



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

Today’s Topic: Your Power Gage

Power Point notes available at:

www.unityofbakersfield.org

Your Power Gage

Did you know that you have an internal power gage? It’s true! Can anyone tell me where that gage might be located?

Proverbs 23:7 gives us this spiritual insight: “For as he thinks in his heart, so he is.”

And from our Master Teacher, “Go, be it done for you as you have believed.” And the man’s servant was healed at that very moment. –Matthew 8:13 The discourse with the Roman Centurion

Your Power Gage



And from the writer of Mark we have this teaching: “All things are possible to him who believes.” - Mark 9:24

Your Power Gage



He truly believed and lived a life based on the fact and faith that God would provide, know our needs, and provide for them. Our job was to...

BELIEVE!

Your Power Gage

Jesus, the master at understanding the human condition, understood what the mind and heart was capable of. If he were here today, we might hear him say, “The law of your mind is this: You will get a reaction or response from your subconscious mind according to the nature of the thought or idea you hold in your conscious mind. This creates your belief about yourself and colors all your relationships, even with God.”

Your Power Gage



Ray Dodd, author of The Power of Belief gives us insights into our behaviors and the beliefs that give power to those behaviors.

“I’ve invested a lot of time, money, energy and I’m still struggling with the same self-defeating behaviors.”

“The changes I make don’t seem to last.”

Sound familiar?

Your Power Gage

“Of all the programs that promise change, most focus on changing behavior. Yet many people are frustrated because some of the changes they think they’ve made don’t last. The problem? It’s simple: When you only address the behavior you want to change by deciding to do something different, you ignore what is driving that behavior. If you want to achieve change that lasts, you also need to change what you believe.”

Your Power Gage

What are some of the beliefs you hold in your subconscious that drives your behaviors that may contribute to uneasy relationships with people, money, jobs, or yourself?

Experts that help people to change their behaviors have found that a negative and limited belief system is based on many of the following beliefs they amassed from childhood and on.

“I am not worthy, who would want me?”

“It’s not spiritual to have lots of money.”

Your Power Gage

“I’m not a nice person, so I don’t deserve it.”

“I’m not _____, so why bother.”

“There’s not enough _____ so I’ll do the right thing and sit this one out.”

“I don’t want people to think I am _____, so I won’t _____.”

“I don’t trust myself to handle this responsibility, I’ll mess it up.”

“I’m going to fail at _____, so why should I even try.”

Your Power Gage

Ray gives us some things to think about as we learn to understand how our limiting beliefs can shape our behaviors and relationships.

Our beliefs cause us to do one of two things: propel us into action or hold us back from acting.

Our beliefs create the fabric of our life—our personal reality of what we think is real.

What we think is real is only an opinion we have agreed to based on our belief.

Your Power Gage

Opinions are the application of knowledge we have collected in defense of our beliefs.

Beliefs based on this knowledge become so powerful that they control our behaviors.

Transformation of the belief system is not about reciting affirmations, collecting more information, attending seminars or workshops. We attend these activities, get all fired up for the changes that are to come. Then after a few weeks we find ourselves right back where we were, angry that it didn’t work.

Your Power Gage

It didn’t work because we didn’t include the real us, that part of us where all those beliefs reside and stay out of sight until they show up in the behaviors we are wanting to change. What really showed up in those activities was the “envisioned us”, that part of us that “wished” we could be like what we wanted to be. Wishing doesn’t work, that’s egos way of keeping you from looking at what needs to be done. And that is being completely honest with ourselves and our belief system.

Your Power Gage

Real transformation is about transforming the beliefs that no longer serve us on our spiritual journey of rediscovery.

Remember: What you believe empowers you, or what you believe limits you. The good news is that what you believe is your choice. After all, you have your power gage:

Power = Personal Overcoming With Engaging Resolve

Gage = God's Absolute Guidance Ensured (Because)

Gage = God Absolves Guilty Ego