

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

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

A Matter of Thankfulness

Charles Fillmore once stated that thankfulness is an attitude of mind in which we center and focus our thoughts on God for all the many blessings we have received.

Today's Daily Word affirmation "I have absolute faith in God," can help us to develop such an attitude.

A Matter of Thankfulness

do re mi fa sol la ti do

Someone once remarked that music is the universal language. And within its structure we can find any blessing we wish to have in our lives. All we need to do is access the scale to find our blessing from the universe.

A Matter of Thankfulness

In the movie Close Encounters of the Third Kind musical notes were used to communicate with the alien space ship. So how can we use the musical scale to communicate with Universal Mind?

A Matter of Thankfulness

Do = Divine Order.

Why divine order? Because without a sense of divine order our lives will seem like an endless series of chaotic experiences. It is a corner stone of our spiritual foundation.

UNITY teaches us that: Order is the first law of the universe. Indeed there could be no universe unless its various parts were kept in perfect harmony. So it is with your life and affairs.

A Matter of Thankfulness

If your life is full of disorder and inharmonious experiences, put yourself at once under the order of Divine Mind, God Mind by affirming daily that the same law that swings the stars in the cushioned ethers is operative in and through your life and all your affairs.

The unfoldment of the individual is the purpose of life and we must unfold in divine order, moment by moment, to come to completion. All need is already fulfilled; when you work in the realization that you are under God's law of love, His law of good, that His divine order is established in and for you, you find yourself functioning on a new level.

A Matter of Thankfulness

Your mind is clearer, your body is stronger, your emotions are calm and unperturbed. You are able to meet everything with ease, to accomplish all things successfully. Divine order in our lives just doesn't happen. We have our part in the establishment of it in our individual life so that it becomes a part of our very essence.

To develop a sense of divine order takes practice even in the face of adversity. It also takes faith, faith in knowing that no matter what is going on in your life right now, everything is working together for good.

A Matter of Thankfulness

Re = Release excuses. Why is today not the best day of your life? Why is today not the day you start that project, read that book, write that letter, make that phone call?

Procrastination is the mortar that is used to build the brick walls and stone fences that keep us from our good. Every one of us has an excuse, the question is how much longer are we going to keep using it?

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Remember, God has all the time in the world, in fact with God there is only now, and everything that we need is already been given to us so that we can have a life full of joy, love, harmony, peace, abundance and wholeness. Release those excuses – the adversaries to your good.

There is a lot of truth to the old adage: Today is the first day of the rest of your life. So how are you going to use it?

A Matter of Thankfulness

Mi = Make Investments. Making investments is more than choosing the right money market account, the right stock or bond portfolio. These are monetary investments. The type of investments here are the spiritual kind. The ones that touch others at the depths of their souls, and in turn bring your great returns.

These type of investments the investments of thankfulness – thanking God, thanking other people, living and sharing an attitude of happiness whenever and wherever you can.

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Fa = Faithfully affirm. This is one of those hard parts for many people. This activity requires that we affirm the good, regardless of the appearances. This requires us to stand still and know that when things look bad, even when there are real challenges and problems facing us in the present moment, to faithfully affirm.

As you practice this activity it will help you get through your dark night of the soul experiences and build a foundation of faith that will see you through anything.

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Sol = Send out love. Love makes the world go around. Take time, find time to give a smile, to take an extra moment to say thank you, to go the extra mile to touch someone and hug them. Never hold love back, always be willing to love.

And most of all don't forget to love yourself in the process.

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La = Lovingly accept. Did you know that there can be no givers if there are no receivers. God is a constant power active in the universe, our lives, and our affairs. It is our responsibility to open ourselves to be receptive to the activity of Divine Spirit. Give yourself permission to let it be okay if life got a little bit easier.

A Matter of Thankfulness

Ti = Transmit Integrity. We are constantly in communication with one another. What are the messages we are sending? Are you even aware of the messages you send?

Practice living life by what you say, what you mean, and demonstrate what you say. In other words be as honest as you can be with yourself and those around you. Transmitting integrity is being in alignment with God and the presence of God as you best understand that presence in your life.

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It is aligning your energy with all that is positive, uplifting, and truthful. It is also becoming aware of your personal integrity boundaries without blame or condemnation of others.

And as the song says, "and it brings us back to Do." No matter where we go, how long we stay, or what we do, life brings us full circle. There is divine order in all things even in our music.