

## The Power of Love

**IN THE POWER OF LOVE, I CELEBRATE MY ABILITY TO GIVE LOVE, RECEIVE LOVE AND BE LOVE.**

**THE POWER OF CREATIVE THOUGHT:** In these past few weeks, we've contemplated and celebrated the message of spiritual resurrection; we've looked deeply into our state of mind, and considered what we are expecting as we prepare for and invite change. In each Sunday message, we encountered the power of creative thought. How do you perceive the power of YOUR creative thoughts? Have you made yourself available for new ways of thinking or being?



Your love that emanates from the heart of God, the power and strength that keeps you rooted in love, sparks your creative spirit to be a co-creating with God. This means that the power of Your creative thoughts should be used mindfully and with intention. Have you made yourself available for new ways of thinking or being? Are you thinking of Love from the Inside or the Outside?

A belief of a world out of balance is that love comes from the outside...

It's an inside-out experience. It flows both ways. Love is not something we go to get; it's somewhere we go to give. And love is always available to us. Consider a new way of thinking about love In friendships, with our parents, with our children, and with our partners. We place constraints around how we will experience love, what must be done, or how a person must act for us to feel love. Create thoughts can allow love to flow. If we open up to the possibility that love is our nature and love is abundant... what challenge is too big? Fly with LOVE.

"My hope is that we will get a sense of how the universe is radiant and exciting and how we are poised right on the creative edge, right where the new action is happening. God's action, our action - a self-creating universe that is God's ecstasy!" - Beatrice Bruteau

What you think,  
you become.

What you feel,  
you attract.

What you imagine,  
you create.

- Buddha

**We create our life experiences through our way of thinking.** The **Unity's Third Principle** says that we create our experiences through thinking. Everything in the manifest realm had its beginning in thought. So what we are thinking really matters. We often refer to this as the Law of Mind Action. When we take personal responsibility to choose life-affirming thoughts, words, and actions, we experience a more fulfilling and abundant life. Our thoughts have power. Yes, we all have thoughts that come and go. The thoughts we cling to, think repeatedly over and over, inbed into our mental/spiritual DNA have immense power. Those beliefs determine how we respond to everything that occurs in our lives. "Bad things" can happen to anyone as we are part of Oneness of all. It is what we do with that, how we hold it, how we carry it as we move through the situation that determines our true experience.

Proverbs 23:7 "As a man thinketh in his heart, so is he." 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.

Our expectations can cause us to miss the beauty of what's unfolding right before our eyes in the present often times better than we could have ever imagined for ourselves." - Sage



# The Power of Positive Thinking or Not?



When the British star Daphne '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.

From the Norman Vincent Peale book *The Power of Positive Thinking*

**Discussion:** As a family or group discuss if there is a situation in life that you would like to change or a difficult situation they are currently facing? How do you think your thoughts affected this situation?

Can we always change the our situation? Yes, No, Why?

How would you like to feel about this situation? Relaxed? Relieved? Forgiving? Trusting? Comfortable?

Now try thinking into a positive emotion about this situation realizing we have a choice in turning around any situation.

Now rewrite your story. "This situation is resolved in perfect harmony. I am feeling \_\_\_\_\_ (feeling they have chosen) and all is well. Thank you God.

**"Old unhealthy thoughts can block off inspiration and motivation. Dropping them releases a strong flow of power through the mind."**

