

**Welcome to Unity's Interactive
Worship Service**
Today's Topic:
Unwrap Your Mind
Power Point notes available at:
www.unityofbakersfield.org

Unwrap Your Mind

Today we are going to look at one of humanity's greatest issues. An issue that is powered by fear.

Let's try a little experiment: Take a deep breath and hold it, keep holding it and as you hold your breath notice what is going on with your body. Ok, breath and relax.

What did you notice? How did it feel?

Unwrap Your Mind

Today's Daily Word in part reminds us that "with each breath, divine energy lives as me. I gratefully surrender to the spiritual certainty that my life is in divine order...new thoughts of harmony and abundance take root in my mind."

Unwrap Your Mind

At one time or another we have heard the phrase, "I just couldn't wrap my mind around it, or; I just couldn't wrap my mind around what had happened."

According to Merriam-Webster the phrase is defined as: "A statement used to state we are trying to understand or accept something."

Jesus tried many times to get people to unwrap their minds to a new way of thinking about God.

Unwrap Your Mind

God's kingdom is within you. (Luke 17:21)

God loves you unconditionally. (Matt 5:45)

God knows what you need before you even ask. (Matt 6:8)

It's God's good pleasure to give you the kingdom. (Luke 12:32)

Ask, seek, knock...for as you give it will be given to you. (Matt 7:7 Luke 6:38)

Unwrap Your Mind

We've all heard of Party City, a place where you can go and get all kinds of gift items to wrap in packages and boxes.

How many of you have heard of Scare City? A place where ego dwells and the gift items it sells are wrapped in despair, anxiousness, depression.

Unwrap Your Mind

SCARCITY

The scarcity mindset is one of humanity's great issues fuelled by fear. It varies from generation to generation, but one thing is known for sure: It is the fear of not having or getting enough, the idea of lack. It has its roots in every society, it has touched every ancestor since the beginning of time, as they looked for food, shelter, clothing. It is rare to find someone not touched by the feeling of lack.

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Patrick, of unwrapyourmind.com, had this to share about the mindset of scarcity. Here are a few thoughts and statements that can show if a person is living in Scare City:

1. You think, that there is not enough for everyone and if you think that there is not enough, you need to fight for those resources.
2. You have to protect what is yours from others stealing it, or you need to steal from others, to get what is scarce.

Unwrap Your Mind

3. You need to be tricky to get an advantage in life, and so it's ok to lie or cheat to even steal to get what you need.



Charles Fillmore, co-founder of Unity had this to say about lack: "In God Mind there is no lack. God has created an abundant universe. It is up to us to affirm God's abundance in all things."

Unwrap Your Mind



Ernest Holmes, founder of Science of Mind wrote: "The abundance you desire must first be an experience in your mind. Remember, the trees do not lack for leaves, nor do the flowers fail to bloom."

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If Divine Mind (God) has provided all that we need, as Jesus stated, "Therefore I tell you, do not worry about your life, what you will eat, or about your body, what you will wear. Consider the ravens: They do not sow or reap; they have no storehouse or barn, yet God feeds them. How much more valuable are you than the birds!" (Luke 12:23-24) What will it take to unwarp our mind to overcome the fear of lack?

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It starts by understanding how this mindset is developed and learned. It's intrinsic in every human being as a means of survival. Think about it...

Susan Jeffers in her book, [Feel The Fear And Do It Anyway](#) reminds us that, "As babies we come into this world as total takers. We have to take, or we will die. Our survival depends on this activity that is intrinsic in all of us."

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Our physical and emotional makeup are designed to be narcissistic when we are small. I doubt if a child spends its nights pondering: 'My life is so full, so abundant. I think I will reward my parents with a full night of rest, or maybe I'll be on my best behavior tomorrow requesting as little as possible from them.' It will never happen, what they give is loud screaming noises when their needs are not being met."

Unwrap Your Mind

Unwrapping the scarcity mindset can be done, but it requires faith and trust in God as the source, provider, and sustainer of all that you require.



Unwrap Your Mind

Here are some steps that can help anyone looking to unwrap the scarcity mindset so that they can experience the abundance God has for them.

Step 1. Know God is all there is. Affirm daily that as God's beloved children you are provided for. God's knows, God shows.

Step 2. Unwrap your mind so that your thoughts and feelings are centered on being open and receptive to receive.

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Step 3. Let go of all thoughts and feelings about having to "get" or "have" that something or someone in order for you to feel complete. Feelings of incompleteness breeds a sense of lack that keeps you living in Scare City.

Step 4. Stop hoarding and start sharing. Hoarding is an activity that keeps affirming there is not enough.

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Step 5. Give whatever you are able to give such as time, money, knowledge, and do it freely with no strings attached.

Step 6. Be aware of your thoughts. Are they about being grateful for what you have, or are they about dwelling on what you don't have?

Step 7. Give thanks for all that you have, affirming this or something better is coming to me now. Thank you, God!

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