


Today's Lesson
A Matter of Time
PowerPoint notes available at:
www.unityofbakersfield.org

A Matter of Time

*"... And a
little child
shall lead them"*

Isaiah 11:6

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Friday's with Papa: my Grandson, Remy and Godson, Ashton.

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While watching my boys ride the rides and just enjoy the moment I became aware that I too would like to return to a time when:
I could to go to McDonald's and think it's a four star restaurant.
I could sail sticks down a running creek and make a dam of mud and rocks.
I thought that M&M's are better than money because you can eat them.

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I could to lie on the ground under a big oak tree and watch the sunbeams dance among the leaves.
Run a lemonade stand on the side of the road with my friends on a hot summer's day.
A time when happiness ruled the day and you were blissfully unaware of all the things that should make you worried or upset.
I want to think the world is fair. That everyone is honest and good.

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To believe that anything is possible.
To be oblivious to the complexities of life and be overly excited by the little things again.
To have a day that does not consist of computer crashes, mountains of paperwork, depressing news, how to survive more days in the month than there is money in the bank, doctor bills, gossip, illness, and loss of loved ones.

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I want to believe in the power of smiles, hugs, a kind word, truth, justice, peace, dreams, the imagination, humankind, and making angels in the snow.

Someone once said, "Live for the moment, be in the present, but know that anything is possible for the future. Because it's only *a matter of time.*"

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The Master Teacher put it this way: "Truly I tell you, unless you change and become like little children, you will never enter the kingdom of heaven." Matthew 18:3

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Dr. Jane Kopp, Dean and Chair of Metaphysics at the Brooks Divinity School has this to say about time:

People from coast to coast today are complaining of not enough time: not enough time for children, not enough time for spouses—and no time for spirituality. It's reported that only 45 percent of a churches membership attends regularly.

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Less than 2 percent are out of town or home with a health challenge, the other 53 percent are home sleeping in, or working.

I e-mailed someone recently with an urgent request for answers to some important questions and she didn't respond for days. When she did, she invoked the image heard so often lately: "I'm dancing as fast as I can, but I can't keep up."

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The western model of living life makes it hard to embrace the Daily Word affirmation: *I am a creation of God. My life is God's expression.*

People are still resisting the call of timelessness in their lives. A study on why people resisted taking time off produced this finding: People don't resist taking time for themselves out of guilt but out of fear!

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As one person responded: Sure! I'll affirm more leisure time and I'll lose my job. Then I'll have all the time in the world. That'll be just great!

In her article for on Time and Timelessness for lightomega.org, author Julie wrote: *Living in timelessness involves a profound redefinition of identity - one that includes trust that what is happening now is all there is and all that needs to be.*

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This moment, this 'now', has immense significance because its source is in God. We and it are woven together in a dance called 'life', and the dance is ongoing forever. Knowing this, we have the possibility of letting go of everything else and living in the moment, trusting that the moment will take us to the next moment in whatever way it is meant to - in whatever way the manifestation of pure Divine intention creates.

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Now we are only this moment. In the next moment, we will be only that moment, and so on and so on, indefinitely. The degree of our rootedness in God makes possible this experience of timelessness, for it is God who is unfolding Him/Herself within a myriad of forms and moments, all of them expressions of Divine being.

How do we start to redefine how we understand time and timelessness in our lives?

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For me **T.I.M.E.** shows up as:
Thoughts, **I**nvestment, **M**anifestations, and **E**xperiences.

As Dr. Kopp reminds us: Time, or the lack of time often overshadows our lives in many ways. So, as co-creators with God we can learn to live in time by following these seven steps to creating more time:

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1. The Source of all time is spiritual, and like all things in creation, is made from the Consciousness of God;
2. Your experiences of time is brought to you by your concepts, attitudes, beliefs, thoughts, and acts. Resolve to: Let there be time.
3. Work on eliminating words or images having to do with stress, pressure, overload, etc.

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4. Give up the false belief that in order to have more you have to work more. Remember the Sabbath day and to keep it holy.

5. Streamline your commitments, bless your calendar using affirmative statements, and forgive those who trespass upon your time by looking at it as a gift of time to them.

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6. When deadlines loom on projects or events, take a moment to reconnect with God and ask for and accept the guidance.

7. Give thanks by taking time to connect with God, with others, to just sit in the experience of consciousness.

Remember to be mindful that the thoughts you have, the investment you give them, will manifest in your life as experiences.

After all, it's just a matter of time.