



**Welcome to Unity's Interactive
Worship Service**

Today's Topic: The Perfect Example

Power Point notes available at:

www.unityofbakersfield.org

The Perfect Example



Today's Daily Word reminded us that:

Our spiritual Source will never declare us to be complete. We are one through all eternity, always creating, always bringing more of our divinity into realization.

The Perfect Example



**Charles Fillmore,
Co-founder of Unity**

Fillmore saw Source as God, the creative life force that is the matrix of all creation. He wrote: *God planned humankind and the universe, and through the expression of His word (Spirit) projected them into creation, as ideal principles and imminent energies acting behind and within all visibility.*

The Perfect Example

As agents and spiritual entities in human form, we have the power and the ability to bring into our world, all that is good. Our power comes through us as the spoken word, thought, action, belief, because our mind is linked with God Mind to co-create using the Law of Mind Action.

The Perfect Example

Just in the past week alone, we have seen the Law of Mind Action at work. Those who create fear and demonstrate hate and distrust. We also have those who come from a place of love and wish to demonstrate peace and goodwill. Right now we have the perfect example of using the Law of Mind Action. The question is, "How?"

The Perfect Example

We can start by understanding that we came into this world fully equipped to meet every demand that this world can ever make of us. As Jesus stated, "I came that you may have life and have it abundantly. Yes, you will have trials and tribulations, but be of good cheer, I have overcome them and you will to." He was the perfect example of what we can do in the face of all that is negative.

The Perfect Example

Jesus understood that hate of any kind toward another diminishes the person generating the hate. "Love your enemies." Why? Because hatred only creates more of the same. It takes a toll on the entire body, mentally, emotionally, and physically. As someone once said, "Hate another person, and you reap the negative harvest of hatred in spoiled relationships and missed opportunities.

The Perfect Example

As truth students we know that words are extremely powerful tools that we can use to create our world. They can uplift our personal energy and improve our lives, or they can send us into a tailspin of anxiety or depression. The things being said today in the media is a perfect example of how words affect our personal energy. Words have great power, so choose them (and your friends) wisely!

The Perfect Example

Here is a list of reminders that we can do to create a more positive mind-set in dealing with the negativity that wants to knock on our door.

Anger: Even Jesus got angry. So remember it's okay to be angry, as long as you don't cause harm to yourself or another. Use your power of discernment to know the difference between constructive and destructive anger.

The Perfect Example

Fear: Whenever you feel afraid, remind yourself that fear never comes from God; it comes from ego. There is a lot of fear being created right now about what may or may not happen. God does not deal in fear, but in love, peace, order, harmony. Where do we want to put our attention, God or ego? What words do we want to use to describe our environment, positive or negative?

The Perfect Example

"Fear not, for it is your Father's good pleasure to give you the kingdom."

If Jesus was here today giving that same message it might look something like this: "Why are you placing your faith in all the what-ifs of life and feeling afraid of what may or may not happen, place your faith in God who is in charge of your future and wants what's best for you."

The Perfect Example

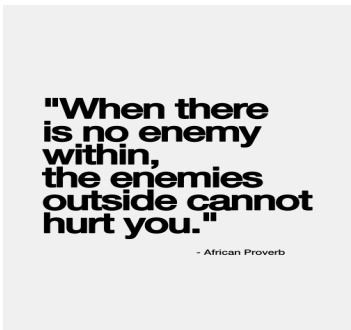
Toxic influences: Let's face it, in today's world there is no way you can escape the media, it's all around us. Unless you become a hermit or live on a deserted island, radio, TV, books, songs, and overheard conversations in the line at stores, or restaurants can and will at times affect you. So the question we must ask ourselves, is what I'm reading, seeing, hearing, life affirming or life denying?

The Perfect Example

Remember, the Law of Mind Action is always at work to bring into manifestation those things we focus on the most. So it's important to realize that healthy boundries are needed to protect ourselves from toxic, ego generated negativity by people and relationships that are dangerous to our spiritual growth.

The Perfect Example

Something to remember:



The Perfect Example

As our hymn today affirmed:
Flow, Spirit, flow, and all my fears
release, I am a channel for Thy
love and peace. Fill me with power
and let my heart be strong. Fill me
with joy that I may sing Thy song.