

## “How we control our lives”

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### **Third Unity Principle: “We are co-creators with God, creating reality through thoughts held in mind.”**

**Intention:** Realize that our thoughts are the most powerful part of us and they actually create our world." Resources, “The Quest” by Richard & Mary-Alice Jafolla, “Teens on the Quest” Association of Unity

**PreSession:** Have music playing and encourage teens to talk. Could possibly have a full length mirror “reflecting” the idea that “what you give out comes back to you.” Be creative in how you can use this.

**Points to Ponder:** For a visual, list following on board:

- Everything begins with an idea
- Your thoughts are the blueprint for your life
- Your thoughts today create your world of tomorrow
- Change your thoughts and you will change your world
- You have absolute control over your reactions

**Affirmations:** *Affirm together the following: (printed out on slips for each person)*

I see myself and others as God’s precious creations!!

I hold a sacred image of myself as a spiritual being with unlimited potential!!

God has created for me a world rich with blessings and opportunities!!

**Unity Statement of Being**

God is All, both visible and invisible  
One presence, one mind, one power is All  
This One that is All,  
Is perfect Life, perfect Love and perfect Substance

I am an individualized expression of God  
I am ever one with this  
Perfect Life, perfect Love and perfect Substance

**Daily Word**

**Opening Prayer:** Thank you God for the transforming power of Your Divine Mind as I allow it to express through me. My will is Your will. I desire to celebrate you in all that I do and in all That I say and in all that I am. With you as my Partner, I create my world in a new And more positive way.

**Introduction: Read Bible Verse** Proverbs 23:7 “As a man thinketh in his heart, so is he.”

Both in the Old Testament and in the New Testament we hear about the Law, what we Sow, we reap. Plant corn, get corn. Think negatively—get negativity back. Or some say—garbage in, garbage out. Whatever you want to call it or however you want to view it, there is a spiritual law.

If I say to you” You are the royal ruler of your world! You have the authority over your life. You are in control”. How would you react to that statement? Would you agree or would you think – No Way!! Everyone else is in charge. My teacher, my parents, my coach....Everyone. Sometimes it doesn’t seem as if we are in control of our lives and yet the simple truth is that no matter what happens we do have control of ourselves. We may not have control of situations and circumstances that go on, but we do have control on how we will think about them and how we will respond to these situations.

So you have to be willing to take command of your life and also be willing to accept responsibility for your thoughts, decisions and actions. You have to be willing to take a look at how you think. What thoughts are you holding and what is created from those thoughts. Everything begins with a thought.

**Example:** When the British star Gem Gilbert was a little girl, she watched in horror as her mother died of shock in the dentist chair during a tooth extraction. The experience had such a profoundly negative impact on her that for the next thirty years she refused to go to a dentist. Finally, she was suffering from a toothache of such severity that she agreed to have a dentist come to her home to see if he could help her. He arrived to find her surrounded by her family, her friends, her personal physician and even her minister. Upon examining the tooth, the dentist informed Gem that he would have to extract it. But before he could even begin, she died!

After a lengthy detailing her life and athletic accomplishments, the article in the London Daily Mail concluded that she was killed by thirty years of thought!

It has been estimated that we have 60,000 separate thoughts each day. That's about fifty thoughts each minute. It shows that we have an incredible ability to process ideas. Yet what's even more astounding is the fact that about 99 percent of today's thoughts are the same as yesterday's. No wonder it is so difficult for us to change our lives. It may be difficult to accept the fact that thoughts have power. It may even be tempting to think that a thought is not a real thing, but there is no doubt that it is.

Years ago Albert Einstein said that energy and matter are related and that neither is created nor destroyed. Energy is changed into matter and matter into energy. Since thoughts are energy, our thoughts must affect us. There is no way that they cannot. A fear thought increases adrenaline and cholesterol, dilates blood vessels and creates the many other physical changes in your body. A thought of love strengthens the immune system and infuses the body with other beneficial chemicals. Thoughts are energy. The purpose of this teaching is to get you thinking about your thinking. What major shift in your thinking is needed at this point in your life?

### **Experience:**

Pass out a paper & pencil to everyone.

