



Today's Lesson

Accent the Positive

Power Point notes available at:

www.unityofbakersfield.org

Accent the Positive

What set Unity apart from all the other main stream religions in the late 1800's was the way it applied the teachings of Jesus in our daily lives.



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Lowell Fillmore was the eldest son of Unity founders Charles and Myrtle Fillmore. President of Unity School of Christianity 1948 - 1972. He had this to say about being positive in his book The Prayer Way to Health, Wealth, and Happiness.

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Negative thoughts are like the little foxes mentioned in the Bible that destroy the vineyard. If such thoughts are not denied expression they may grow in numbers and destroy a portion of the crop of good things that are growing into fruition in your life.
Spiritual good things are growing in your consciousness and should bring you much fruit.

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Some of these fruits of your vineyard are peace, joy, success, and satisfaction. You can protect and encourage this crop of good things by using good thoughts. Every thought you think adds something to the sum total of your consciousness. Your consciousness is built of the thoughts, ideas, and feelings that you have stored in it by your daily thoughts and reactions through the years.

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The good fruits of your inner vineyard grow into perfect spiritual maturity with the help of your mental creative process when it is in accord with Divine Mind.
Of course the nature of your consciousness is changing to some degree every day as you change the character of your thoughts and your mental attitude toward the things that come into our life experience.

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When you persist in following a certain trend of thought, your consciousness becomes definitely colored and influenced by that trend. The optimist has a pleasant outlook on life as compared with the pessimist, who has a dark outlook. The consciousness of each is colored light or dark according to his outlook. One has more sunshine and the other more shadow in his soul consciousness, each according to his own outlook.

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There is a story that I would like to share with you that illustrates how one woman was able to accent the positive so she could find new possibilities in her life:

Jane was having a real hard time trying to forget the negative experiences of the past year. Out of the blue her husband of fifteen years left and filed for divorce. Not being able to get a handle on what went wrong, she heaped loads of guilt on herself and as a result she went into depression and her work suffered.

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She then was let go and her worries multiplied as she thought about losing her health and her future. Feeling she had reached the end of her rope and had nowhere to go she attended a church with a friend. As she sat there numb to the experience, all of a sudden she sat up when she heard the minister say, "Be happy you have problems, and don't forget to give thanks for them everyday and pronounce them good."

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"Is he crazy," she thought, "give thanks for my problems?" Where has he been living, certainly not here on earth that's for sure. If he only knew the kind of hell I've been living this past year, he wouldn't be asking me to give thanks for my problems, and to bless them as well? Now that's asking way too much.

As she looked around the room to see how the other people were responding she saw heads shaking, not in disagreement, but in agreement.

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What is wrong with these Unity people she thought to herself.

Then the minister went on to say that the problems we face in life are not meant to make life hard or painful, but are there to offer the truth student of life a possibility for spiritual growth.

They are there to help bring about the miracle-working power of God in our lives. When we look at our problems as possibilities, and give thanks for them by knowing that God is with us, then our attitude will change.

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And when our attitude changes so does our lives. It's a win-win for everyone when we pronounce it good.

"How on earth can pronouncing my problems good help how I feel now. How is it going to get me a job, a new life?" I asked my friend on the drive home. "It will," she said, "it will, if you trust in the process that God is with you." Well, it took several months to realize that there was some merit to pronouncing my problems good.

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As I practiced placing the outcome of each day into God's hands, and pronouncing every experience good, I landed a job with a company that had great benefits, and at almost twice the amount I was making before. They even paid for me to go back to college and work on my master's degree.

It's been almost a year now since I heard the words, "give thanks for your problems, pronounce it good." As I think about what has transpired in my life I give thanks for having been there so that I could be here.

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Life is a procession of all kinds of experiences, problems, and situations. By pronouncing them all good gives everyone an opportunity to let new possibilities to come into their lives. I'm glad I tried it. Thank you, God.

We know how hard it is for many of us to pray and believe that things will be alright when we are in the midst of a major challenge. When we are face to face with the problem it is sometimes hard to give thanks and find the possibility for spiritual growth that awaits us.

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So how can we get to that place in consciousness? How can we take our current situation or problem and find the possibility that is there for us?

Working with these four concepts may be of help:

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Concept One: Peace

Unity teaches us that when we find it difficult to pray in the midst of fear, panic, or anxiety, or when we may have trouble quieting our thoughts, listening to God is to get out of the problem. This can be done by taking a walk, sitting in garden, going to a movie, strolling along the seashore. Whenever you can, get away to a place of peace, where you feel safe and secure.

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Then once you are there, allow yourself to be open and receptive to the power that resides within your, the Living Christ presence, the power that is greater than anything in this world. Allow yourself to be open and receptive to the guidance that may come to you in the form of a new friend, a support group, a book, spiritual leader, mentor, or counselor.

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Concept Two: Patience

It's only natural that when we are hurting we want it to stop now! Healing of any hurt takes as long as it takes! We have all learned that it won't help the healing process by taking off the cast to see if the bone is healing, or pulling at the bandage to see if it's healed yet. So why do we keep picking at the cast of bandage that have been placed on our emotional hurts to see if they are healed yet.

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There's an old Unity affirmation that I love: ***"Let it be, wait and see."*** When this is used it helps us trust God's plan for our life and know that the lesson in our challenge will be revealed in the right and perfect way at the right time.

Concept Three: Wisdom

When asked by God what do you want above all else, Solomon replied, "Wisdom."

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Divine wisdom is available to all! Divine wisdom allows us to have the perfect guidance we need to make the decisions, carry on communications with others, so that we may find the path that is ours to take out of the problem and into the possibility.

Concept Four: Strength

Unity teaches that at times our problems may often require us to experience God as strength.

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On a personal level, we may fear that we are weak in the face of our challenge. However, this is not the truth of you. The truth is that divine strength dwells within you and that strength will give you the power to act on the guidance you receive. Just as the bodybuilder uses weights and resistance to build physical muscles, you can use your problems to exercise your spiritual faculties. The result in both cases is increased strength.

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As Lowell Fillmore wrote:

Thinking about unpleasant things instead of praising the power of God's goodness destroys the good fruit of your vineyard. Many people today are carrying around in their heart heavy burdens that they do not need to carry. They take upon themselves unnecessary worry burdens that are heavier than their duties.

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It is right to think about ways to solve your problems but your thoughts about these problems must be positive and be backed by the assurance that you can solve them with the help of God's power and wisdom. When your negative thoughts are turned over to God they become as nothing, and if it is necessary for you to do something, it will be shown you.

"Let it be, wait and see."