

**UNITY**  
CHURCH OF BAKERSFIELD  
"A POSITIVE PLACE TO GROW!"

Today's Lesson  
*A Matter of Father Knows Best*  
PowerPoint notes available at:  
[www.unityofbakersfield.org](http://www.unityofbakersfield.org)

*A Matter of Father Knows Best*

The 1950's sitcom had Jim Anderson dealing with the issues of his day with wisdom that only a dad could give.

*A Matter of Father Knows Best*

What if we were able to sit and converse with God the same way the kids did with their dad on the sitcom? What wisdom would God give us to help us deal with our issues of the day?

*A Matter of Father Knows Best*

God Wants To Talk To You

*There is a divine order timing in all of creation, so remember to keep breathing.*

*A Matter of Father Knows Best*

God Wants To Talk To You

*The sun will rise and the rain will fall. Look at what the tides bring in.*

*A Matter of Father Knows Best*

God Wants To Talk To You

*Remember that every tide brings change here are 10 ways to deal with it more effectively:*

***A Matter of Father Knows Best***



1. *Don't rush the change so give yourself time to adjust and settle down.*

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2. *Expect reaction to the change so allow yourself time to laugh, cry, feel moody, or grieve.*

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3. *Don't take it personally it happens to everyone, don't get into a blame game or waste energy asking why it happened.*

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4. *Go with the flow, be flexible and ride out the storm, rigidity will turn you to stone.*

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5. *Don't go it alone. Share your feelings and thoughts with trusted friends & family.*

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6. *Don't focus on the negative. Look for things that make you smile.*

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7. *Break up the problem by taking care of it in bits and pieces, then reward yourself.*

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8. *Learn from it by asking, "What is it about this experience that will make we wiser, stronger and better able to move forward?"*

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9. *Balance your life. Don't stay stuck in yourself, go out with friends and family have fun create balance.*

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10. *Know that it will end. The sun will rise the rain will fall, the tide will come in and go out again. This too shall pass.*

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Navigating the Tides of Change by Zachoree a Hopi Indian:

*There is a river flowing now very fast.  
It is so great and swift, that there are those who will be afraid.  
They will try to hold on to the shore,  
They will feel they are being torn apart and will suffer greatly.  
Know that the river has its destination.*

***A Matter of Father Knows Best***

*The elders say we must let go of the shore,  
push off into the middle of the river, Keep our eyes open, and our heads above the water.  
And I say, see who is there with you and celebrate.  
At this time in history, we are to take nothing personally, least of all ourselves, For the moment that we do, our spiritual growth and journey come to a halt.*

***A Matter of Father Knows Best***

*The time of the lone wolf is over. Gather yourselves.*

*Banish the word struggle from your attitude and vocabulary.*

*All that we do now must be done in a sacred manner and in celebration.*

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