

## “Proving the Power of Principle”

### God as Principle

(Introductory Lesson)

**Intention:** What does Unity teach and believe? How our beliefs can help us to live a more spiritually aware life.

**Bible Verse:** “According to the grace of God given to me, like a skilled master builder I laid a foundation”.  
... 1 Corinthians 3:10

**Affirmation:** “I am open and receptive to God’s living Spirit of Truth”

#### Daily Word for the Day

**Centering Prayer:** *“I invite you to become comfortable where you are sitting. Allow the seat to support you close your eyes. Let’s take a few cleaning breaths to help us release the tension from our Bodies.” (silently and slowly count to ten) Sacred Spirit, we thank you for your presence here with and within us. You have created us in your image and likeness and we can see your creativity in everyone and everything we meet. You are the energy of the stars, the light and warmth of the sun, the life that pulsates through the universe. You are the rain that cleanses and nourishes us, the seed that grows to feed us. Everywhere we look, we see signs of your presence and grace. Thank you for the breath of life. We come to you with open hearts and with receptive minds. Guide us so that we may come to know you better and to live more fully the gift of life that you have given us. For all our blessings, we thank you. Amen. Pause..... When you are comfortable, return your attention to this room and open your eyes.*

**Opening Whip:** Go around the circle and have everyone share how they are doing and how their week has been. (depending on the size of the group you may want to ask them to keep their sharing to approximately 30 seconds).

**Presentation:** “Today we are starting lessons from the book “Proving the Power of Principle” which was presented at Fall Retreat 2004. This book is an opportunity to explore the five basic principles, deepen our understanding and apply them in our lives. First, we would like to bring clarity to terms that we are all familiar with, Religion, Spirituality, Unity and Spiritual Principle. With a better understanding you will be able to verbalize with others on what these terms are. Quite often teens have said they are not sure what to say about Unity if they get into a discussion with friends that are of other faiths.

So to begin, start off with having flipchart paper. One page for each Religion, Spirituality, Unity, Spiritual Principle and also a page for Cult.

What you will do is write the definition of each of these on the flipchart paper so everyone has a visual and can refer to them while in discussion. (put up as you present each one)

**Start with Religion** – Webster’s definition: “A specific fundamental set of beliefs and practices generally agreed upon by a number of persons. The body of persons adhering to a particular set of beliefs, ritual observations or faith. (Religions are man-made--ask any questions or comments)

**Spirituality:** Webster: Pertaining to the Spirit or soul as distinguished from the physical nature. (Spirituality is God-given)  
**(again ask for questions or comments)**

Put up a blank paper and ask for input and list as many religions as they can come up with. When finished, ask if they think these religions have specific set of beliefs, rituals and/or Observances.

Please note that the intent here is not to make anything right or wrong when it comes to the different religions, it is simply for review, discussion and understanding.

**Unity:** Practical Christianity based on the spiritual principles as taught by Jesus Christ.

The core of Unity is the Five Basic Principles. (have them listed on a poster)

- God is everywhere equally present and All Good
- The presence of God dwells within each person
- Human beings create their experience by the activity of their thinking. Everything in the manifest realm has its beginning in thought.
- Prayer and meditation are the direct like with the Mind/Heart of God
- Knowing the laws of Truth is not enough. A person must live the Truth he/she knows.

**Spiritual Principle:** Definite, exact and unchangeable. As with universal law such as the law of gravity, mathematics, physics – Principle cannot be changed and work whether you believe in them or not.

**Further explanation to verbally present:** God is principle unchangeable, exact, underlying cause of all manifestation. Principle is formless, it is that by which all form is produced. Principle is the I AM of every person. As the principle of music moves through tones, so does the principle of mind move through ideas. A word is a spoken thought, or idea. Therefore, God as creative Mind, moves through the expressed thought of Divine Mind referred to in Scripture as the Word of God.

**Cult:** \* A particular system of religious worship with reference to its rite and ceremonies.

(Webster) \* A group that devotes itself to venerate a person and/or ideal.

### **Questions for Discussion**

- What do you see as the difference between Religion and Spirituality?
- In looking at different religions, would you say that some of their rules and observances can be changed?
- In looking at Unity, can the Spiritual Principles be changed?
- What did Jesus teach? Did he teach a religion?
- In looking at the definition of cult, does it pertain to religions and Unity. If so, how?
- Would you define Unity as a religion?

(Sarah Smith from the Novi Chapter made a this observation, she said that understanding her spirituality and that Christ presence within can better help her to understand rites and observances. Her thought was maybe others seek the rites and observances to find spirituality)

### **“Child Image of God” Meditation and Discussion:**

This meditation is short but should not be rushed. Please allow time between the questions with the “.....”

*“The following Meditation is to help us get in touch with how we think and feel about God. Let us become completely comfortable where we are and begin to turn our attention toward our inner presence.....  
Take a deep breath and release it, relaxing your body and your mind.”*

*You are beginning a journey in time. You are traveling to the time when you were seven years old. Do you see yourself? ..... What are you like? ..... Where are you living.....  
What is your family like? ..... What did your family believe about God? .....  
What did you believe about God? ..... What did you feel when you thought about God?  
..... What did you believe about yourself? ..... Now let us begin to return our awareness to this time and place and when you are ready, open you eyes.*

## Meditation Discussion

Go around the circle and ask each person these three questions:

- What did your family believe about God?
- What did you believe about God?
- What did you believe about yourself and life?
- Have your beliefs changed since that time when you were seven?

## God as Principle

Have the following quotes on pieces of paper and have YOUers read and discuss what they see as the meaning.

- \* “God as principle—The unchangeable life, love, substance, and intelligence of Being. Principle does not occupy space; neither has it any limitations of time, or matter, but it eternally exists as the one underlying cause out of which come forth all true ideas” -- Charles Fillmore “The Revealing Word”
- \* “God is the name we give to that unchangeable principle at the source of all existence” Emily Cady
- \* “To the individual consciousness, God takes on personality, but as the creative cause of all things, God is principle and impersonal. As expressed in each individual, He becomes personal to that one—a personal loving all-giving Father-Mother”. Emily Cady
- \* God is not only the creative cause of every visible form of intelligence and life at its commencement, but each moment throughout its existence. God lives within every created thing as the life, the ever-renewing re-creating, upbuilding cause of it. God never is and never can be for a moment separated from His creations.”
- \* “Man is made up of Spirit, soul and body. Spirit is the central unchanging “I” of us, the part that since infancy has never changed, and to all eternity never will change. Soul.....is the region of the intellect where we do conscious thinking and are free wills. This part of our being is in constant process of changing. “ Emily Cady

## Activity

Place an assortment of objects in the center of the group. Example:, shell, broken pencil. sponge, cottonball, rock, glass, plant, shoelace, penny, rubber band.

Say to the group: *An assortment of objects has been placed on the table. As you go around the circle, I want you to step forward, select an object. With that object in your hand, say “God is like this object because....., Then “I am like this object because.....” When you are finished, place the object back on the table, return to your seat and the next person can go.* Everyone should have a chance to share.

Closing Circle: Close with the Prayer of Protection or whatever Prayer you would like to do.