

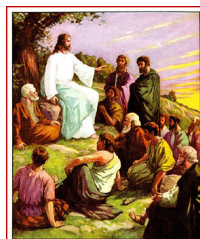


Today's Lesson

Our Spiritual Capital

Power Point notes available at:
www.unityofbakersfield.org

Our Spiritual Capital



A lot has been said and written on the life and times of Jesus and the miracles he performed. His ability to connect with all people created a ministry of love and service.

Through his personal faith and willingness to let God lead he always had spiritual capital to spend on and give away to others.

Our Spiritual Capital



In his book Your Power to Be, the late Unity minister and author, Sig Paulson (1917-1998) had this to say about our spiritual capital:

“Faith and will is our spiritual capital. The dividends it returns to us depends on the investment we make of it.

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Faith, individualized in and operating through humanity, has built the attitudes, businesses, churches, educational institutions, hospitals, libraries, ghettos, prisons, welfare, warfare, and numerous efforts to establish peace.

Faith, individualized in and through each of us creates the mental attitudes that will shape our world and our perceptions of it.

Faith when put to work through our process of belief can be positive or negative, constructive or destructive.

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Fear can deplete our spiritual capital and leave us feeling alone and destitute. It is important that we understand that fear is nothing more than an emotion aroused by negative faith in something harmful, destructive, or evil thus producing a whole chain of events filled with pain and suffering in the mental, emotional, and physical aspects of our lives.

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Our divine gift of will is not just spiritual or religious; it enables us to find rich applications in every area of our lives. When aligned with our spiritual faith we empower our imagination to bring ideas that will benefit and prosper our lives with wholeness, abundance, peace, understanding, and all that is good. Why?

Because it is the nature and pleasure of God to give us the kingdom of good.”

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American scientist, philosopher, writer, and speaker, Danah Zohar, wrote about Exploring Spiritual Capital in the August 2010 newsletter Spirituality in Higher Education:

“I define spiritual capital as the wealth, the power, and the influence that we gain by acting from a deep sense of meaning, our deepest values, and a sense of higher purpose, and all of these are best expressed through a life devoted to service.

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Based on this definition, spiritual intelligence is the intelligence by which we build spiritual capital. It is by seeking meaning in our lives and acting in accordance with our deepest values that we can commit ourselves to lives of service based on the capacity that we are best suited to, whatever we choose to do personally or professionally.

When my son was five, he asked me as I was tucking him into bed one night, ‘Mommy, why do I have a life?’

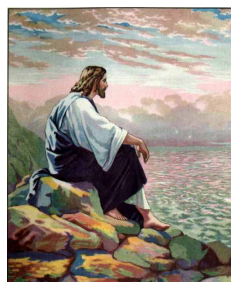
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This caught me unprepared! I think he was looking for a simple answer like ‘to be a doctor like Daddy or a scientist like Mommy.’ It took me nearly two weeks to answer him.

‘You have a life,’ I told him, so that the world is a better place after you have lived than before you were born. So you can make a real difference.’ And I still think that.”

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When Jesus spoke these words, “The thief comes only to steal and kill and destroy. I came that they may have life and have it abundantly,” (John 10:10) he knew that his life and ministry was to make the world a better place.

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How do we build our spiritual capital like Jesus did, so that we may face any and all situations and challenges? We can start every morning by using these simple faith affirmations:

Today, in faith, I rely on God as I put God first and other things last.

Today, in faith, I think God's thoughts after Him by remembering that God is in charge and that I have nothing to fear.

Today, in faith, I take time to feel at peace, knowing that everything is in God's hands.

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Today, in faith, I express cheerfulness by being kind and patient with others.

Today, in faith, I forget my grudges by letting go of any doubts and fears.

Today, in faith, I stay centered on God and not allow my problems to control my emotions.

Today, in faith, I count my blessings seeing that the smallest thing that can be called a blessing—a glass of water to drink, a meal, a smile of a stranger, a flower in bloom, a gentle breeze, a call from a friend.

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Jesus showed the world that creating spiritual capital in our lives required faith, like that of a mustard seed—small and full of potential.

God wants to give His good to us; He wants to answer our need, to fulfill our desires. But God Himself cannot give to us what our mind refuses to accept. There has to be a willingness to accept our good. Faith and will go hand in hand to developing our spiritual capital.

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During my time at Unity I had the opportunity to attend all kinds speaking engagements and seminars given by people from all walks of life. There was one man who gave a talk on how it was God's good pleasure to give us the kingdom.

During his talk he took out a \$50 bill from his pocket and held it up. "Is there anyone here who could use this bill?" he asked.

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"This is a real \$50 bill, it is mine, and I would be very glad to give it to anyone who would like to have it." Not a person responded. "Is there no one?" he pursued. "You may do whatever you like with it. It will be yours."

Still no response. Doubtless there were many in the audience who needed and could have used that \$50 bill but who were restrained by convention and self-consciousness from speaking out.

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In the nervous, rather embarrassed hush he commented, "Not even God can give you anything, if you won't accept it."

What a powerful lesson that was! Yes, we can have faith in God to provide, but if we are not willing to be open and accepting of our good how can we build our spiritual capital?

I'd like to share seven affirmations that may be of help to you and your loved ones:

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1. The will of God, individualized in me, is my rapidly expanding desire for universal good.

2. I willingly surrender to the will of God because I desire to give up negative patterns of behavior and experience.

3. I willingly surrender to the will of God to live up to my highest potential at all times and in all situations.

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4. I willingly surrender all that I am and all that I have to the will of God so that I may be a blessing to others and in turn be blessed by them.

5. I willingly surrender to the will of God any misconceived biases or prejudices so that I may come to know and appreciate the divine nature in me, my neighbor, and in all creation.

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6. I willingly surrender to the will of God my time, talents, and treasures so that I may be prosperous and generous in mind, body, and soul.

7. With a growing sense of confidence and delight, I faithfully surrender to the will of God as I pray: "Not my will, but thine be done in and through all that I am and ever will be."

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Just as we are free to determine how to spend our financial resources, we are also free to decide how we use our spiritual capital of faith and will. And as we build our spiritual capital let us remember to build it on the solid foundation of Jesus's trinity for all good in our lives:

1) love the Lord your God; 2) seek God first; 3) love neighbor as self.