



## Welcome to Unity's Interactive Worship Service

### Today's Topic: Letting Go

Power Point notes available at:  
[www.unityofbakersfield.org](http://www.unityofbakersfield.org)

## Letting Go

Before school opened in September an elementary school principle said to his teachers, "Let's all write out resolutions about how we can be better teachers and I'll put them on the staff bulletin board." The teachers agreed, and when the resolutions were posted, they all gathered around the bulletin board to read them.

One of the young teachers suddenly went into a fit of anger. "He didn't put up my resolution. It was one of the first ones in. He doesn't care about me. That just shows what it's like around here." On and on she ranted and raved.

## Letting Go

The principle, who overheard this from his office, was mortified. He hadn't meant to exclude her resolution. Quickly rummaging through the papers on his desk, he found it and immediately went to the bulletin board to put it up. The resolution read...

*"I resolve not to let little things upset me anymore."*

The Universe is always ready to present us with opportunities to practice and manifest the very things we have asked help with.

## Letting Go

Tom had two teenage boys that were doing every thing in their power to "push the envelope and his buttons." One day he resolved to be more understanding.

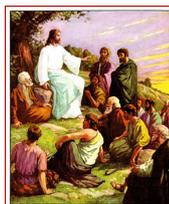
So what happened? It was if they had made their own resolution to be more creative in their quest to see who could wear their father down first. When Tom got one situation settled with one of them the other would be creating something else for him to handle. A day didn't go by that Tom would yell out, "I just don't understand why you do these things?"

## Letting Go

One day while Tom was working in his vegetable garden and thinking about the most current situation and thinking, for the millionth time that he just didn't understand, it hit him!

It was like an voice came into my head and said, "How can you be more understanding if you're constantly affirming that you don't understand? After all you asked to be more understanding didn't you? Well, look at all the chances you had to be more understanding!"

## Letting Go



As Jesus went about the countryside teaching about a God of love he was often chastised by the religious rulers of his day for "breaking the law" by not fasting and resting on the Sabbath.

However, he responded: "No one puts new wine into old wineskins; if he does, the wine will burst the skins, and the wine is lost, and so are the skins; but new wine is for fresh skins." (MK 2:22 RSV)

## Letting Go

Keep in mind that fasting was not the issue he was addressing. It can be a beneficial, healthful practice. But, as a ritualistic religious practice, it belonged to the old paradigm that Jesus was trying to break through.

In effect he was saying: You have to let go because you can't put new ideas into old mind-sets. You can't get new results with old behaviors.

## Letting Go

When you study the life and teachings of Jesus I believe he gave humanity a perfect model for letting go and letting God be God in the lives of people. The model consisted of the three R's:

**Repenting**

**Replacing**

**Relaxing**

## Letting Go

### Repenting

Jesus's first words to the people as he started his ministry are found in Matthew 4:17, "From that time Jesus began to preach, saying, 'Repent, for the kingdom of heaven is at hand.'"

The underlying Greek word for repent means to undergo a fundamental change in one's mind or character. Simply put, to repent is to change one's thinking, to shift paradigms, to replace old ideas with new ones.

## Letting Go

The essence of repentance is letting go of old, limited ideas and investing your belief in new expansive ideas. As someone once said, "What the mind can conceive, you can achieve." Everyone is creating their future self's right now.

The ideas and beliefs you currently hold about yourself are forming the foundation on which you are building your future. The old paradigm says, "Yea, I'll believe it when I see it!" The new paradigm says, "Ah, you'll see it when you believe it!"

## Letting Go

### Replacing

The second R in Jesus's model is about replacing the old with something new. So the question we all ask is what do you want to replace in your life so that you have a greater sense of well-being? What changes are you praying for?

As life keeps teaching us, all change must start from within. If we wish our lives to be transformed then the process must start within our own minds. What we no longer want, what no longer works, must be replaced with what we do want and what will work for us.

## Letting Go

### Replacing

This means we have to admit to ourselves that: I am a product of a certain set of concepts and behaviors. This process is hard for many people, but never the less it must be done. For example:

How many times have we said something like, "I'm tired of procrastinating. Beginning tomorrow I'm not putting things off any longer." And we try! But somehow tomorrow never quite comes, and we find ourselves still engaged in the same delaying behaviors as before.

## Letting Go

### Replacing

Or, we say, "I resolve that I will be better at managing my finances." We affirm, "My income is sufficient to meet my needs and my finances are healthy and balanced." Now in order for this to work you have to make sure the conditions of the affirmation are true, that you do not spend more than what you take in and you use a budget to help keep a healthy and balanced picture of what is happening with the flow of money in and out of your account.

## Letting Go

### Relaxing

The third R in Jesus's model is the art of relaxing, and is perhaps the hardest of the three R's for many people to do. It requires us to let the process work and not worrying or strain for results to be accomplished in a certain way, which is to say "our way." We did not get to where we are in consciousness overnight, the concepts and behaviors we have established for ourselves will take time to change.

## Letting Go

### Relaxing

Relaxing means that when something happens to revive an old concept or belief you are working on to change that you don't condemn it for popping up again, but acknowledge it for serving you in the past to bring you to this moment in time, and then just let it go.

The Universe is always working to bring the right people, right ideas, right circumstances into your life that will inspire, uplift, motivate, and challenge you if you but let go and let God be God in and through you.

## Letting Go

If you try to control everything and then worry about the things you can't control, you are setting yourself up for a lifetime of frustration and misery. The best thing you can do is to let go of what you can't control, and invest your energy in the things you can - like your ATTITUDE... or better yet, LET GO and LET GOD.