



## Welcome to Unity's Interactive Worship Service

**Today's Topic: God's Compassion**

Power Point notes available at:

[www.unityofbakersfield.org](http://www.unityofbakersfield.org)

## God's Compassion

Last week I ended my lesson on Spiritual Empowerment with this statement: *"It's not what you are that holds you back or keeps you from moving forward, it's what you think you are not."*

Millions of people believe God judges them. That there is this little black book that God keeps all the bad things we have done. Where is the compassion in that?

## God's Compassion



As the Daily Word stated today: *Compassion is the spiritual energy that dissolves the negative effects of judgment.*

## God's Compassion

When Jesus taught about a loving God and that we are loved no matter what, "Who is here to condemn you?" "Neither do I, go and sin no more." He brought God's compassion to a real life situation. Where the Mosaic law demanded a death by stoning, Jesus pointed out that no one is free from making mistakes, so why are you judging others for what you may have done yourselves? God's compassion is for all, no matter what. And yet...

## God's Compassion

It has been said that all through our lives we have collected thoughts—true and untrue—about ourselves. The collection of these thoughts have created a belief system. This system acts as a judge and jury in our live and affairs, and at times is used to beat ourselves up when we don't measure up to certain expectations. And at times it acts to keep us from moving ahead to transform and heal aspects about ourselves because we "believe" that we are unworthy of God's compassion.

## God's Compassion



In her book, *Spirituality & Self-Esteem*, Unity minister and author, Leona Evans writes:

*The challenges we face in our spiritual lives are not based on who we are, but who we have believed ourselves to be.*

## God's Compassion



*As students of truth we strive to put into practice Paul's statement to the Romans, to transform our lives by changing our thoughts, and to study ways to change our beliefs so that they reflect more of our true Christ identity, thus allowing us to come to a realization that our spirituality lies in being fully human.*

## God's Compassion

We have at times heard of read the following:  
*"The greatest discovery of my generation is that human beings can alter their lives by altering their attitudes of mind."* William James  
*"Change your thinking, change your life."* New Thought Principle  
*"Be ye transformed by the renewal of your mind."* New Testament Scripture

## God's Compassion

The mind and the thoughts we entertain on a minute to minute, hour to hour, day to day bases creates our reality. It has been said, *"What we believe to be true becomes our reality. All real changes are changes of mind."*

When we stop and think of how we understand God and the belief system that we developed over time about God's love and compassion, do we see ourselves as being truly loved and accepted by God no matter what?

## God's Compassion

It takes courage to change, even in the face of facts. For the writers of the Old Testament, God was a vengeful deity that demanded complete and total worship or else you would feel his wrath and death. That was their reality based on their facts at the time. Jesus comes along and says, "No! Not so! God is love, God is spirit and it's His good pleasure to give us the kingdom."

## God's Compassion

Others came behind him and brought new facts to replace old ways of believing. In the early 1600's, Galileo presented evidence that the earth revolved around the sun, the Catholic Church was deeply threatened. The new findings contradicted their beliefs and teachings about how God created the universe. In 1615, the Church officially condemned Galileo's theory as incompatible with biblical teachings.

## God's Compassion

In 1687, Sir Isaac Newton published his work, *The Principia*, explaining in great detail the laws of motion. With that new information the Church finally changed its view and teachings. What it took for the church to change its views and doctrine was this....



## God's Compassion

A play of words, but in fact it took a paradigm shift to change their reality of the world. A paradigm is:

A set of rules and regulations that establishes boundaries and helps us solve problems within those boundaries.

A mind-set that acts as filter to screen data that comes into our minds.

A process of determining how we "see" things.

## God's Compassion

What I love about paradigm shifts is that, what we held as a "truth" is observed from a brand new perspective it creates a complete change in consciousness from one set of established beliefs to another.

It's important to realize that this shift doesn't necessarily cause us to see different things, but rather, it allows us to see the same things differently.

## God's Compassion



It's as if we are taking a hot-air balloon ride up into the air. We are now able to "lift ourselves" above what we previously saw as **either-or** to this **and**. We can use the following tools to help us answer the question: "*What do you really think?*" as we look at our paradigms

## God's Compassion

To create a new paradigm on how we see and understand God's compassion, the spiritual energy that dissolves the negative effects of judgment, we can work on:

Opening our minds to new ways of seeing ourselves and our relationship with God.

Being active in the disciplines of self-observation, meditation, and journaling.

## God's Compassion

Examining old behaviors to see if we have truly transformed ourselves or have we just adapted new ways of remaining in our old mind-sets.

Looking honestly at our own resistance to change as a normal part of the paradigm shift. At some point we all have to do it.

To remember that our purpose is to be an expression of God's compassion toward all.

## God's Compassion



### Code of Compassion

Be kind to yourself and others.

Come from love every moment you can.

Speak of love with others.

Remind each other of your spiritual purpose.

Never give up hope.

Know that you are loved.