— Norman Vincent Peale





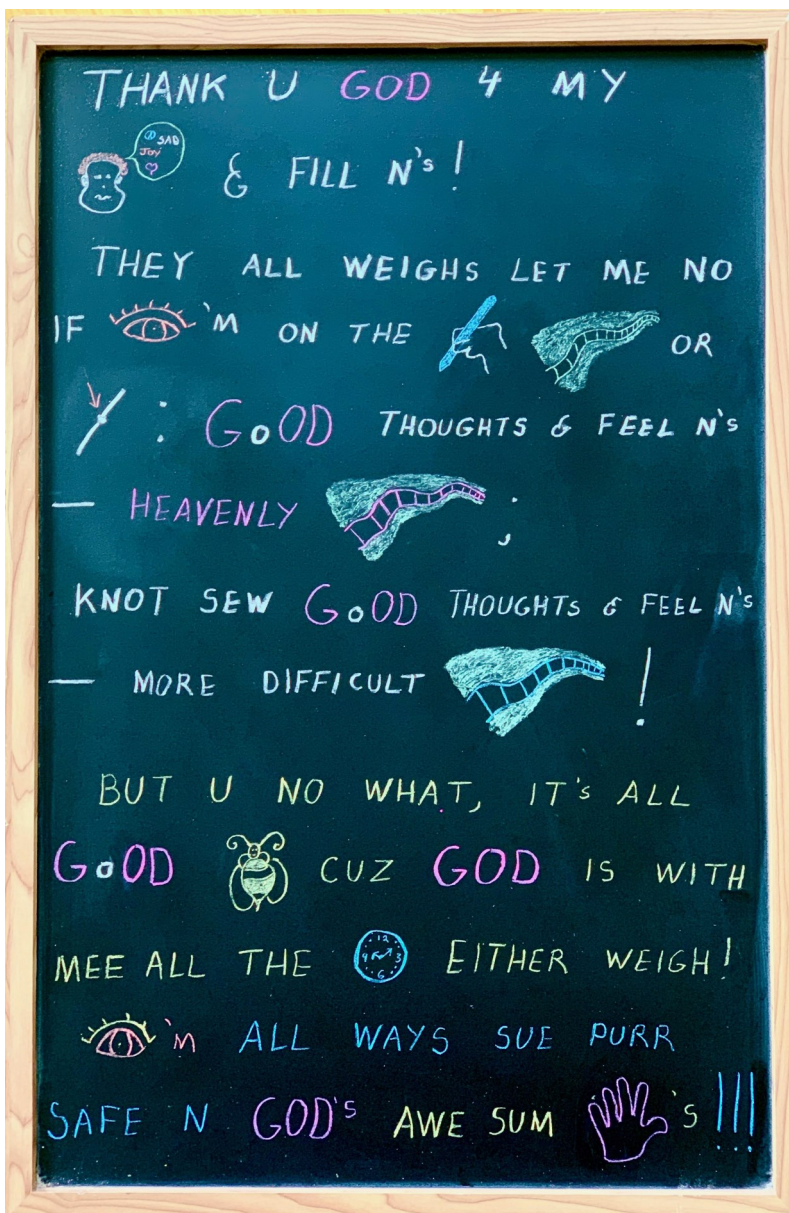
Mr. Todd Talks about Love: About Love...

Clothe yourselves with love, which binds everything together in perfect harmony. Colossians 3:14

When I was first asked to write about "Love", I thought it would be too much for my heart and my brand new box of extra soft Kleenex because I had just

saw "The Notebook" at the dollar matinee. However, because Love is more grandeur than all hearts beating together as one to the mellow sounds of "Stairway To Heaven" by Led Zeppelin or The O'Jays (you choose) on a compassionate Friday night, more

sweeter than the taste of fresh diet fruity pebble caramel raspberry cotton candy on a Sunday morning hot air balloon ride over Disney World forty five minutes before Sunday School, and more healing than Momma's tender kiss on her child's favorite orange and turquoise striped Band-Aid after a little boo-boo from playing on her IPADTM and tricycle at the same time, I found that writing about "Love" to be much easier than I thought. So here it goes! Love is God! And God is Love, all interwoven in this super awesome blessed and moving spectacular spirit filled tapestry called Life; your life, my life, our life! But really, God's life, the only life there is! In short; "God is Love! And Loving is God dancing as you! Now that's life!!!"



