



Today's Lesson

***Living in Process –
The Power of a Prayer***

Power Point notes available at:
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Charles Fillmore once stated, “Prayer is the most accelerated mind action known.”

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It's no secret that people the world over are seeking answers to life's struggles, problems, and challenges. When it comes to finding ways to overcome these adversities prayer is a powerful way to begin.

One such prayer: *“God, I don't want my struggles to make me a victim. I want my battles to make me someone else's hero.”*

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In the Old Testament we are told that no matter what is going on around you, what is happening to you, that: *“This too shall pass.”*

In the New Testament Jesus stated, *“In this life you will have trials and tribulations, but hey, don't be anxious about anything, for it's God's good pleasure to give you the kingdom.”*

Adversity comes to us all, it's how we choose to deal with it that define us.

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The following story illustrates this activity and the choices we have to deal with adversity in our lives:

Michael went to his father and told him about his life and how things were so hard for him. He did not know how he was going to make it and wanted to give up. He was tired of fighting and struggling. It seemed as one problem was solved a new one arose. His father, a chef, took Michael to the kitchen. He filled three pots with water and placed each on a high fire.

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When the pots of water came to a boil the father put carrots into the first pot, an egg into the second pot, and coffee beans into the third pot. Twenty minutes later he turned off the burners. Taking a bowl he went to the first pot and spooned out the carrots. He then took another bowl and fished out the egg from the second pot. Then he took a ladle and put the coffee into a third bowl.

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Turning to his son he asked him to come to the counter and tell him what he saw in the bowls. Michael walked to the counter and looked into the bowls and replied, “I see carrots, an egg, and some coffee. “Is that all that you see, son?” asked the father. “Look closer and tell me what you see.” Michael looked into the bowls again and said, “Well in the first bowl I notice that the carrots are soft.” “And what about the egg?”, his father asked.

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Taking the egg in his hand and breaking off part of the shell, Michael said, “I notice that it’s all hard inside.” Then Michael sipped the coffee and smiled as he tasted its rich flavor.

“Father, what do these things have to do with my problems, father?” asked Michael. His father then explained that each of these objects had faced the same adversity – boiling water – but each reacted differently.

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The carrot went in strong, hard, rigid, and unrelenting. However, after being subjected to the boiling water, it softened and became weak. The egg had been fragile. It’s thin shell had protected its liquid interior. But, after sitting through the boiling water, its inside became hardened. The coffee bean were unique however. After they were in the boiling water, they changed it.

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“So, Michael, which one do you wish to be? The carrot, the egg, or the coffee beans? You have told me of the adversities you are facing. How are you going to react? Are you going to be the carrot that seems strong, but with pain you wilt and become soft and lose your strength? Or are you the egg which starts out with a heart that is fluid and flowing, but changes the minute you experience the heat of a death, a breakup, a financial hardship or some or trail, and then becomes hardened and stiff?

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Does your shell look the same, but inside bitterness has stiffen and hardened your heart? Or will you be like the coffee bean, that when faced with the trails of adversity change it. When the waters in life get hot, when things are at their worst, do you get better and change the situation around you to something that is full of fragrance and flavor? With the power of prayer you have an opportunity to praise God or curse God, the choice is yours, my son. Which will it be?

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The same choices faced Jesus and his followers. So he taught them they had the power to overcome their adversities with the power of this one prayer:

Our Father who art in heaven:

Begin everything you do with your focus on the Creator. Look to something bigger than yourself as you affirm the one presence and one power. Just as the son in our story went to his father for guidance, we too can find the answers we need when we focus our attention on our divine parent who is the Divine Presence (heaven).

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Hallowed be thy name:

Praise or curse, the choice is always ours. Cursing is an action that causes separation, for we are in effect saying, God, why did you do this to me? Cursing allows one to play the blame game as a victim of God's wrath. Jesus knew this game all too well and thus gave instructions to praise the name of God, to focus on God the good, the holy, the whole.

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Thy kingdom come, thy will be done:

An attitude for living, a way to align ourselves with the source of all that is good. *Thy kingdom come* represents God in all life, a presence that is all around us. *Thy will be done* represents the nature of God we willing ask to be done through us. Our desire to align our will to that of the divine nature that moves and has its being through all of creation.

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On earth as it is in heaven:

Here we affirm that the presence of God is to be extended into the very fabric of our lives, the very essence of human society. Every time we express the divine essence of God and project it out into our world we in effect manifest heaven on earth.

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Give us this day our daily bread:

Jesus later told the people to ask for what you want. Be direct, make your request known, but for this day only. Tomorrow will take care of itself. Then leave room for God to move through the open door. Too often we ask and then shut the door by second guessing ourselves and wondering if we are worthy or not to receive.

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Forgive us our debts/transgressions as we forgive our debtors/ trespassers:

This is the forgiveness activity. This helps us to be honest with ourselves and our shortcomings. It helps us to realize its okay to be wrong, as others are too. This part of the process calls for us to take the first step to reconciliation with ourselves and others.

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Lead us not into temptation, But deliver us from evil:

Here, Jesus acknowledges the adversary that we all face from time to time. It is easy to fall into the victim mind-set that we are a product of our circumstance and there is nothing we can do about it. Yet, Jesus said, "get behind me Satan." When faced with any adversarial situation or circumstance you can deliver yourself from E.V.I.L. by remembering that it is nothing more than:

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Someone once said,
“The problem with
ego is that it can and
will convert anything
to its own use, even
spirituality.”

**The activity of evil
in ones life:**

E = Ego

V = Vandalizing &

I = Impacting

L = Lives

L I V E: Light Infusing Virtually Everything

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***For thine is the kingdom and the power
and the glory forever.***

This was never part of the original prayer that
Jesus taught. It was added in the King James
Version of the Bible and used by the Church of
England in order to make it different from the
Catholic version.

However it still has power to help us as
history has shown us.

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We are not without our trials and tribulations in
life, we are not without our adversaries that
come to us in many forms and degrees. But we
have the power to overcome, transform, and
then transcend them no matter what we are
facing for there is no greater power than the
power of God.

We have the kingdom, the power, and the glory
within us, we have the power of a prayer.