


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

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

A Matter of the Heart




Humor makes for a happy heart, so with that in mind here's a little church bulletin humor.

Ladies, don't forget the rummage sale. It's a chance to get rid of those things not worth keeping around the house. Bring your husbands.

Don't let worry kill you off— let the Church help.

A Matter of the Heart




Miss Charlene Mason sang "I will not pass this way again," giving obvious pleasure to the congregation.

Please place your donation in the envelope along with the deceased person you want remembered.

Potluck supper Sunday at 5:00 PM - prayer and medication to follow.


A Matter of the Heart



Low Self Esteem Support Group will meet Thursday at 7 PM. Please use the back door.


Weight Watchers will meet at 7 PM at the First Presbyterian Church. Please use large double door at the side entrance

A Matter of the Heart



Someone once said, "Fear doesn't exist anywhere except in your mind. It's difficult to follow your heart, but it's a tragedy to let the lies of fear stop you."

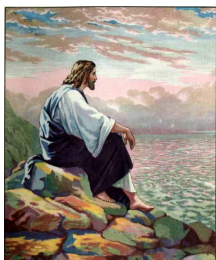
A Matter of the Heart



"I will put my law in their minds and write it on their hearts. I will be their God, and they will be my people." Jeremiah 31:33

The law, as understood and stated by Jesus, was simple and direct.

A Matter of the Heart



“Love the Lord your God with all your heart and with all your soul and with all your mind.” This is the first and greatest commandment. And the second is like it: “Love your neighbor as yourself.” (Matthew 22:37-40)

A Matter of the Heart



Paul Ferrini looks at the aspect of the heart and mind as being connected for any type of healing we desire in our lives. In his book, Love Is My Gospel, he writes: *When your mind and heart are at peace, you are sensitive to the truth and can discern it easily. When your mind is divided or distracted and you are emotionally triggered or upset, it is nearly impossible for you to discern truth or feel the energetic presence of love in your life.*

A Matter of the Heart



This leads to a simple but important awareness. When you wish to commune with God or Truth, you must withdraw from the drama of life and go into the inner sanctuary. There you begin to breathe, relax, surrender your thoughts and feelings and establish a vibration of love and trust in your heart and your mind. The vibration is the gateway to the inner temple.

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It is here that you go to meet God, to feel God's love and to hear God's guidance. The temple is not a physical place, but a psychological place, a place of peace, rest, nurturing, acceptance and love. The temple does not come to you, you must go to the temple.

A Matter of the Heart



Our daily lives are constantly being bombarded with distractions of all kinds. Our hearts and minds are often disturbed by the activities that seem beyond our control or liking. So what can we do?

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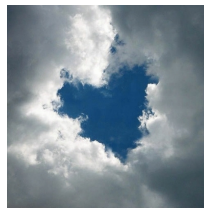
Paul reminds us: *Every day we must learn to take a deep breath, put aside our worries and fears, and clear out a space for God. Unless you take time to make time for God it becomes harder for you to understand the love and goodwill that is waiting for you.*

A Matter of the Heart



"And when you are praying, do not use meaningless repetition, for they suppose that they will be heard for their many words. So do not be like them; for your Father knows what you need before you ask Him." Matthew 6:7-8

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For Jesus, the truth was simple. God is everything we will ever need or want. God is love and love will seek itself. This is why the words: *You will know the truth and that truth will set you free* are so important for us to realize for ourselves.

How do we let the process begin in our lives?

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By living our lives according to the Master Teacher's firm statement of empowerment...

"Whoever believes in me will do the works that I do and, in fact, will do greater works than these."
John 14:12

And how do we apply those works?

1. When entering the temple we must be willing to transcend our fear-based, reactive thinking patterns and the behaviors associated with them.
2. We must be willing to embrace our wholeness as God sees us whole.

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3. We must be willing to let God guide us in our efforts to deepen our understanding of what God means to us.

4. We must be willing to trust God and surrender our need to control outcomes. To wait in humbled patience for the new insight or revelation we will need to move forward.

5. We must be willing to let God clean our slate so that it can be written on with new messages of hope and truth.

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Once we have done these things then the rest is rather simple and easy because love has found a permanent home in which to reside, the temple of your heart.

And how do you know when you have reached this point in your spiritual development? By listening to the Christ of your being, the light and truth that resides in you. As St. Paul said, *The Christ in you is your hope of glory.*

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When we allow ourselves to come from the Christ of our being, that image and likeness that God made us in and we are to manifest in this world then we find our life filled with these amazing experiences:

1. When we come from the Christ of our being we have direct communion with God, we don't need books, tapes, DVD's, or moral codes because love and truth are already there waiting to be expressed.

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2. We find that we don't need to consider whether to condemn or bless, attack or forgive, criticize or comfort for the Christ of our being in the very embodiment of all that encourages and supports.
3. We no longer feel the need to hurt others in any form because we realize that to do so sends forth energy that will come back to hurt us.
4. We find that love is the gospel by which all things of the world are measured and that as a living truth, it is a witness to all injustice and inequity.

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We discover for ourselves where our true treasure lies, what matters most above all else and love leads the way to its fulfillment and manifestation.

As Paul reminds us: *The teachings of love are not just words. They carry a spiritual energy that we may experience as warmth in our heart, ringing in our ears, a tingling in our hands or feet, or as energy going to other parts of our body. Each person is activated by this spiritual energy in a unique way.* [As we practice expressing the law as a matter of the heart].