



Welcome to Unity's Interactive Worship Service

Today's Topic: Making the Change

Power Point notes available at:

www.unityofbakersfield.org

Making the Change



Here we are again—embarking upon another new year. And like every other new year we are poised to make changes in our lives. For some, these changes will be obtained, but of a large majority of others they will not. Why?

Making the Change

No matter how good our intentions are for making the change that we know will be a benefit to our sense of well-being, ego mind uses it most influential tool to create roadblocks and barriers to making the change:

RESISTANCE

God wants only the best for us and yet we fight our beloved Creator all the way to the well-being bank of life with our resistance.

Making the Change



Today's Daily Word in part stated that:

“We must relinquish our resistance, turn our focus from mortal concerns to eternal Truth, and allow Spirit within to do the work of creating the kingdom through us.”

Making the Change



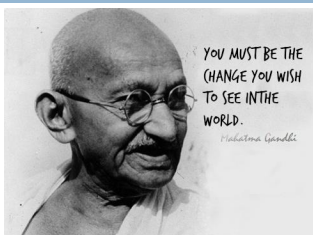
Even Jesus understood that no one could access the kingdom from a mortal sense of being, but through God.

“I do not speak on my own authority. Rather, it is the Father, living in me, who is doing his work.” John 14:10

Making the Change

When we look at the goals we set for ourselves to make the change in our life, these changes look very simple and easy to do on the surface. However, when it came time to actually put the “peddle to the metal” and get moving on making the change happen—life happened. We find ourselves being inundated by the material world around us. We lose focus on the spiritual aspect of our nature for making the change we desire.

Making the Change



As the old saying goes, “God can only do for us, what God can do through us.”

Making the Change

When the Master Teacher told the people that he was in the world but not of it, he was trying to teach them not to rely on the physical world for all the answers. But to look within themselves for Spirit’s guidance and help like he did.



Making the Change

“IF YOU ASKED ME FOR MY NEW YEAR RESOLUTION, IT WOULD BE TO FIND OUT WHO I AM.”

—CYRIL CUSACK

Finding out who you are can go a long way in helping you understand how to make the change needed for a greater sense of well-being and accomplishment in the new year.

Making the Change

Jesus said it was the “Father’s good pleasure to give us the kingdom,” so why do people resist it?

In her book [Do I Have To Give Up Me to Be Loved By God](#), Dr. Margaret Paul writes:

“People who resist learned early on that resisting was the only way to maintain their integrity in the face of invasive, controlling caregivers, teachers, clergy, and other authority figures.

Making the Change

This was a fact for them when they were children, but it’s not true for them as adults. In fact, when a person is driven to resist out of fear of being controlled, they are not free to make positive choices that they know are best for them. Paradoxically, it is the resistance that is in control and making the choices. People who had to resist controlling authority figures and caregivers often transfer this resistance to their relationship with God.

Making the Change

This resistance also included God’s love—for they feared being controlled and consumed by God the way they were by others when they were young. They believe on the deepest level that they would have to give up themselves to be loved by God.”

Resistance is not intrinsic, but a learned response. Therefore, making the change becomes hard as the person believes: *If I surrender to God, He will make me do things I don’t want to do, like suffer.*

Making the Change

Changing the learned behavior of resistance can be done, but it does take work and a belief that you are worth the effort that making the change will bring to your life and affairs. After all, it is the Father's good pleasure to give you the kingdom, if you but ask, seek, and knock. So whatever it is you would like to have changed in your life, you have the ability and the power to do it, one step at a time.

Making the Change



Ray Williams, of Wired for Success writes: Here are some tips to help you make your resolutions work for you with little to no resistance: them work:

1. Focus on one resolution, rather than several, and set specific, realistic goals. Losing weight is not a specific goal. Losing 10 pounds in 90 days would be.

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2. Don't wait till New Year's Eve to make resolutions. Make it a year-long process, renewing your commitment every day.

3. Take small steps. Many people quit because the goal is too big, requiring too much effort and action all at once.

4. Have an accountability buddy, someone close to you to whom you have to report.

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5. Celebrate your success in milestones. Don't wait for the goal to be finally completed.

6. Focus your thinking on new behaviors and thought patterns. You have to create new neural pathways in your brain to change habits.

7. Focus on the present. What's the one thing you can do today, right now, towards your goal?

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8. Be mindful. Become physically, emotionally, and mentally aware of your inner state as each external event happens, moment-by-moment, rather than living in the past or future.

9. And finally, don't take yourself so seriously. Have fun and laugh at yourself when you slip, but don't let the slip hold you back from working at your goal.

Making the Change

As you focus on your spiritual ability to break the cycle of resistance that prevents you or your loved one from a sense of well-being of God's love, remember:

1. That all resistance is a choice, and then notice yourself making that choice;
2. Notice the consequences of that choice;
3. Make a new choice.

Making the Change

And may some of
your new choices
in making the
change in your
life and affairs
bring you...

**MORE SLEEP
MORE MUSIC
MORE TEA
MORE BOOKS
MORE SUNSETS
MORE CREATING
MORE LONG WALKS
MORE LAUGHTER
MORE HUGS
MORE DREAMING
MORE ROAD TRIPS
MORE FUN
MORE LOVE**