



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

**Today's Topic: I Spy**

Power Point notes available at:

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

**I Spy**



Today's lesson was inspired by a game my granddaughter, Molly and I played while she was helping me make poached chicken for dinner. The game was "I Spy."  
"I spy with my little eye..."

**I Spy**



Today's Daily Word reminded us in part that grace is the power we have to lovingly convey to the world around us that we can recognize and express our Christ Presence.

**I Spy**



Jesus used many teaching methods to help people look at the "bigger picture." Sometimes he just came straight out with his message.

"Don't be afraid of life, let your divine essence shine forth into the world!" Matt 5:14

**I Spy**

I'm going to share two stories with you, the first is about a man and the second is about a women. Each is trying to approach life using old, outdated self-images of themselves. They haven't been able to spy the potential that lies within them. You may see someone you know who is living these stories too.

**I Spy**

**Story #1**

Arnie is 29 years old. He suffers with intense anxiety attacks. He is nervous, tense and often depressed for seemingly "no reason at all." At home he frequently has outbursts of temper where he flies into a rage over small things. Outside the home he is usually as gentle as a lamb; on the job he's known as "Mr. Nice Guy."

### I Spy

Arnie has been pleasing people all his life. He has always done what he felt others wanted him to. The major decisions in his life such as education, marriage, and a career choice were made largely through the influence of others. When he had the approval of others, he felt he was doing right. He felt worthwhile when he was approved of and pleasing others.

### I Spy

When he was a teenager, it was very important for him to fit in to be one of the crowd. He worked very hard trying to please his parents, his teachers, and his friends. After he graduated high school he went to the same university all his friends went to. While there he met a girl and started to date. Just when he was about to break off their relationship because it wasn't working, she announced she was pregnant.

### I Spy

Arnie married the girl, quit college and took a job in his father-in-law's company, where he works to this day.

Now with a wife, two children, a house, and a good paying job he can't understand why he is so unhappy. "I've got everything people want out of life, so what's wrong with me?" Arnie questions.

### I Spy

What's wrong is that Arnie created an image of himself that said he had to meet the expectations of the people around him before he could ever be happy. For most of his life Arnie has not allowed himself to think of himself and his own needs as being important. As long as he was busy pleasing others he felt he was doing what was right, and therefore his life should be right.

### I Spy

Now, almost 30 years old, Arnie is starting to realize what he has on his map of self-image that has created his self-worth, self-esteem:

1. The way to be liked by others is to be what others want me to be and to do what is most pleasing to them.
2. Other people have the right to judge me and my actions.
3. It is wrong for me to think of my own need, wants, and desires.

### I Spy

4. Pleasing others is an insurance policy which will guarantee that people will continue to like me.
5. Approval from others is essential to my self-worth and total well-being.
6. If I don't do what others want of me, I don't deserve their approval or friendship.
7. It's my duty to make everyone happy and comfortable.

## I Spy

8. If others do not tell me I'm a good person, then I must not be.

9. If I'm not a good person then I have no right to happiness.

### Story #2

Elaine is a woman who unlike Arnie who suffers from constant depression reacts to life and negative experiences with rage. Although Elaine is only 35 she looks 45.

## I Spy

She sees herself as a doormat to everyone, no matter what she tries to do others use and abuse her, wiping their feet on her emotions and good deeds. She rarely laughs or allows herself to relax.

"Nobody ever does anything for me," she says; "and no matter what I do, they don't have any respect for me and my needs. I'm just a thing for people to use.

## I Spy

I know that I shouldn't be angry, but I'm always bending over backwards for my friends, for my kids, for my husband. And not only that, I've got a very demanding mother. She still has me driving all over town because she doesn't drive. I've got six kids and a house to take care of and when I'm in the middle of fixing dinner she will call and expects me to drop everything and come running to her.

## I Spy

God, only knows what would happen if I didn't go, she'd probably have heart failure if I didn't go. No one cares about me, I'm just a thing to be used. In fact I'm nothing, I'm a "NO THING."

Elaine has worked all her life for approval, love, and acceptance and now sees that all her efforts have not paid off. For all her years of helping and doing for others she has nothing to show for it but emptiness and rage.

## I Spy

She has made herself a victim of other people's whims in order to please them and in return earn their love and approval.

The people Elaine gave the most to, such as her mother who thought it not presumptuous to call her at any hour of the day to be driven somewhere, gave her the least returns in acceptance and love. Elaine believed she had to earn her worth and earn the right to be loved and so the harder she worked, the worse she felt.

## I Spy

The self-image Elaine made looks like this:

1. If I don't give, I won't be appreciated.
2. My self-worth depends on the opinions of others.
3. Love is something you have to earn and work for.
4. Respect is something you have to earn and work for.
5. If others don't like me, there is something wrong with me.

## I Spy

6. If someone is angry with me, it must be my fault.
7. It's terrible to be angry and have bad feelings.
8. If I'm angry and have bad feelings I must be terrible.
9. It's terrible to be a thing people use, and if people use me, I must be terrible.

## I Spy

Richard Lynch in Know Thyself writes: "Our vision is limited by our proximity of this or that phase of life, which prevents a true interpretation of life's full meaning. Until we are able to enlarge that vision so that we may see, not merely what is obvious and superficial, but the vast magnificence of the totality of the whole, we shall miss the great things that a more extended vision would reveal to us." I spy something more.

## I Spy

Here are six reminders to help us play the "I Spy" game to see something more:

1. **It is not necessary** to be liked by everyone.
2. **It is not necessary** to earn or work for anyone's approval or acceptance.
3. **Know that your needs** and wants are just as important as other people's.

## I Spy

4. **Rejection is not the end** of the world. It may be unpleasant, but it does not mean that there's something wrong with you.
5. **Being angry and having bad feelings** does not make you a bad person. They are emotions that can be dealt with in a positive manner and because you experience them, you're not a terrible person.

## I Spy

6. **God loves you just the way you are.** You are a beloved child loved in every way. There is nothing that you need to do for you to have God's love, it's yours, it's free, and it's unconditional.

All your feelings are normal and natural. They are a part of you and they are not good or bad, right or wrong. Feelings are what separate humans from machines. Do not be afraid of your humanness and you will no longer fear your emotions so you can play "I Spy" and see something more in yourself.

## I Spy

If we can play the game, "I spy with my bigger eye," we find that:

**I am  
Spiritually  
Praiseworthy,  
Yes!**