Beyond Blessed and Loving Life,

Name: \_\_\_\_\_

Date: \_\_\_\_\_

# Spiritual Growth

U J M H F F X A Q V G P F K U V G W Z W S E X Y  
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C T R G Z M X B G R S S Y F P X T L S K W T O H  
O Z K P T I K A G L E D W R R S J T V Z T D V L  
M P L E B L A P O K T N U H L L K D H C S S I N  
P V J Q E Y I X F U J E U M J R O W F W B P N G  
A G L D W S R S B E F I Q A R O V A F O U S G Z  
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I D B I P E Y N C L R D U F A S Y I M O T U N W  
O H U N C G B E D X T H R L U Y W F M T Z E D P  
N H R U E A K V E L A N O I T A R I P S N I N B  
T B Q K L R M I S Z G M L L T Y U R X S V Y E R  
S N D E E U E G N D H W O A X U N C F V Y K S W  
T L K N B O A R A F V Q V L T W R A U Z U X S J  
R L O J R C Z O E W X K E D F C D S Q U F M M X  
O Q S T A J V F L N G Q C V Z B U G L A N W G P  
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P A T I E N C E Y B P N N D P H Q G E S B X J T  
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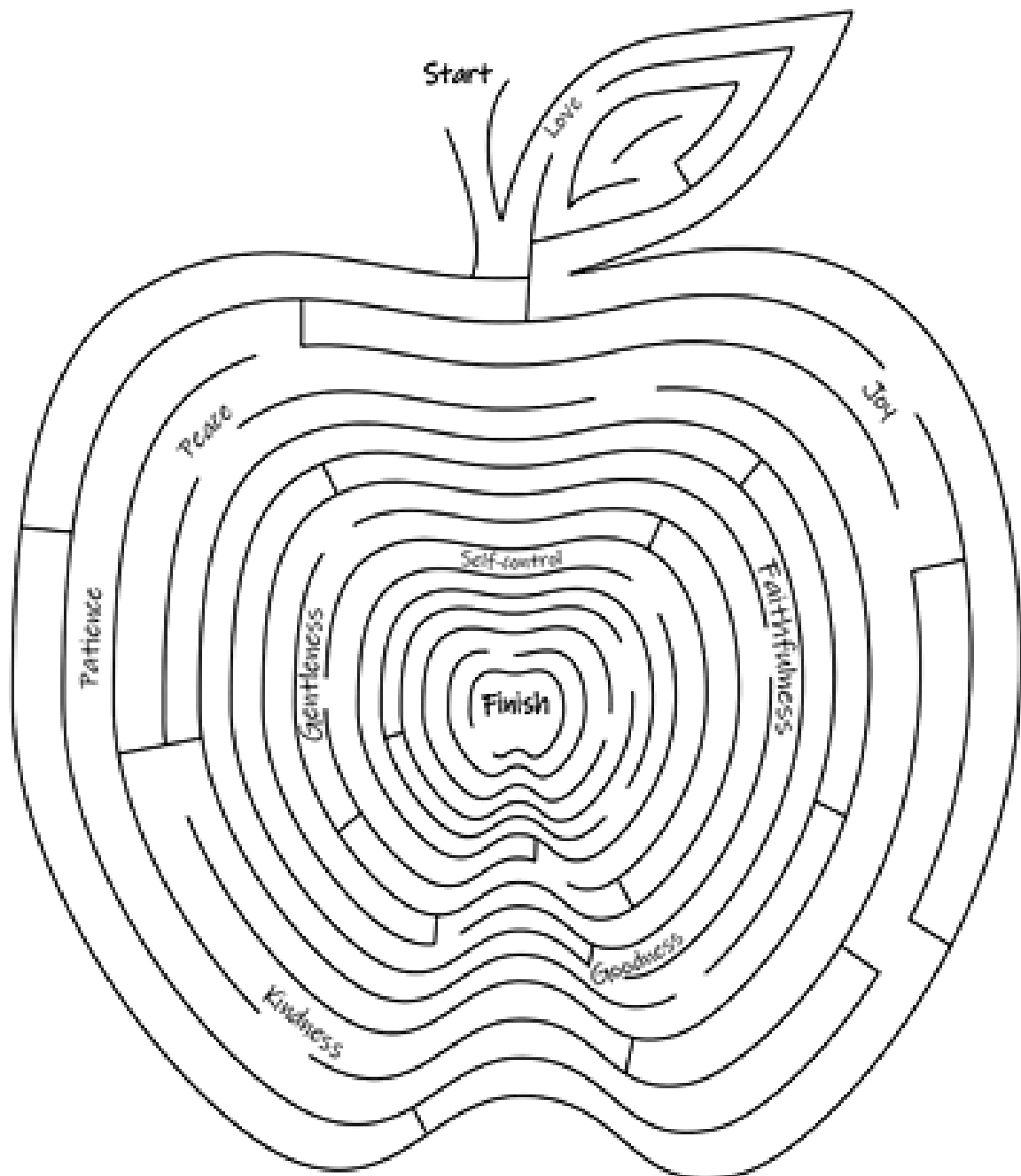
**Celebrate**  
**Cleansed**  
**United**  
**Inspirational**  
**Patience**  
**Truth**

