



Today's Lesson
Living With God
Power Point notes available
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Living With God



Truth students on a spiritual path often ask this question, and maybe you have too,
"How can I get to know God, to live as if my life and God's are one, to have a life with God?"

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The answer can be found in the lives of all the great spiritual teachers, mentors, sages, and gurus:
If you want to know what your life would be like to live with God all you have to do is live in full expression of what you are capable to being. When you live each day in the experience of that day, you can enter into an experience of living with God.

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Living with God is taking one day at a time and trusting that all is in divine order. Living each experience knowing that what you say, do and are in that moment leads you into the future.
"The best thing about the future is that it comes only one day at a time."
-Abraham Lincoln, (1809-1865)

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It's amazing what can happen in one's life when the soul brings into manifestation the very experiences it needs to evolve into a greater sense of the "me in God and God in me."
Every day people are faced with making decisions about their lives, their jobs, their families, and the next course of action. Every day we are asked by the Universe,
"How do you want to live this day?"

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What I have come to realize over the years is that living with God every day doesn't mean you won't have trials or tribulations. In fact these daily experiences are a part of the process we term as "the appearances of things." If we can look at them and say:
"Well, I live in God and God lives in me, therefore these things are temporary I will move through them with confidence as I live in full expression of who I really am."

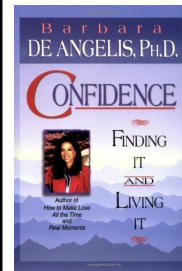
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When mentoring individuals on how to let God be God in their lives I get the following response:

"This sounds great, Rev. Chuck, but I'm stuck. How do I get going? How do I develop the confidence to make the changes in my life to have this awareness of letting God be God in my life?"

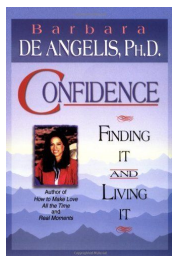
So I ask, "What does having confidence look like to you?"

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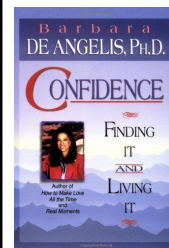
In her book Confidence – Finding It and Living It Dr. Barbara DeAngelis, writes: *We deal with three types of confidence in our daily lives. Behavioral, emotional, and spiritual confidence. Each effects the mind, body, soul connection of our lives.*

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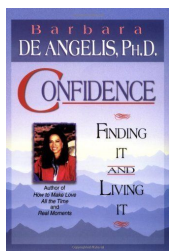
Behavioral confidence means confidence in your ability to act and get things done in your life, whether it's something as simple as paying the bills on time, or something more esoteric like making your dreams come true.

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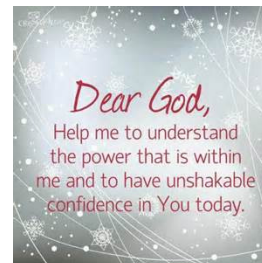
Emotional confidence is your belief and your ability to master your emotional world. That is the ability to know what you are feeling, to make the right emotional choices in your life, to protect yourself from pain, to know how to create healthy, lasting relationships.

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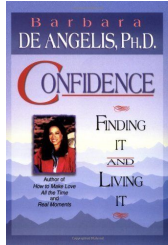
The third kind of confidence is actually the most important. It's your spiritual confidence. Spiritual confidence is your trust in the Universe, your conviction that life will have a positive outcome, your belief that you are here for a reason, that there is a purpose to your time spent here on this planet.

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Developing all three of these confidences in our lives will effect our relationship with others and bring us closer to realizing that we do live and move and have our being in God.

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Barbara lists some steps we can take to develop this balance in our lives. When looking at these steps ask yourself: *Is one of these three areas stronger than the other and if so how can I apply my success in that area to the other areas needing attention?*

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Behavioral Confidence:

What is your ability to take action? Can you trust yourself to put together a plan of action? To do what it takes to become informed, educated, trained for what you want to do?

Can you follow through and be consistent in your actions? Do you spread yourself so thin and in so many directions that you create excuses for not following through?

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Behavioral Confidence:

Does fear for success keep you from continuing your course of action because you start to feel overwhelmed, frustrated, disorganized?

Do you believe you have the ability to push through the obstacles? All paths are filled with obstacles of one kind or another. We can't travel the road ways of life and not find some. Even Jesus ran into some.

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Behavioral Confidence:

Do you say, "Oh, God, not again, why me?" or "Okay, there's an obstacle here—they happen, but I'll work through it."

Do you believe its okay to ask for help? Do you often say to yourself, "If I want it done right I have to do it myself."

Key: Asking for help is not a sign of weakness; it's a sign of intelligence and a sign of self-love.

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Emotional Confidence:

How well do you know your own feelings? Being able to identify what your feeling when you are feeling it is an important component of emotional confidence. How many times have we said or heard someone say, "I don't know why I feel this way?"

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Emotional Confidence:

How well do you express our own feelings in a healthy way?

Being able to express your feelings in a healthy and appropriate manner helps you to relieve the body of pent-up negative energy that attacks and destroys the body and mind over time.

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Emotional Confidence:

Do you believe you are entitled to have a loving, caring, understanding relationship with another human being?

If you fear others and find trusting them even harder, then its time to challenge these unpleasant feelings until you can find one person to trust and love.

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Spiritual Confidence:

Do you believe the Universe is a constant evolving mystery, filled with an inexhaustible supply substance of good to meet all your needs?

Spiritual confidence comes from understanding the positive direction-divine order at work-in which the Universe is going.

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Spiritual Confidence:

Do you believe that you are a miracle in expression? And whatever created you, God, Spirit, or some other great force has also created everything else that you would need to succeed as Its expression in this life time?

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Spiritual Confidence:

Spiritual confidence comes from remembering who you really are, beyond the physical, beyond the masks. It comes from honoring yourself as one of God's great creations.

So, I invite you to go forth and experience living with God by living in confidence and full expression of all you can be.