1. As if everyone has one situation in their life they would like to change or a difficult situation they are currently facing.
2. When they have all thought of one have them think of one word that describes how that situation feels.
3. Go around having each person share the one word feeling.
4. Can we always change the situation? Why?
5. Why would you want to change the negative feeling for a positive?
6. Think about the feeling you just felt.
7. How would you like to feel about the situation? Relaxed? Relieved? Forgiving? Trusting? Comfortable?
8. Pick a feeling you would like to feel toward the situation.
9. Now we are going to choose to think ourselves into this feeling because we have that choice and we can change how we see by repeating a correcting thought.
10. Writes this down on your paper: "This situation is resolved in perfect harmony. I am feeling \_\_\_\_\_ (feeling they have chosen) and all is well. Thank you God.

### **Activity - "Alligator River"**

Purpose: To help discover who is in charge of the thoughts we think.

Directions: Place signs around the room with the following names of the story characters:

Alice, Cecil, Sinbad, Best Friend Mabel, Other Friend George

Tell teens to listen to the story because at the end you will ask them to reference the characters.

**Story:** Alice and Cecil are both 17 and have been going out for the past year. They live on opposite shores of an alligator-infested river. One day a storm washed away the bridge over Alligator River. There was no way to get across except by boat. So Alice asked Sinbad, a sailor, to take her across in his boat, and he agrees..... but on one condition. He needed to deliver some drugs to a connection across the river and wanted Alice to take them and deliver them to his contact. Confused and uncertain, Alice asks her best friend, Mabel what she should do, but Mabel said "you're old enough to make your own decision and I do not want to get involved with any of this". So Alice really wanted to get across the river to see Cecil and decides to do as Sinbad asks.

After she gets across, she finds the contact and makes the delivery. Then she finds Cecil and is so overjoyed to be with him. She confides in him what she did to get across the river so she could see him. He becomes furious and starts yelling at her on how could she be so stupid, she could have gotten them both in trouble. He continues to yell and call her some inappropriate names. Devastated, Alice runs off crying and can't believe what has happened. She gets to the woods and sits down and is sobbing. Then she looked up and there is George, an old friend. As he comforts her, she tells him what has happened. He can't believe what Cecil did and how he treated Alice. He runs off and Alice follows behind. George finds Cecil and confronts him, they both end up yelling at each other. Then George delivers a strong punch flat on Cecil's chin, Cecil falls to the ground and is out cold .....Watching the encounter, Alice just laughs heartily.....

**Ask the group** to stand under the sign of the character in the story who in their opinion, behaved most inappropriately. If there is more than one person under each sign, have them select a spokesperson. Have each group or person try to convince the others why they feel the character they chose was the most offensive.

At the end of the arguments, give all people the option of changing their opinion and move to a different choice.

**Discussion:**

1. Did you all understand, respect or believe another's point of view?
2. Did any of you feel you were right and the others were wrong?
3. Did you feel it was important to be right?
4. Can anyone convince you what is right or wrong?
5. Can others tell you what or how to think?
6. Who is in control of your thinking?
7. Do you have a choice about what you choose to think?

**Meditation**

Invite everyone to become comfortable in their chair, breathing in deeply and relaxing with each breath.....  
Thoughts held in mind produce after their kind.....  
The beliefs I hold in mind and heart create my life experiences that express and reflect these beliefs.....As I change my thoughts, I change my experience ..... my thoughts are the most important and powerful aspect of my being..... Right thinking creates right results.....  
wrong thinking creates wrong results.....we create heaven and we create hell in our minds.....  
heaven is not some place in the sky.....heaven is within us..... it is the state of our minds.....and so heaven is right here and right now.....within us.....  
The state of our being.....In the Lord's prayer we say "Our Father".....which is our relationship to God.....we are God's Children....."Which art in heaven".....and since heaven is our state of being within us.....The message to us from Jesus is that the Kingdom is Heaven is within each one of us. Everything we do, everything we create, everything we have now and everything we ever hope to have comes from the thinking consciousness that we are. We have the power to change our minds, change our thoughts. We can choose to think negatively, be worried, fearful, concerned, anxious or we can choose to be positive, inspired, hopeful, happy.....we can let outside circumstances control our thoughts, or other people's actions control our thoughts.....or we can be in control of our thoughts.....knowing that we are at choice in every moment.....we choose.....we are co-creators with God.....and so we choose those attributes which God is...God works through each one of us to bring into the world peace..... joy.... love..... kindness..... compassion.....forgiveness..... in this moment we choose God.....we choose Heaven..... And so it is... Amen

**Closing Circle**

"God, we know that Life is Consciousness! We live what we think. Our thoughts are our seeds of destiny. Thank you for watching over us and showering us with your love. Our visions are nourished by your blessings. Make us aware of all the blessings around us and help us to share our harvest with others. In your name, we pray. Amen

