



Welcome to Unity's Interactive Worship Service

**Today's Topic: Who You Going To
Trust?**

Power Point notes available at:
www.unityofbakersfield.org

Who You Going To Trust

Today's daily word in part reminds us that:

- 1) Each of us encounter daily challenges with our work, relationships, finances, or any number of other elements of the human experience and condition;
- 2) And that ego will tell us that we are trapped, or forced into painful choices by the demands of others.

Who you going to trust, Spirit or ego?

Who You Going To Trust



The late Mary L. Kupferle an ordained Unity minister and author had this to say about trusting Spirit in her book, God Will See You Through: Trust the Spirit within to reveal to you right companions and satisfying relationships. Trust the Spirit within to pave the way to effective action and enjoyable living.

Who You Going To Trust

Who you going to trust to lead the way, Spirit or ego? Mary reminds each of us:

- 1) Your trust frees you from burdens and releases you from feelings of excessive responsibility.
- 2) To trust the Spirit within enhances the working of your intellectual processes and helps you perceive when the suggestions of others are wise and right for you.

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- 3) To trust the Spirit within brings you inner freedom from heaviness of thought and emotion and lifts you above the strain of difficult striving.
- 4) Trust the Spirit within to guide you into the most helpful ways of communicating with your family, into relating successfully to any challenge in home or business.
- 5) Trust the Spirit within to unfold your life plan, and within those whom you love to unfold their life plan to them.

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6) Trust the Spirit within to give you the right ideas to solve anything in your life that needs solving by illuminating your mind.

7) Trust the Spirit within to release you from limiting relationships or habits so that you are free from agitation or irritation in regard to the attitudes of others, thus quieting the mind of ego and bringing new peacefulness to your soul.

Who You Going To Trust

Keep in mind that ego is always trying to upstage Spirit so...

- 1) No matter how deep your difficulty appears to you, trust the Spirit within to guide you to victory. It will.
- 2) If at first you find it a struggle to trust, trust anyway. If you feel that it is impossible for you to trust, trust anyway. If you think you cannot make the grade, trust the more.

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- 3) If you doubt your own ability, potential, or capacity of faith, just be the firmer and more insistent that you can trust the Spirit within. Trust again and again and again. Trust by the moment. Trust in the morning, trust every hour on the hour, trust at work and at rest.
- 4) Trust yourself, trust others, trust life, trust the Spirit in everyone and in everything, because the reality of the Spirit of God lies within all, worthy of trust.

Who You Going To Trust



The writer of John wrote that in the closing days of his ministry, Jesus told the disciples, "If you love me, you will keep my commandments. And the Father will send you the Spirit of truth and he will abide with you and in you." (John 14:15-17)

Who You Going To Trust

When we learn to trust the Spirit of truth that Jesus talked about, we suddenly realize that there are no mistakes, only lessons on how to love ourselves, how to trust ourselves to make the right and perfect decisions for the highest and best for all concerned, because the Spirit of truth resides within us as our teacher, our friend, our confidant. It reveals to us all things are possible by trusting Spirit.

Who You Going To Trust

Mary reminded us that when life gets to us and ego is trying to lead us away from Spirit, that we must keep affirming that Spirit is in charge.

The late Wayne Dyer told his followers that all of us have the potential to allow Spirit the freedom to act as our teacher if we but let ourselves just do it. He gave seven ideas to help with letting go and letting Spirit teach us about our greatness.

Who You Going To Trust



Step 1: Laugh. They say humor is the best medicine—make some else laugh today, tomorrow, every day.



Step 2: Let fantasy back into your life. Don't be afraid to dream dreams and to "see" yourself in a child-like wonderland of play. This step helps us get out of the box and into possibility thinking.

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Step 3: Be a little crazy. Do something that is fun, wild. Let yourself off the “hook of conformity.”



Step 4: Be spontaneous. Every now and then let go of the rigid demands of time constraints and enjoy the moment.

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Step 5: Don’t be afraid to make mistakes. Did you know that many of the worlds inventions were mistakes, experiments that took a unexpected twist or turn and ended up being the next new medicine or technology. Mistakes are our teachers.



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Step 6: Seeing the world as it is. The human condition is just that—a condition. And as with any condition its sometimes negative as well as positive. We don’t deny the physical appearances and activities that are part of our daily living experience. The intellect looks, sees, and judges. Make sure that it is a right judgment. Jesus had this to say about the word as it is: I am in it but not of it.

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Step 7: Trust more and fear less. Trust doesn’t mean to turn a blind-eye to everything. Blind trust like blind faith will only do one thing—cause you to run head first into those things you can’t see. Fear tears at the very fabric of trust. Use your divine wisdom to guide and direct you.

Who You Going To Trust

The Spirit of truth states:
As a child of God, I am an expression of divine love, wisdom, life and abundance. So...



And that you can trust!