

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

*A Matter of Letting?*

Last week the lesson was on how to surrender using Jesus' teaching on how to surrender to God through the trinity of *trust, faith, and courage*. So how do we let that trust, faith, and courage move through us?

*A Matter of Letting?*

The first word spoken by God was *"Let."*

*A Matter of Letting?*

When someone says, *"Let it happen, go with the flow, don't fight it,"* what comes to mind?  
 God's in charge?  
 Divine order is at work?  
 There is something better, I just have to trust, have faith, and move forward with courage?  
 Or...  
 I can't change a thing so why try?  
 I have no power over this situation?  
 No good will come of it?

*A Matter of Letting?*

Someone once asked, *"What does it mean to let God be God in us?"*  
 What does it mean to you?  
 For me it has been a process of  
     Living (and)  
     Expressing  
     Truth  
 And the way this has worked for me is...

*A Matter of Letting?*

Through  
 Intuitive  
 Nonresistance (to)  
 Grace

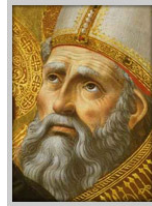
As the writer of John wrote:  
*For the law was given through Moses; grace and truth came through Jesus Christ.* (John 1:17)  
 When you look at the life and teachings of the Jesus, you see how this fits into his purpose.

**A Matter of Letting?**



This got me thinking: Jesus didn't let the Mosaic Law get in the way of his teachings on a loving, forgiving, all providing God.

**A Matter of Letting?**



How many people today are letting the "law" of others dictate how they will live their lives?

Case in point:

St. Augustine of Hippo's concept of "original sin" became law, and is still being used today to keep people in bondage to a God that condemns humankind because of the actions of Adam.

**A Matter of Letting?**

If I am to live the teachings of the Master Teacher by letting God be God through me then I believe I must be able to change my mind about concepts and beliefs that have been proved to no longer be the truth.

In other words, I can't stay in the same mind set, or thinking structure of those who came before me. It is my obligation to glean what truths they had to share and then transform them into a practical application that will work in this day and age.

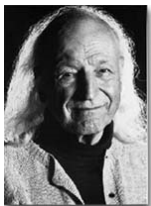
**A Matter of Letting?**



I came across a poem by James Dillet Freeman that caused me to look at how the old ideas and truths can be blessed by the living and expressing truth in God through me.

*Sometimes I can't see clear  
The way to go from here.  
So then I pause and pray.*

**A Matter of Letting?**



*Knowing God knows the way,  
I throw away the chart  
My cautious mind designed.  
And flowing with the flow  
I go by letting go.  
Believing that God's will  
Will bring me to the still  
Where I become the me  
That God means for me to be.*

**A Matter of Letting?**

*Sometimes I can't see clear  
The way to go from here.  
So then I pause and pray.*

There's an old spiritual that goes:

It's me, it's me oh, God  
Standing in the need of prayer...  
It's not my brother or my sister  
But me, oh, God,  
Standing in the need of prayer.

### ***A Matter of Letting?***

How many times have we found ourselves in conflict with others so much so that our prayers tend to be for them, as if they were the ones that needed it the most?

*Knowing God knows the way,*

*I throw away the chart*

*My cautious mind designed.*

Jesus instructed us to go to God first, to always seek the kingdom before we do anything.

### ***A Matter of Letting?***

*And flowing with the flow*

*I go by letting go.*

Going with the flow by letting go. This is one of those areas in our spiritual journey that we have a hard time with. Using the following two methods can help anyone begin the process of "letting."

We let go by telling the truth without blame or judgment.

We let go by choosing communication that is spirit driven instead of fear driven, so that we speak and act with an attitude of gratitude.

### ***A Matter of Letting?***

*Believing that God's will*

*Will bring me to the still*

*Where I become the me*

*That God means for me to be.*

We have been created to demonstrate and manifest God's will of good in all areas of our lives. The following activities can help us to achieve this goal in our lives.

1. Be present to what is going on now. This means we agree to show up in mind, body, and soul.

### ***A Matter of Letting?***

2. We listen from the heart instead of rehearsing a rebuttal.
3. We trust that Spirit will give us what we need to say.
4. We honor our commitments and apologize when we don't.
5. We hold and see the highest potential for all we are in relationship with.
6. We agree to be open to the outcome. Knowing that "my way" is not always the "right" way.

### ***A Matter of Letting?***

7. We do the right thing for all concerned, rather than being right.

8. We strive to be open to the blessing and the gift that is in the moment.

9. We practice cultivating a faith that allows us to just know that God is present in all and through all, no matter what. And that it is all good, for its all God.

### ***A Matter of Letting?***

With God as your partner you will be able to let God be God in you and through you, thus bringing you into a new paradigm for spiritual growth in your life and affairs, because...

You will be able to let go and let God be God by

**Living (and) Expressing Truth  
Through Intuitive Nonresistance (to) Grace**