

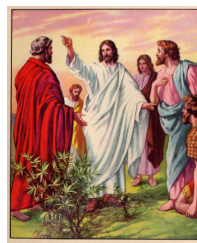


Welcome to Unity's Interactive Worship Service

Today's Topic:
A Part of Something Bigger

Power Point notes available at:
www.unityofbakersfield.org

A Part of Something Bigger



Jesus's teachings were directed to having a firsthand experience of God. He started his ministry by saying... *“get ready for the kingdom of heaven is at hand, and that this kingdom that I speak of is not somewhere in the sky but within you.”*

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In their book Life Lessons, Elisabeth Kübler-Ross and David Kessler share some insights on who we are and finding our true selves, our authenticity of being, that yearning to be a part of something bigger. They write:

“Deep inside all of us, we know there is someone we were meant to be. And we can feel when we're becoming that person. The reverse is also true. We know when something's off and we're not the person we were meant to be.”

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“We are all on a quest for answers, trying to learn the lessons of life. We grapple with fear and guilt. We search for meaning, love, and power. We try to understand fear, loss, and time. We seek to discover who we are how we can become true to ourselves in the process.”

Famous psychiatrist and holocaust survivor Dr. Viktor Frankl once wrote, “He who has a why can bear any how.”

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Who of us here have not asked the question, or heard someone else ask, “Why am I here?”

Jesus, I'm sure had the same kind of questioning going on when he went out into the desert to prepare for his ministry. And once he understood the “why,” it became crystal clear as to what he was to do, as he allowed himself to be a part of something bigger than himself. And over time, the “why” allowed him to access the “how.”

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When Jesus realized he had a message that would change the lives of everyone who wished to do so, he went forth to share it with those who had ears to hear and eyes to see.

His “why” can be found in this statement: “The thief comes only to steal and kill and destroy. I came that they may have life and have it abundantly.” John 10:10

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As part of something bigger than himself, Jesus understood that everything he did and taught was based upon his own personal individualized expression of God. We find his “why” in this statement:

“Do you not believe that I am in the Father and the Father is in me? The words that I say to you I do not speak on my own authority, but the Father who dwells in me does his works.” John 14:10

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It has been proven through scientific research that having a connection to something bigger than ourselves, a religious belief or spiritual side to our lives makes us happier and healthier.

When Jesus was challenged for teaching people how to be a part of something bigger and connect with God on their own terms and without the need to make sacrifices, he responded:

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The writer of John states that Jesus answered them, “Is it not written in your Law, ‘I said, you are gods’? John 10:34 And he was quoting the writer of Psalms, “I have said, You are gods; and all of you are children of the most High.” Psalm 82:6

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As Jesus put it, “We are gods! Children of the Most High,” and therefore a part of something bigger than ourselves! The challenge for us then is to learn how we can connect to this truth and find our authentic selves so we can be an individualized expression of God as a part of something bigger. So understanding the challenge can go a long way in helping us realign our thoughts and behaviors so that we may truly be a part of something bigger.

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It’s hard to be a part of something bigger if we look at life as being just black and white. However, life is not that way. There are a lot more grey areas in our lives than there are black and white. To live that way is to live a life of rigidity and absolutes. People who do often paint themselves into life’s corners as they try to live according to someone else’s perception and positions by never really understanding why they do it.

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Elisabeth Kübler-Ross and David Kessler share these insights:

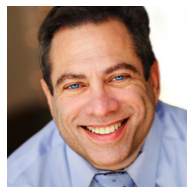
EKR – “We often look to others to define us. If others are in a bad mood, we are brought down or take on the role of making them happy. If others see us as being wrong, we become defensive and find ways to justify our choices.”

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“In order to discover and be authentic to ourselves, finding out what we want and to do we must be committed to our own experiences. In other words: If you are living your life to make yourself look worthy in the eyes of others, you are not seeing the worth in yourself.”

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DK writes: “There is within each of us a potential for expressing goodness beyond our imagining, for giving without seeking reward, for listening without judging, for loving without condemnation. That potential expression is our goal.”

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As you practice becoming a part of something bigger, by aligning yourself with God, so that you may be an individualized expression of your authentic spiritual self, remember:

“Is what I’m feeling and experiencing based on what others expect of me or is it based on what my authentic spiritual self expects of me?”

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As you keep in mind that “you are gods, children of the Most High,” also remember this as your affirmation of being a part of something bigger:

“Who you are is eternal; it never has and never will change. No one else has ever experienced the world in quite the same way as you have. And no one else ever will, for there will never be another you.” - EKR and DK