face, there is no greater power than the power of God in your life.