

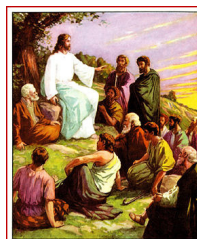


Today's Lesson

The Key to Empowerment

Power Point notes available at:
www.unityofbakersfield.org

The Key to Empowerment



Many people suffer from the concept that they are powerless to do anything about their lives or situations. Jesus tried to free their minds of it.

The statement found in John 14:12: "*One who believes in me will do the works that I do and, in fact, will do greater works than these,*" is a firm statement of empowerment!

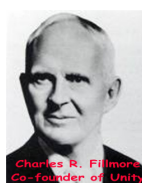
The Key to Empowerment



In Mark 10:17-18 when the man ran up and asked him, "*Good Teacher, what must I do to inherit eternal life?*" Jesus said to him, "*Why do you call me good? No one is good but God alone.*"

Don't look at me to be the answer, the answer is within you. God made you, God put the law in your heart, God gave you purpose and everything that will help you to accomplish it. Learn from what I've taught you and go and do it for yourself.

The Key to Empowerment



Charles R. Fillmore
Co-founder of Unity

From the very beginning Unity saw itself as a harbinger of spiritual empowerment through the activities of prayer and the teachings of Jesus. As Charles Fillmore said:

"Unity is a link in the great educational movement inaugurated by Jesus Christ; our objective is to discern the truth in Christianity and prove it...Our purpose is to help and teach mankind to use and prove the eternal Truth taught by the Master."

The Key to Empowerment

People who lack a sense of spiritual empowerment often wrestle with these questions:

Do I believe that with God I can overcome this situation in my life?

Do I believe I can overcome shame, selfishness, pride, greed, envy, drugs, alcohol, or any destructive behavior?

Do I believe I can walk through my fears and stand in my power unafraid of what anyone will say about me or do to me?

The Key to Empowerment

Do I believe I can connect directly to my Creator's love and learn to be myself fully, completely, confidently, and fearlessly?

The key to open any door you may find shut is how you see yourself and the relationship you have with God. This becomes the key to spiritual empowerment. The more empowered you feel the better able you are to overcome and transcend barriers in your life. Jesus knew this and gave people an opportunity to realize it for themselves.

The Key to Empowerment

In his book The Revealing Word, Charles Fillmore defined the indwelling Christ idea as the true light that guides all humanity. That we are an expression of God's perfect idea for humankind and as such, we are capable of finding and expressing our Christhood thus opening the door to our own spiritual empowerment, just as Jesus did by serving the greater good.



The Key to Empowerment

Jesus's serving the greater good school of spiritual empowerment asks that:

- 1) We be willing to stand in our power without being powerful over others.
- 2) We let our true Self emerge to be Itself. "The Christ in you..."
- 3) We allow ourselves to be a unique expression of Spirit.
- 4) We say "no" to the rituals and customs of the worldly voice of compliance that keeps us from being our true self.

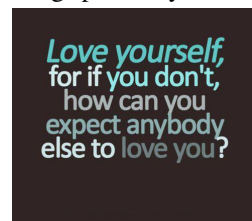
The Key to Empowerment

- 5) We are courageous in our exercise of our truth by not playing the victim or making excuses for it.
- 6) We are willing to forgive so that we can be an expression of God's unconditional love.
- 7) We look at our attacker or transgressor and see the fear behind their actions and then say "no" to their need to control us through intimidation and anger.
- 8) We create a time for prayer and meditation to correct any errors and restore balance in our heart and relationships.

The Key to Empowerment

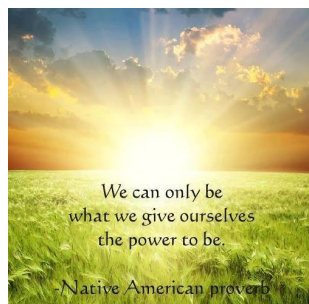
Once we have said "yes" to using the keys to empowerment we find we are able to accept the benefits that come with being spiritually empowered.

We are empowered to love ourselves.



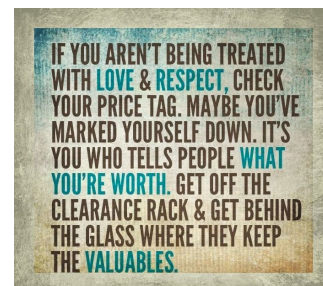
The Key to Empowerment

We are empowered to be ourselves.



The Key to Empowerment

We are empowered to value ourselves.



The Key to Empowerment

We are empowered to forgive ourselves.



The Key to Empowerment

We are empowered to bless ourselves.



The Key to Empowerment

We are empowered to express ourselves.

“Without self-expression, life lacks spontaneity and joy. Without service to others, it lacks meaning and purpose.”

— Laurence G. Boldt —



The Key to Empowerment

We are empowered to trust ourselves.



The Key to Empowerment



In his book The Quickening, Stuart Wilde shares a bit of insight to the key of empowerment.

Learn to stay centered whatever the circumstances. By not reacting negatively to your surroundings and the emotional gyrations of others, you empower yourself from within.

The Key to Empowerment

As we practice the key to being spiritually empowered we are able to understand the power behind these words by Jesus, “*One who believes in me will do the works that I do and, will do greater works than these,*” because you will be able to go into the world with an open heart, mind, and soul, solid in the knowledge that you loved and supported by God, as he was.