



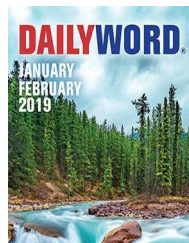
Welcome to Unity's Interactive Worship Service

Today's Topic: Spiritually More

Power Point notes available at:

www.unityofbakersfield.org

Spiritually More



As the Daily Word reminded us today:

“I am a spiritual being—nothing is missing; nothing is withheld.”

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It has been said that spirituality is the ongoing process of discovering God in the human condition and allowing our divine potential to emerge. And what better way than discovering it together as a spiritual family, “as we align with others in a spirit of support and cooperation.”

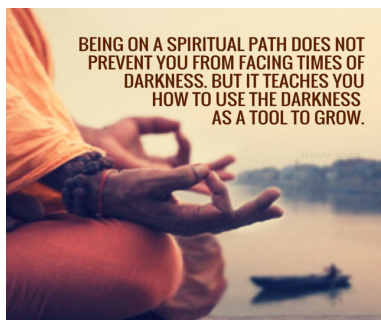
Spiritually More

Our journey to be spiritually more began when we chose to break free from old doctrines and dogmas that kept us in bondage to outdated religious authority. To be spiritually more requires a commitment to oneself to step out in faith to experience the presence of God in the human condition.

But what will that look like for us? What will it take for us to be able to let go and let God be an experience in our life and affairs?

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We need to understand first and foremost that...



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A modern take on an old Psalm: “Though I walk through the valley of darkness I shall fear no evil.”

And from the darkness came these words, “Let there be light.”

The darkness is nothing to be afraid of, for it is in the very darkness we find God. God is everywhere present, therefore, God is with us no matter where we find ourselves.

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So if we are never alone; spiritual beings with nothing missing; nothing withheld, why do we have such a difficult time creating a consciousness of being spiritual more? Could it be that we confuse the idea of being spiritual with being religious? These descriptions are often considered to be interchangeable. While many religions consider spirituality to be an integral part of their doctrines and practices, there are distinct differences between them as well.

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Dr. Terry A. Gordon shares his take on what it is that helps us to be spiritually more:
 “Spirituality is experienced as one embarks on his or her own unique inner path in search of deeper understanding of the truths life has to offer.

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The path becomes a conduit for inspiration and insight, which leads to an understanding of our experiences while temporarily incarnated in the material plane.

The spiritual path leads one to the discovery of his or her unique essence and purpose.

Spirituality is the corridor toward the place of higher consciousness, a passageway toward the perfection that is within each of us. It involves meditation, introspection and prayer.

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Because of the exclusivity of some religious teachings, religion tends to separate us from one another, whereas spirituality tends to bring us closer together.

It is important that we realize the potential of learning from everyone despite how different our backgrounds may appear.

It doesn't matter what religion or denomination others have come from nor what belief system they have been taught.

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It is not the tradition or laws that are meaningful, it is the spiritual essence of their beliefs that is of utmost importance. Our focus must be not on our differences but on what we share in common.”

This is what can happen when we create a safe place for people to come together to create a spiritual family so each can be spiritually more.

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So here are several things that happen when we align with others in a spirit of support and cooperation to create a spiritual family here, or anywhere:

1) Each individual gets to discover the God of their understanding – however and whenever they choose;

2) Each individual is allowed to make what another may perceive to be a foolish mistake;

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- 3) Each individual is allowed to maintain their dignity while never taking it away from others;
- 4) Each individual is allowed the freedom to have negative feelings without judgment from others;
- 5) Each individual is allowed to grow spiritually at their own pace without pressure from others;

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- 6) Each individual is allowed to know what is right for them without any interference from others;
 - 7) Each individual is allowed to grow and blossom into the beautiful person God meant them to be, by letting them be who they are meant to be.
- As we each learn to be spiritually more, let us not forget this...

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