



Welcome to Unity's Interactive Worship Service

Today's Topic: An Element of Courage

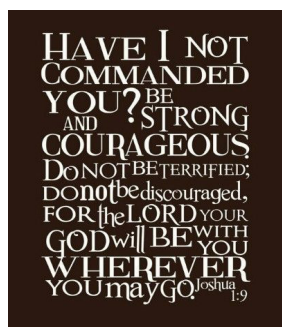
Power Point notes available at:
www.unityofbakersfield.org

An Element of Courage



Toward the end of his ministry, Jesus spoke to those around him saying, "I have said this to you, that in me you may have peace. In the world you have tribulation; but be of good cheer, I have overcome the world." John 16:33

An Element of Courage



This scripture from the book of Joshua explains how Jesus understood his mission and his ministry as he taught about the kingdom of God and the love that was to be found within it.

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It has been said that Jesus was extraordinary in his religious convictions and beliefs, in his understanding of Torah, and in the passion with which he lived what he taught.

We also know that he had a number of disputes with Jewish religious leaders, the Pharisees, who disputed with him on the law and who, in cooperation with the priestly aristocracy, the Sadducees, handed him over to the Romans who had him crucified. It took courage to do what he did.

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When Jesus stated that the kingdom of God was within us, he understood that each person had within them a place where peace, love, health, and well-being resided. Where they could find the courage to face life's problems and overcome them.

Ernest Holmes, founder of Religious Science once said, *There is a pattern of perfection at the center of your being which has never been touched by disease or misfortune.*

An Element of Courage



Author, Sharon Janis writes: *Life always brings challenges to deal with. Struggle and strife have come as standard accessories. When those inevitable difficult moments come, you have a choice:*

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... Instead of being swept away into an emotional flurry [of fear] or numb depression, you can...break through the suffering and into an awareness that free from suffering – existing beyond the level of your body and physical world. This is the realm of spirituality.

This is the realm that Jesus taught from, lived from, and found courage to face the world and to overcome it.

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Someone once said that we must build dikes of courage to hold back the floods of fear. So how do we begin to do that?

By trusting in who we are, God's beloved. By understanding that everything we face is part of our life experience. By knowing that life is a process of becoming, of becoming more loving, more peaceful, more spiritual as we include an element of courage to create a greater sense of well-being.

An Element of Courage



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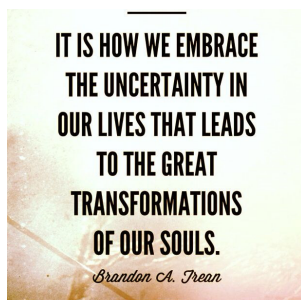
So what does it mean to have an element of courage? Here are some insights:



Like a diamond, courage has many facets.

An Element of Courage

Courage is moving through uncertainty.



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You always have two choices: to accept things the way they are, or to have the courage to change them.

- Jeckov Kanani



Courage is changing when changing is the hardest thing in the world to do.

Courage is being responsible for what you have created in your life and refusing to blame.

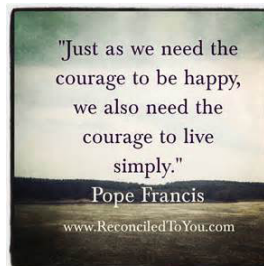
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Courage is trusting in God when you want to be in charge.

Courage is making difficult choices when, in this fast-paced, over-stimulated world, we are overwhelmed with information.



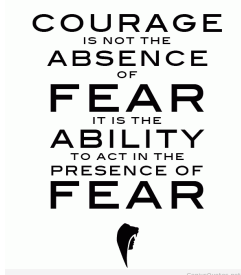
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Courage is choosing to live peacefully and simply when everything in life seems to teach the opposite.

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Some people think that if you have courage, you don't have fear. Not at all! Courage is allowing yourself to be fearful, but not being overwhelmed by it.



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Courage is going after the things you believe in even though they seem impossible.



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Courage is admitting you don't know.



An Element of Courage

True courage enables us to live life to the fullest extent possible, to choices that will enhance our lives, rather than settling for what life gives us. It's a God-given quality that can be called upon at any time. And we strengthen and develop our quality of courage by using it, and trusting in who we are and all we were created to be.