

Lesson 1 Core Values and Belief Systems 1-6-18

Opening Prayer - Rebecca

Intention: These classes are intended to take a close look at our core values and belief operating systems with regards to being more Christ like in our daily lives in dealing with struggles as well as creating the life we want. How we can handle difficult situations with scriptures and be at peace and give love.

To the degree we believe we shall receive. But we must believe without doubt.

Mark 11:22-24 "Have faith in God," Jesus answered. "Truly I tell you, if anyone says to this mountain, 'Go, throw yourself into the sea,' **and does not doubt in their heart but believes that what they say will happen, it will be done for them.**

"Saint Paul explains this principle by way of his beautiful hymn in Philippians 2:6-11, prefacing his comments by saying, "Let the same mind be in you that was in Christ Jesus": Though his state was that of God, yet he did not deem equality with God as something he should cling to. Rather he emptied himself, and assuming the state of a slave, he was born in human likeness....

How beautifully simple—the path of Jesus hidden right there in plain sight! While some Christians are still reluctant to think of Jesus as teaching a path, in fact, the Gospels themselves make clear that he is specifically inviting us to this journey and modeling how to do it. Once you see this, it's the touchstone throughout all his teaching: Let go! Don't cling! Don't hoard! Don't assert your importance! Don't fret. "Do not be afraid, little flock, it is your Father's good pleasure to give you the kingdom!" (Luke 12:32)." Richard Rohr from the Center for Action and Contemplation

God hasn't promised that we won't suffer in this life, but He has told us that he'll walk through our valleys with us. He'll be right by our side, and his grace will be enough.

Psalms 46:1 God is our refuge and strength, a very present help in trouble.

Hebrews 11:1 Now faith is the assurance of things hoped for, the conviction of things not seen.

"Even though we are to have hope in the future God has for us, there are going to be times when we have suffering and pain in our lives. God tells us that that suffering helps produce in us perseverance and character, which will lead to hope.

So while we're in the midst of suffering, we should look to Him, not only to give us strength, but to give us patience and the ability to endure. Better things are yet to come!"

What do our core values and belief systems say about us as individuals and Christians? Expect a lot of diverse answer. There are no right or wrong answers. So what are some of your ingrained core beliefs and values?

OPEN DISCUSSION

They define us and distinguish our different operating systems. How we see the world.

“Dear Child of God, you are loved with a love that nothing can shake, a love that loved you long before you were created, a love that will be there long after everything has disappeared. You are precious, with a preciousness that is totally quite immeasurable. **And God wants you to be like God. Filled with life and goodness and laughter—and joy.** Bishop Desmond Tutu

Psalm 135:6 announces that "the Lord does whatever pleases him." His will is also the pattern to be followed in life by his people.

In other words, our purpose in life is to be happy.

“It is not your role to make others happy; it *is* your role to keep ***yourself*** aligned with your inner spirit. When you pay attention to how you feel and practice self-empowering thoughts that align with ***who-you-really-are***, you will offer an example of thriving that will be of tremendous value to those who have the benefit of observing you. Does Jesus come to mind?

You cannot get poor enough to help poor people thrive or sick enough to help sick people get well. You only ever uplift from your position of strength and clarity and alignment.” www.Abraham-Hicks.com

But God can only smile because only God knows what is coming next. Bishop Desmond Tutu
In other words, God has your back ALWAYS.

Closing Prayer Rebecca