**Rejoice**  
**Sacrifice**  
**Courageous**  
**Forgiveness**  
**Understanding**  
**Friends**

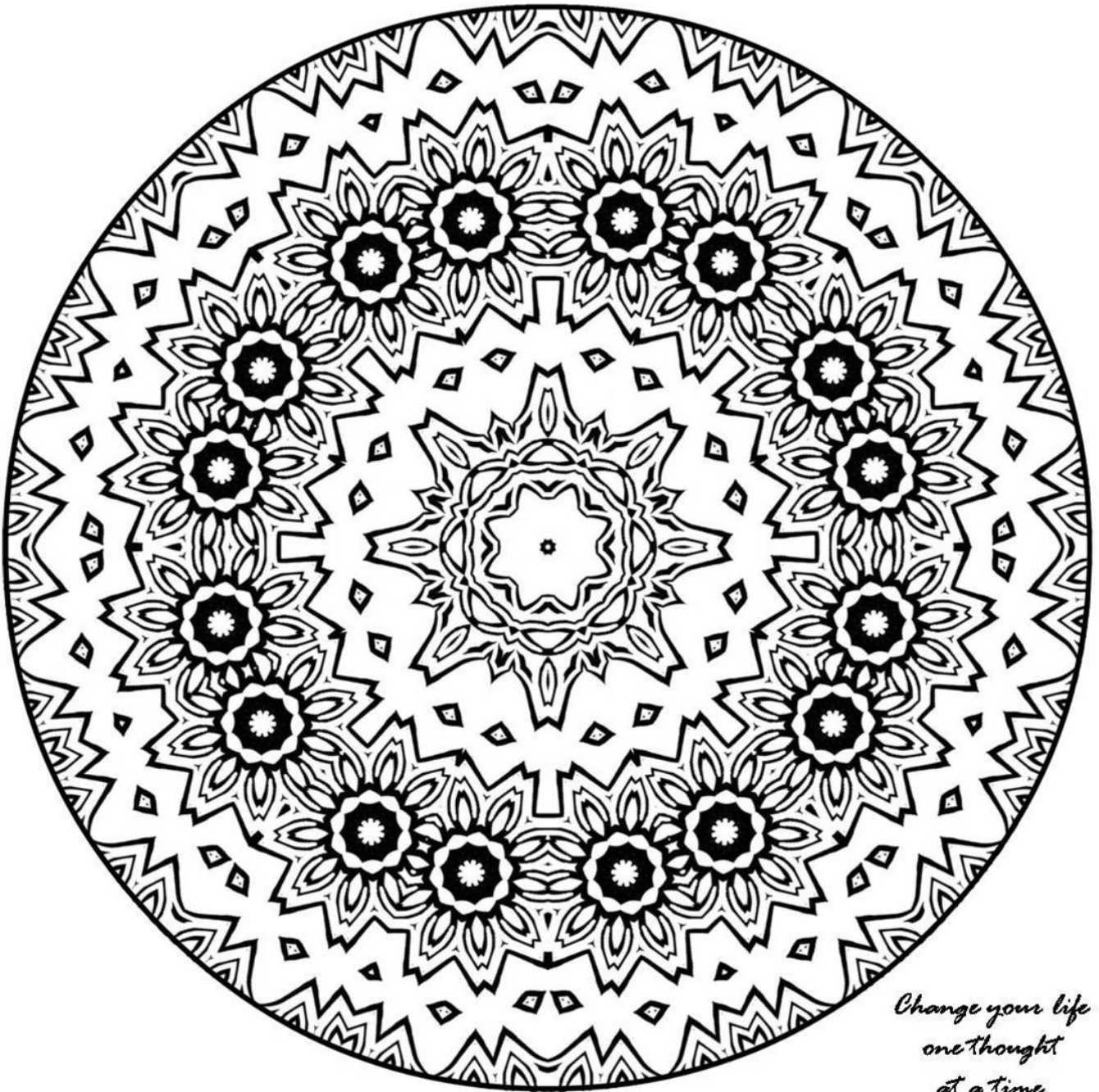
**Favor**  
**Family**  
**Strong**  
**Love**  
**Compassion**  
**loving kindness**

# FRUIT OF THE SPIRIT MAZE

Find all the Fruit of the Spirit through the maze.



# MY MIND IS A BEAUTIFUL POWERFUL MACHINE!



*Change your life  
one thought  
at a time.*



Date: \_\_\_\_\_

GOOD

[illegible]

**Feelings Reenactment (Charades) Pick a square from the EMOTIONS BAG  
and CREATE the Emotion to guess!**

