

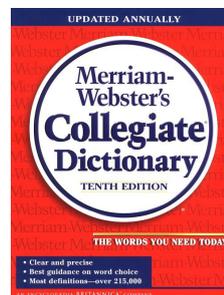


Today's Lesson

What's Your Story

Power Point notes available at:
www.unityofbakersfield.org

What's Your Story



Webster tells us that, "A story is to narrate, describe or form pictures in one's mind to explain incidents or events. A story can be fiction or non-fiction."

What's Your Story

We each have a story within us. They are stories about our hopes and dreams; successes or failures.

Stories have a way of enriching our lives, letting us know that we are not in this process called life all by ourselves. Listening to others or reading about how they handled a certain situation or event helps us to have faith and hope.

Stories give us strength and inspire us to go further and try new things, they help us to laugh at ourselves and not take life so seriously.

What's Your Story

EVERYTHING'S A STORY - YOU ARE A STORY - I AM A STORY

FRANCES HODGSON BURNETT

Like all stories that you and I may have, somewhere within those stories are lessons that we learned about life. Here's one from my childhood that taught me a few things.

What's Your Story

As far back as I can remember, I was that kind of kid that found adventure around every tree, under every bush, in every stream and pond, lake and river. There was nothing I wouldn't try.

I loved exploring the country side, the woodlands, the fields, the frontage along Lake Ontario where I grew up here was as a kid. On one such occasion I happened upon a hill that had half a bridge. Now, God only knows where the other half went, but here was this half a bridge that went out about 300 feet with a 150 foot drop to the creek bed below.

What's Your Story

At the end of the bridge there were bars and barricades to keep people from driving off. I walked out to the end of that bridge and being of sound mind and body I proceeded to crawl through those bars and see if I could do a pull-up.

You see, I had not always been this macho and manly, however I was studying under Charles Atlas and I figured if he could do it why couldn't I.

So there I was, hanging 150 feet above the creek bed and all of a sudden I realized I could not do a pull-up to literally save my life!

What's Your Story

Well the ground wasn't getting and closer, but I wasn't getting a further away either. I was feeling kind of embarrassed about all those Charles Atlas lessons, all that spinach and then I started thinking of about all the stupid things I had done in my life---moving this one to the top of the list.

As I hung onto the bars I thought about the monkey bars that I played on when I was in grade school and if I would swing myself around I might be able to get a leg up on the edge of the bridge so that I could pull myself up, but it didn't work.

What's Your Story

So I finally mustered all the strength I could, a true test of my physical abilities and I yelled, "Help!" A farmer working in the field not far from the bridge heard my yell and rushed over to pull me up. With a puzzled look on his face he wanted to know what was I thinking that caused me to do such a dumb thing like that?

All I said was, "I don't know." I thanked him for helping me and walked off thinking that if I told him the truth he'd laugh at me for being crazy. However, I did come away from that experience with several lessons:

What's Your Story

1. Don't always believe everything you read or see - reading Charles Atlas and eating spinach did not make me strong.

The strength I had came from within me and not from something outside of me.

2. When you are faced with a life/death situation there is always a higher power at work in our life to pull us through.

We are not alone on this journey called life and we have guardian angels, the Christ presence, spiritual guides to help us when the need arises.

What's Your Story

3. Always think things through.

There are times in our lives that we find ourselves in the middle of a situation and wonder, how did this happen, how did I get here, or why did I do this? The truth is that we may not have thought about the consequences of our actions.

4. Develop a strong, loud voice.

There are times that we need to ask for help and it takes a strong loud voice to do so. It's okay to ask for help when it is needed regardless of what others may think or say about our your request.

What's Your Story

We all have family stories that give color and history to who we are, they explain why and how we do things, how traditions and customs got started and why we carry them on.

Many of the stories that are in the Bible got started this way; as a collection of stories that were told and retold by story tellers of the ancient civilizations to help them understand some questions about life and what it was all about.

How did I get here and why am I here? What's my purpose? What is God, who is God, where is God?

What's Your Story

Let's take a trip back in time and visit a family as they gather around the family campfire eating dinner: Junior pops up and asks, "Dad, where did I come from? Where did we all come from?"

Dad replies, "Well son, let me tell you a story. A long time ago God created the heavens and the earth. And God said, 'Let there be light'; and there was light. And God saw that the light was good; and God separated the light from the darkness. God called the light Day, and the darkness he called Night. And that's why we have a morning and an evening.

What's Your Story

Then God created the waters and the sky; and fruits and vegetables. He created the stars, the sun, and the moon. And then He created living creatures in the water, on the land, and in the sky. And after all that was done He created us in His image, male and female. We were blessed by God, and given the whole earth to reign over. He did all this in six days and so He rested on the seventh day."

Junior then says, "Wow, that's great dad! But why do we look different and speak different languages?" Dad said, "Let me tell you another story..."

What's Your Story

When one reads the Bible stories it is best to keep in mind that many of them are stories about how people overcame challenges to their faith and way of life. These stories may contain historical information, much like our own family stories do, but keep in mind that all stories can be embellished. The stories contain spiritual lessons and it's up to the reader not to take every story literally.

Truth students the world over realize that the stories in the Bible represent the unfolding of the human consciousness on a spiritual level.

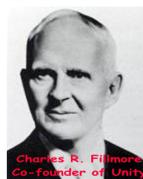
What's Your Story

When some people read about the story of Daniel and the Lion's den, they might think to themselves, "Well that's a nice story, but what has it got to do with me, right here, right now?"

Well, have you ever felt like you were trapped and others were going to have you for lunch? Have you ever been in a situation where you knew that the only way you could get out of it was through your faith?

The Bible is loaded with spiritual lessons about ourselves such as the story of Jesus walking on the water toward Peter. What has this got to do with me?

What's Your Story



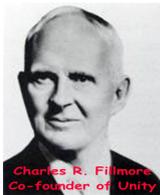
Charles R. Fillmore
Co-founder of Unity

Charles Fillmore explained the spiritual metaphysics of this story like this:

The water in this story represents human consciousness or race consciousness, Jesus represents the Christ, the perfect divine idea for humankind, therefore, therefore Jesus, the Christ lifted Himself up upon race consciousness.

Peter represents faith. As he focused his faith on the Christ and was able to walk on the water.

What's Your Story



Charles R. Fillmore
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That is until he turned his attention from the Christ and looked down at the water, race consciousness - into the everyday world of problems and concerns, and then he started to sink.

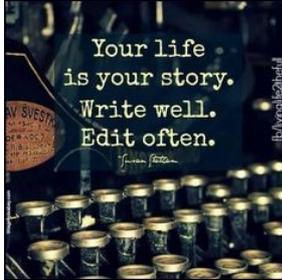
But when Jesus called out to him, he looked up and refocused his attention toward the Christ, and was able to walk on the water.

What's Your Story

When truth students read the stories found within the Bible they understand that every character, parable, or symbol represents something. The story could be their story that is full of joy, excitement, action, compassion, or kindness. Or it could be a story of anger, sadness, resistance or resentment?

As someone once said, "Owning your story is the bravest thing you could ever do."

What's Your Story



What's your story and what are the memories that will be left behind to define you?