

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

Today's Lesson
**Living in Process:
Let God Be God**

Power Point notes available at:
www.unityofbakersfield.org

Living in Process: Let God Be God

2016 Can Be Beautiful for You
askiyabooyawale.com

The entire world is on the threshold of a brand new year. How do you see it unfolding for you?

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Many people will be looking for changes to take place in their lives and they will do this by:

Making a list of new year resolutions, goals, and aspirations of how they want their lives to be different. For some, these goals will be obtained, but of a large majority of others they will not. Why?

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When it comes to making the changes we wish to see in our relationships, careers, home life, personal health and well-being we start of with a bang!

Then life happens as the day-to-day activities tend to overwhelm us, and it seems one day blends into the next and soon we come to realize it's been weeks and even months that we have yet to do anything about the change we want.

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When this takes place in our lives we tend re-prioritize what we once thought was important to us. We either take it off the list of things to change or move it to the bottom of our list for another time and place. Now, there is nothing wrong in making changes to any plan or activity. There are so many variables that we must be able to adapt to changes that occur and re-prioritize when needed.

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In his article, Why New Year's Resolutions Fail Author, Ray Williams provides tips for finding success with your resolutions based on a physiological model.

1. Focus on one resolution, rather several;

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- 2. Set realistic, specific goals. Losing weight is not a specific goal. Losing 10 pounds in 90 days would be;
- 3. Don't wait till New Year's eve to make resolutions. Make it a year long process, every day;
- 4. Take small steps. Many people quit because the goal is too big requiring too big a step all at once;

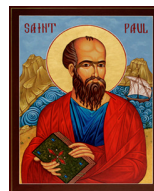
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- 5. Have an accountability buddy, someone close to you that you have to report to;
- 6. Celebrate your success between milestones. Don't wait the goal to be finally completed;
- 7. Focus your thinking on new behaviors and thought patterns. You have to create new neural pathways in your brain to change habits;
- 8. Focus on the present. What's the one thing you can do today, right now, towards your goal?

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- 9. Be mindful. Become physically, emotionally and mentally aware of your inner state as each external event happens, moment by moment, rather than living in the past or future;
- 10. And finally, don't take yourself so seriously. Have fun and laugh at yourself when you slip, but don't let the slip hold you back from working at your goal.

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When St. Paul addressed the Romans he was very clear about how changes, as they relate to our transformation takes place:

“Be ye transformed by the renewal of your mind.”

We must use the mind that God gave us. As co-creators with God we are connected to all that is.

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Charles Fillmore, in his book Talks on Truth, wrote:

When, through purification of his ideas and acceleration of his mental energies, man comes into sight of the real forces of Being, his whole body is quickened into new life, and the body of flesh responds to its vibrations.

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He does this work through the mind -- by thinking right thoughts and doing right things also, because man is, in the ultimate, a unit, and the thinking and the doing cannot be separated.

This is the Law of Mind Action at work in all of us. Think it, do it!

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So the question many people ask, *“If the Law of Mind action is always at work, and if I can just think it and do it, why aren’t the changes I wish to see in my life not materializing?”*

The failure is not with the law or with God, it’s within us. We have not come to face with the true enemy that causes our failures:

RESISTANCE

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The resistance to the very heart of God. God wants only the best for us and yet we fight our beloved Creator all the way to the abundance bank of life with our resistance.

How many times have we affirmed, “Thank you, God for the abundant supply of love that blesses my life and affairs,” only to find ourselves resisting the very thing we desire.

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In her book [Do I Have To Give Up Me to Be Loved By God](#), Dr. Margaret Paul writes:

People who resist learned early on that resisting was the only way to maintain their integrity in the face of invasive, controlling caregivers, teachers, clergy, and other authority figures. This was a fact for them when they were children, but it’s not true for them as adults.

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In fact, when a person is driven to resist out of fear of being controlled, they are not free to make positive choices that they know are best for them. Paradoxically, it is the resistance that is in control and making the choices. People who had to resist controlling authority figures and caregivers often transfer this resistance to their relationship with God—and God’s love—for fear of being controlled and consumed by God the way they were by others when they were young.

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They believe on the deepest level that they would have to give up themselves to be loved by God.

This is the type of resistance keeps us from letting God be God in our life and affirms as we seek to resolve to make our new year a better one. To let God be God in our lives we must be honest with ourselves and take an inventory of our actions to resisting.

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How can you tell if resistance is a road-block to your greater good? Here are six symptoms to look for. Most people who are caught up in the activity of resistance will have two or more of them manifesting in their lives:

1. Being stuck. Nothing works, you are stuck in the unhappiness, a bad relationship, or a bad job, and you feel alone and misunderstood.

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- 2. Had controlling caregivers as a child.** These people showed up in your childhood as invasive, overprotective, engulfing, consuming, abusive, shaming or highly critical.
- 3. Wanting to change but not taking meaningful action.** You decide to make the change but never follow through, stuff keeps getting in the way of the action.

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- 4. Denying you real desire.** Not to be controlled! Not even by YOU and your good intentions.
- 5. Resenting you goal.** You cannot connect with God when you are resisting and resenting be controlled by God.
- 6. Finding satisfaction with the frustration of others not succeeding.** This is a power struggle activity. The mind-set is one of *“Oh, yea, I’ll show you who’s in charge.”*

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As co-creators with God we don’t have to fear God. There are three things that can be done to break the cycle of resistance that prevents us or our loved ones from having a firsthand experience of God’s love and wisdom, to let God be God in our lives.

1. Notice that all resistance is a choice, and then notice yourself making that choice.

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2. Notice the consequences of that choice.
3. Make a new choice.

A new resolution for 2016 is taken from
Bishop John H. Vincent’s [A Resolve for Every Morning of the New Year:](#)

I will this day try to live a simple, sincere, and serene life by repelling promptly every thought of discontent, anxiety, discouragement, impurity,

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...and self-seeking; cultivating cheerfulness, magnanimity, charity, and the habit of holy silence while exercising economy in expenditure, carefulness in conversation, diligence in appointed service, fidelity to every trust and a child-like trust in God.

“Cheers to a new year and another chance for us to get it right.” - Oprah Winfrey