



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

**Today’s Topic: The Spiritualized Ego**

**Power Point notes available at:  
[www.unityofbakersfield.org](http://www.unityofbakersfield.org)**

**The Spiritualized Ego**

Last week I talked about changing the story that our Ego keeps telling in order to keep us in unhealthy, toxic guilt. We then looked at ways in which we could shift the way we tell the story through forgiveness, change it so that guilt is transformed into love and understanding.

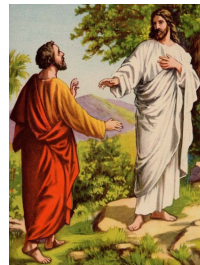
Now what if we could do the same thing with Ego? As the old saying goes, “Spirit leads and Ego follows.” What would that look like?

**The Spiritualized Ego**



The writer of Luke tells of Jesus with Satan (Ego) and his temptations: “And said unto him, Get thee behind me, Satan: for it is written, Thou shalt worship the Lord thy God, and him only shalt thou serve.” (4:8)

**The Spiritualized Ego**



The writer of Mark has Jesus rebuking Peter for trying to keep him from going to Jerusalem for the Passover feast, knowing that Jesus may be killed by those seeking his death. “Get behind me, Satan!” Jesus went on to explain: “You do not have in mind the things of God, but the things of men.” (8:33).

**The Spiritualized Ego**

The writers of the New Testament knew of two powers, that of God and that of Satan. Everything good was God, and everything bad was Satan.

Today, we have come to realize that there is only one presence and one power in the universe, God the Good, Omnipotent. And modern translation would be, “Get behind me, Ego!”

So instead of letting Ego “Edge God Out,” why not spiritualize Ego so that it “Engages God’s Opportunities”?

**The Spiritualized Ego**

I’d like to share the parable of The Water Bearer. It tells the story of a young water bearer who each day goes to his master’s well with two water pots hung from a pole. Day after day he walks the same path to fill each pot with water but upon arriving back at the master’s home only one pot remains full the other filled with cracks loses most of its water along the way. One day, not feeling very good about himself because he is not able to bring a full measure of water back to the house like the other pot, the cracked pot...

### The Spiritualized Ego

...asks the water bearer why he doesn't patch his cracks so he can be like the other pot. The water bearer then responds by telling him that his cracks are important. But the pot argues that he is not fulfilling his full potential as a water pot by bringing a full pot of water back to the master's house. The water bearer then asks the pot to look down the path that they travel each day and tell him what he sees. I see flowers on one side of the path replies the pot. And that's why I did not patch your cracks, said the water bearer.

### The Spiritualized Ego

I planted seeds on your side of the path and each day your cracks watered the flowers. I would then go out and pick some of them to adorn the master's table with beauty and fill the rooms with sweet fragrance. Your cracks enabled us to bring a little bit of joy into the master's home each and every day.

We all have some cracks, and if we don't spiritualize Ego, Ego will use those cracks to keep us from a Spirit centered life, by letting God be God in our life.

### The Spiritualized Ego

One of Jesus's great teachings is often overlooked and yet it stands as a powerful reminder of the presence of God in our lives: *"God is spirit, and those who worship him must worship in spirit and truth"* (John 4:24).

Spiritualizing Ego can be accomplished if we could just remember that very simple and powerful statement. For Spirit is always there to lead, guide, and teach. We just have to create a space for that to happen in our daily lives.

### The Spiritualized Ego

So how can we create that space for Spirit to lead so Ego can follow? How do we immerse ourselves in God's presence and let the spiritualized Ego "Engage God's Opportunities?"

I'd like to share with you five things that were taught to us in ministerial school that could be of help in spiritualizing Ego by letting Spirit lead and Ego follow.

1. Focus on the situation, issue, or behavior, not the person you are in conflict with.

### The Spiritualized Ego

The spiritual application: Seeing God's presence in all things.

2. Maintain the self-confidence and self-esteem of others.

The spiritual application: Seeing the Christ presence in others.

3. Maintain constructive relationships.

The spiritual application: Prayer and Meditation

### The Spiritualized Ego

4. Take the initiative to make things better.

The spiritual application: Denials and Affirmations

5. Lead by example. Go to God first and then to man as the Master Teacher taught.

The spiritual application: Do these things.

Spiritualizing Ego is a process of remembering that no matter what you are facing, affirmative prayer is a good way of helping you center your thoughts and feelings toward Spirit.

### The Spiritualized Ego

So in closing I'd like to share this affirmative prayer with you that we used in MEP:

Dear God,

I surrender my Ego to Spirit and seek to create a space for Spirit to be active in all that I do and say. I am willing to be Your eyes so that I see love not hate, wisdom not judgment, wholeness not brokenness, beginnings not endings, peace not turmoil.

I am willing to be Your ears so that I hear laughter not mourning, dialogues not speeches, listening not shouting, praise not condemnation.

### The Spiritualized Ego

I am willing to be Your hands so that I may heal not harm, embrace not imprison, lift up not hold down, bring together not tear apart.

I am willing to be Your life, God, and to know and express the peace and harmony that is You by creating a space for Spirit to lead and Ego to follow in my life and affairs. I am willing to be You in this world. AMEN.