



Welcome to Unity's Interactive Worship Service

Today's Topic: And The Answer Is

Power Point notes available at:

www.unityofbakersfield.org

And The Answer Is



And Jesus said, "Seek God first and all will be given to you." Matthew 6:33

And The Answer Is

Now, put yourself in the place of those people, under Roman rule, sitting and listening to what Jesus was teaching. You might have heard someone say:

"Wow! Thank you, Jesus, for letting us know that all we have to do is seek God first and all will be given to us. But I have a question, 'What's in it for me?' After all, will God give me a good donkey, a fit wife, kids, a good job, and keep the Romans off my back?"

And The Answer Is

"What's in it for me?" Who of us here have not heard someone utter those words? It's a question I've heard many times over the course of my life time. And on a very human level, living in this material world, dealing everyday with the circumstances, situations, and drama of the human condition, who can blame them for asking that age old question?

But nonetheless...

And The Answer Is

The answer to "what's in it for me" is God. Jesus and other spiritual sages, teachers, and mystics all taught that if we want answers to any of our questions, then we must find them within ourselves. As someone once noted, "When you seek God, Seek Him in your heart." Another has said, "In happy moments, praise God. In difficult moments, seek God. In quiet moments, worship God. In painful moments, trust God. And in every moment, thank God."

And The Answer Is

When we look at Jesus' teachings, his life, we find that he was more concerned about what was going on inside someone rather than what was going on outside of them. A modern answer to us could be something like this:

"You want to know where God is, and where His kingdom can be found. Then look no further than inside yourself. For God's kingdom of love, light, compassion, and forgiveness is within you. Seek the sacred within yourself, in the silence of your being."

And The Answer Is



In his book, *Essential Spirituality*, Roger Walsh, M.D., Ph.D. writes:

“Life is difficult to understand. We are born dazed and helpless, finding ourselves in a world overflowing with mystery. Yet our world is only a speck of cosmic dust in a remote uncharted corner of a vast, unfathomable universe.

And The Answer Is

No wonder life feels so mysterious and we sometimes reel in bewilderment. Yet life can be exciting and joyful. There are countless wonders to explore and people to meet, and the world holds places of breathless beauty. We all have opportunities to love and play, to learn and heal. Our lives are rich with opportunities and our challenge is to live them to the fullest extent possible. All of us can be the creative artists of our lives, all we need to is unveil the sacred within us.

And The Answer Is

There, within ourselves, we finally find the most profound, the most meaningful, and the most important discovery any human can make. Within ourselves we find our deepest self, our true Self, and recognize that we are not only more than we imagined but more than we can imagine. We see that we are a creation of the sacred, intimately and eternally linked to the sacred, and forever graced and embraced by the sacred.”

So, “Be still and know that I am God.” —Psalm 46:10

And The Answer Is

We are all on this spiritual journey together, each of us, in their own way, is seeking the answer to each and every question about our relationship with God. Here seven things to remember about making the sacred come alive in us and through us as we make the changes we need to make to know and experience God more in our lives and affairs.

1. Start easy. Change of any kind can be very challenging. Start with one goal in mind.

And The Answer Is

2. Decide how long. Commitment is crucial to any change of habit or behavior. Set a realistic time line that fits you.

3. Make no exceptions. Excuses are the cancer that destroys all good intentions. So until the new habit is established make no exceptions to your commitment. If it is to learn how to stay in the silence for 5 minutes, then just do it. No exceptions, no excuses. Ego plays very hard in this area of our lives.

And The Answer Is

4. Look and learn. As you move through the process look at what you are feeling, experiencing. What are the resistances that ego is placing in front of you? Then learn as much as you can from experiences so you can use it later. Keeping a journal of your process is part of recording your experiences and resistances. In this way you can go back and see what worked and didn't work.

And The Answer Is

5. Be gentle. Be kind and forgiving with yourself. Mistakes are a part of the learning process and need no condemnation. After all these are spiritual practices, and if you could do them perfect then there would be no need to practice them.

6. Start Again. So what if ego got the best of you on Thursday and you didn't practice 5 minutes of silence. Start again on Friday. In order to be successful, you have to have the courage and strength to start again, no matter what.

And The Answer Is

7. Enjoy yourself. This is spirituality, not religion. You're suppose to have a good time with it and those who are on the path with you. Let's enjoy life, and let's do it together. So when you are faced with a challenge while practicing your spiritual principles and you don't have someone to call, turn to one of the many spiritual teachers who have gone before you and in prayer and mediation ask for guidance, support, and strength to see it through. Enjoy yourself, you're not alone. So...

And The Answer Is

And the question is:

Why did the Israelites wander 40 years in the desert?

And the answer is:

Even back then men would not stop to ask for directions.