

LESSON 4 1-27-19 Relationships

Meditation to Be Here Now. Take a moment to breathe deeply and bring your energy back into your body. Stop the mind chatter and the thoughts of your endless list of Things you need to do. They will wait for you. Just be present. Breathe deeply and relax into your own space. Be Here Now.

Opening Prayer: Loving Father, help us to recognize our self-induced limiting beliefs and change them so we may be able to completely love and accept ourselves as we are, unconditionally, so we may be givers of unconditional love to all Your children as your son Jesus Christ taught is to do. Amen

Ephesians 4:32: "Be kind to each other, tenderhearted, forgiving one another, just as God through Christ has forgiven you."

Review of last week: Whatever we believe we live our lives out of that.

From Follow Your Heart The Ten Concepts: by Andrew Matthews

1. We are here to learn lessons, and the world is your teacher. When we fail to learn a lesson, we get to take it again and again! Once we have learned the lesson, we move on to the next one (And we never run out of lessons!)
2. The universe has no favorites.
3. Your life is a perfect reflection of your beliefs.
4. The moment you get too attached to things, people, money... you screw up.
5. What you focus on in life expands.
6. Follow your heart.
7. God is never going to come down from a cloud and say, "*You now have permission to be successful!*"
8. When you fight life, life always wins.
9. How do you love people? Just accept them. Complete acceptance is unconditional love.
10. Our mission in life is not to change the world- our mission is to change ourselves.

What you achieve and what you receive are entirely dependent on your thinking. All your thoughts are shaped by your self-image. If at the deepest level you believe you don't deserve something, then you will either a) never get it or b) get it and lose it.

IT IS A FUNNY THING, LIFE. If you refuse to accept anything but the best, you very often get it.

Once you make a decision the universe will support your decision.

Making Peace with My Today Will Improve My Future... It may sound odd, but the fastest way to get to a new-and-improved situation is to make peace with your current situation. By making lists of the most positive aspects you can find about your current situation, you then release your resistance to the improvements that are waiting for you. But if you rail against the injustices of your current situation, you hold yourself in Vibrational alignment with what you do not want, and you cannot then

move in the direction of improvement. It defies Law. ***In every particle of the Universe, there is that which is wanted – and the lack of it.*** Abraham-Hicks.com

Intention: Today we intend to unravel the mysteries of why some relationships suck.
In a nutshell in relationships: Working on yourself works, and trying to change others doesn't.

When you choose to accept people warts and all, you have a whole different feeling about the world and your place in it. It's a great relief.

How do you do it? You have preferences about who you spend time with, but you don't make everybody else wrong. You recognize that your ultimate goal is peace of mind, so you decide to see differently.

There are two ways to run a relationship-one is like a team and the other is like a contest. If you have chosen to live together, support each other. If you can't it's time to examining why you are in the relationship. So many couples are dedicated to making each other look like idiots.

1 Peter 4:8: "Most important of all, continue to show deep love for each other, for love covers a multitude of sins."

Lurking behind anger, jealousy, worry, depression, we always find fear. So how is this love/fear concept useful? It enables us to be more honest with ourselves. We discover we are usually not upset for the reasons we think we are. Admitting our fears helps us to explain our feeling to people we care about : Honey I got angry about _____ because I was afraid _____

Families were invented to teach us about unconditional love. You are stuck with these people who know how to push your all your buttons- and you have to learn to love them anyway.

"Strange as it may seem, anger is just a distorted expression of love. It is the nearest a person can come to expressing love at that moment. When someone is able to see past the anger, and refuses to believe it, the angry person responds by releasing the anger. When we practice seeing them as really loving us (inspite of how unloving their actions might be), we notice that our world changes to reflect our new perception of it." Arnold Patent. YOU CAN HAVE IT ALL

What makes relationships work? Discussion
I do.

Ephesians 5:21: "Submit to one another out of reverence for Christ."

Closing prayer: Gracious and forgiving God, help us to start every day with an intention of being more loving and peaceful. From this space may we share the qualities of love, kindness, total acceptance and unconditional love. Make each of us a disciple of forgiveness and unconditional love. Peace be with you, in Christ's name. Amen