



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

Today’s Topic:
The Power to Choose
Power Point notes available at:
www.unityofbakersfield.org

The Power to Choose

DAILYWORD.
A Unity® Publication

As today’s Daily Word reminds us:
I learn to rely on my indwelling
spiritual insight - my Christ expression -
to guide me to the most effective choices
I can make.

The Power to Choose

The ability to think, to reason, to make
choices in our lives is one of the fundamental
powers we have as individuals. As someone
once proclaimed:
I choose to live by choice, not by chance;
To make changes, not excuses;
To be motivated, not manipulated;
To be useful, not used;
To excel, not compete.

The Power to Choose

And therefore, I choose self-esteem, not self-
pity. I choose to listen to my inner voice, not the
random opinions of others.
Every human on this planet faces the fact
that they have to make choices. After all what
would life be like without the power of choose?
As we travel our path there are times we come
to the end of the path and have to choose if we
go right or we go left. The wonderful thing is
that we have a choice.

The Power to Choose

For some people it can be the hardest thing to
do, to make the choice to go right or to go left
when you want something to stay the same.
Alice came to the fork in the road.
“Which road do I take?” she asked.
“Where do you want to go?” responded the
Cheshire cat.
“I don’t know,” Alice answered.
“Then,” said the cat, “it doesn't matter.”
Lewis Carroll Alice in Wonderland

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Author, Dani DiPirro writes:
“While having to make choices
can be challenging, even more
difficult can be the challenge of
staying positive as you're struggling
to determine what choice is best for
you.”
She provides seven ways to help:

The Power to Choose

1. Listen to your instinct. When I was first faced with the choice, I had a gut instinct. The other day I read this quote: "When faced with two choices, simply toss a coin...because in that brief moment when that coin is in the air, you suddenly know what you were hoping for." You instinctively know what you want. Don't ignore that instinct.

The Power to Choose

2. Weigh the pros and cons. While I really do believe that it's essential to listen to that first instinct, I also recognize the importance of weighing the pros and cons. I think listening to logic can be vital when making big decisions. In most cases, there will be both good and bad. Recognize that and then work to determine which situation will provide you with the most good and least bad.

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3. Get outside input. I'm a big fan of listening to myself and making my own decisions, but I cannot deny the value of getting input from others. When it comes to making big life decisions you may have to make them with others in mind, but sometimes it might be all up to you. These words of wisdom will help me to make the best possible decision.

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4. Don't let fear decide. One of the greatest foes I've come up against through this decision making process is fear. Making choices can be intimidating. One thing I find creeping into my decision making process is fear. It leads to believe that keeping things the same is better and that change is not worth the risk. I'm learning to push that fear aside, that I need to make a choice that's based on what's best for me, not a choice based on avoiding what I am afraid of.

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5. Do what's best for you. This can be hard to determine sometimes when you're weighing all of the options and getting various words of advice, but ultimately you have to focus on yourself. Tune everything else out and really ask yourself, "What is the right choice for me?" If you took away all of the details and distractions and "What if" questions, you'll come to the realization that you know what's best for you.

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6. Trust in yourself. Once you've done all of the things above and you reach a decision, you may find yourself stepping back and questioning the choice you're about to make. Even after all of the work you've done to get to this point, your mind might be filled with doubts. Don't let those doubts overcome you. Remind yourself that you are doing what's best for you and you've taken great steps to come to this conclusion.

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7. Don't ever look back. Once you've made your choice, make sure that you commit yourself to it and refuse to look back. It's easy to begin doubting your choice, but looking back and wondering about what could have happened if you had made a different choice will do you no good. At times it may not even seem like it was the right choice, but you have to keep reminding yourself that everything is happening for a reason.

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In the Book of Joshua, the writer gives us a look at the problems Joshua was facing with trying to keep the people focus and center on God as their source and if they wished to choose it.

“And if you be unwilling to serve the LORD, choose this day whom you will serve, whether the gods your fathers served in the region beyond the River, or the gods of the Amorites in whose land you dwell; but as for me and my house, we will serve the LORD.” (Joshua 24:15)

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We look at this story and say it really doesn't have anything to do with us today. Ah, but does it?

How much of who you are and the choices you make are based on your parents, or other caretaker's ideal of how you should act and be? These are the gods of your fathers. How much of your daily life is based on choices made according to how people in your community react to you?

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When we really stop and think about the power to choose for ourselves, how many of us allowed others to do the choosing for us?

Where to live, what you will eat, who you will live with, what you will wear, what kind of car you will drive, what kind of job you will have, and on and on it goes. These are the “gods you serve in whose land you dwell in.”

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In her book *Lessons in Truth*, Emily Cady puts it another way. She asks the question:

Bondage or Liberty, Which?

There is only one choice that can give you the freedom you desire in your life, the one choice that can open your life to experience all the goodness and beauty this world has to offer. That ultimate choice is to come into the consciousness of an indwelling God.

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To know with every ounce of your being that "God is" everything you desire. And once you come into that consciousness awareness of God is what you desire - you will say:

“As for me and my house, we will serve the Lord.”