

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

A Matter of Living Life

As the Daily Word stated today:
Within me is all the wisdom I need to make loving, life-affirming choices. Within me is all I need to thrive!

A Matter of Living Life

I am came that you might have life, and that you might have it more abundantly (John 10:10).

A Matter of Living Life

It has been said that abundant living is not a by-product of circumstances, but rather an inner spirit we can tap into regardless of our circumstances.

Living an abundant life is a feeling more than anything else. Simply, it is a positive, peaceful spirit filled with love, acceptance and compassion.

A Matter of Living Life

On her webpage Kelly Galea writes: *To me, abundance means or represents wholeness and oneness. Feeling fulfilled and living my purpose & passions. Having rich relationships — with myself, with Spirit, with family & friends.*

A Matter of Living Life

Serving, being of service & being recognized for providing value with financial blessings. Having a healthy, loving marriage. Having plenty of money in my pocket, in our bank accounts, in my business and being able to live the life we want while helping others & sharing with others.

A Matter of Living Life

*Being healthy — eating right, nourishing my body; being fit, exercising & playing.
Feeling spiritually full — doing what I'm meant to do, what I'm here to do.
Continually learning & growing.
Yet while I affirm I am living abundantly, there are some days I'm not being abundant.*

A Matter of Living Life

There are days I'm not doing what makes me feel abundant. I forget to follow my abundance and bliss. I'm not aware & end up making choices not in alignment with abundance (this happens more than I care to admit, especially when I haven't taken enough time to rest & recharge).

A Matter of Living Life

Kelly Galea 

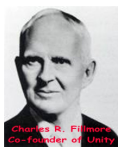
Like I said, I'm continually learning & growing! Abundance is a choice. Our beliefs about abundance are a choice.

A Matter of Living Life



If living an abundant life is a choice we make, how do we apply Jesus's statement, "I am come that you might have life, and that you might have it more abundantly," to our lives?

A Matter of Living Life

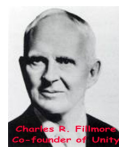


Fillmore, like Jesus, believed with every ounce of his being that it was God's great pleasure to give us everything we need to create an abundance consciousness for living life to the fullest.

His mantra, his foundation for this belief was none other than the statement:

"Christ in you, your hope of glory."
Colossians 1:27

A Matter of Living Life



Fillmore understood that "*the Christ*" was God's perfect idea for humankind, the very image that we were created from. He believed that Jesus expressed it in such a way that it raised the consciousness of humankind to a whole new level in understanding that the Christ abides in each person as his or her potential perfection. (Revealing Word)

A Matter of Living Life



Because of the work Charles and Myrtle Fillmore did, and their dedication to bringing the Jesus teachings to the masses through Practical Christianity, the *Christ* idea became a very powerful concept for living life, and living it abundantly.

A Matter of Living Life

The power that Unity teaches is found within this acronym for the "*Christ*:"

C = Christ
 H = Heals &
 R = Reveals
 I = I am
 S = Silently
 T = Trusting

A Matter of Living Life

Christ

When we realize, as Jesus did, *it is the father within that does the work*, we too can affirm: *the "Christ presence of Love, Peace and Healing Power moves through my mind, body and affairs."*

A Matter of Living Life

Heals

Fillmore, in his book, Jesus Christ Heals, wrote, *"Jesus had a grasp of divine ideas, and if we believe in and follow Him we shall come into the Christ state of mind."*

When working on a healing at depth remember: do not pray only for healing of a headache; pray to heal the worry or stress of whatever caused the headache.

A Matter of Living Life

Reveals

When asking for things to be revealed remember that this can be a very hard step for many of us. The things that annoy us and upset us are important because they reveal a need, a need in us to let go of the superficial and find the reality of Truth that underlies appearances. Seek to be filled with Spirit, to have the reality of things incarnated in larger degree in your consciousness.

A Matter of Living Life

Reveals

Spirit will reveal to your understanding your own specific gift, or the manner of God's desired manifestation through you.

Affirm in prayer, *"Reveal that which needs to be revealed for I am open and receptive to the transforming power of Spirit."*

A Matter of Living Life

I am

When affirming our connection to the “I Am,” we are accepting our divine potential to live a life blessed with all good things. When we move to the realm of the Absolute, we can claim with perfect confidence, “*I am health, I am wealth, I am inspiration, I am love,*” because this is the eternal Truth about each of us.

A Matter of Living Life

Silently

Going into the silence is the cornerstone of all manifestations. It’s an important step in living life to the fullest. As Jesus said, “*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)

A Matter of Living Life

Silently

In the book, Talks on Truth, Charles Fillmore stated that, “*All power has its birth in the silence. From the silent and dark void, God said, Let there be light.*”

The purpose of the silence is to still the activity of the individual thought so that the still small voice of God may be heard. “*Be still, and know that I am God.*” Ps 46:10

A Matter of Living Life

Trusting

Trusting the process, learning to let go and let God work through us, seems to be one of the hardest activities for us to do in order to live life fully and abundantly.

Jesus talks about an issue of trust with his disciples as he prepares them for his departure from classroom earth. “*Truly, truly, I say to you, he who believes in me will also do the works that I do; and greater works than these will he do, because I go to the Father.*” (John 14:12)

A Matter of Living Life

Trusting

There is really no other need than to know God, to know that we are one with God, to know that God’s Spirit (the Christ) is in us. When we know this, we have all the inner fortification we need.

Centered in God, I am serene, calm, trusting, fearless, free as I thrive from the inside out!

Christ Heals and Reveals, I am Silently Trusting, for the Christ the expressed through Jesus when he said, “*I came that you may have life and have it abundantly.*” Thank you, God.