

## “Time to Move into Action”

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**Fifth Unity Principle: Through thoughts, words and actions, we live the Truth we know.**

**Intention:** To understand Truth Teachings must be applied to every situation in our lives.  
Resources, “The Quest” by Richard & Mary-Alice Jafolla, “Teens on the Quest” Association of Unity

**PreSession:** You may want to do a bulletin board on “what are some ways we can move into action?”  
Start a list, example, Practice Random Acts of Kindness. Have pictures of service projects.  
As teens come in have them add their ideas of action to the board.

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

- We have to put feet on our prayers
- We must use our gifts
- We are meant to stretch ourselves continually to new and more meaningful experiences
- Our outer lives reflect our inner changes
- Spirit will show us our path, and it is our task to walk it
- Walk the talk

**Bible Verse:** “But Moses said to the Lord, “O my Lord, I have never been eloquent, neither in the past nor even now, I am slow of speech and slow of tongue.” The reply was simple: “Therefore go, and I will be with your mouth and teach you what you shall speak.” In this passage can you see that Moses was making excuses for not moving forward. How often do we make excuses for not moving into action!!

**Affirmation:** “I move into action to do the things that are mine to do!”

### 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 showing me the path. I know that your desire for me is absolute good.  
As I move into action to do the things that are mine to do, I feel you guiding me every step of the way. Thank you God!! “

**Introduction Of Theme:** Start out with this story: There was a famous violinist, Paganini and it is said that when he performed he could move his audiences to smiles as well as tears. The violin a Stradivarius was his most treasured possession and so it is not surprising that Paganini made a special provision for it in his will. He bequeathed his Stradivarius to a city in Italy, with the explicit order that it never be played. Paganini died in 1840. As he had desired, the violin was placed on public display in its exquisite diamond-studded case. True to his wishes, it remained silent throughout the years.

Today all that remains of the instrument, so lovingly crafted by Antonio Stradivarius in the 17<sup>th</sup> century, is its case. While other Strads are still superb after being played for centuries. Paganini’s violin is now nothing more than a small pile of dust! You see wood, if used even the slightest bit, will remain strong, but if neglected, it disintegrates. A violin must be played if it is to stay a violin.

**Intro (cont'd)** So how much more remarkable are we than a Stradivarius. If we don't use our gifts, if we don't "play our music", we crumble and our existence becomes meaningless.

We humans were designed for greatness. We have great potential. Our souls are on a continuous journey upward. We need to move into action, we have to put feet on our prayers. We can study principle, read books, read the bible but it is all meaningless until we put it into action and apply it in our everyday life. We have to put what we know into practice.

We live each moment as best we can aware of the presence of God which is always with us. We take the time to be still and tune into our inner guidance. Once we feel nudged by that Spirit to go in a certain direction it is time to move into action.

God can work best when we sow our willingness by moving into action. God supplies the breeze but we must hoist the sail. The power of God works through you, you are a co-creator with God. God has no hands or feet or vocal cords, you do!!! You can by your actions change your world. All actions begin with a thought but without actions thoughts will dissipate into nothingness

### **Activity**

#### **"Blind Walk"**

The group is invited to divide into partners. Partner A is blindfolded while B leads A around holding one hand. Following the event, invite the group to discuss what it felt like "to trust" another. How is this experience happening in their lives? What does trust have to do with "taking action?"

#### **"Personal Action List"**

- Invite group members to make a list of all the things they talk about doing, but don't do—individually on paper or collectively on the board.
- Invite them to share these things in a discussion
- Then invite them to discuss and write "One Step I can take towards following through." Invite them to choose carefully the one or two actions they are willing to commit to.
- Encourage each to be accountable to the group for one or two commitments to take the first step in the following week.

#### **"Y.O.U. Action List"**

To get across the idea of how we "move into action" to get towards a goal, invite your group to brainstorm the steps of going to Y.O.U. Rally. This process might flow something like this:

"What if we decided we wanted to go to Rally and prayed for the money? Praying is a form of action. Right?? What then?? Do we let go and let God? OK, what if we pray each week for the money, and the church asks us to do a luncheon? Is that an answer to our prayers and our part is the luncheon? Or do we say, no thank you, we are going to sit here and pray and think about Rally! And what if each YOUer was offered an afternoon job that was the exact amount of registration?? Do the YOUers say, no thank you...we'll just wait for God to give us the money?"

"Suppose we finally decided to have a fundraiser. Let's just brainstorm what that fundraiser might be and the steps that we would need to take to achieve our goal of raising money to go to Rally. Determine the "Action Steps". These can remain general for any fundraiser, they do not need to be specific steps, i.e. deciding date, time, place, what will happen, notifying minister, gathering or buying items, praying, actions to promote event, actions to prepare, actions at the event, clean up, thank yous, etc.

You may want to chart the steps in a visual way to actually look like "steps" towards a goal. These steps can be used as a model to follow for planning future fundraisers.

**Group Affirmation:** "The path is open before me and I do the things that are mine to do!"

### **Closing Story**

This story is about the man who lived along the river for 50 years and the river never ever flooded and one night on the 6 p.m. news he heard, “Those of you who live along the river are advised to evacuate your homes for a few days as the river has been rising rapidly the last 3 hours. Well, he thought, I will not leave my home. I’ve lived here for 50 years and the river never flooded before.

He looked out the window and he noticed the river was over the street and coming into his front yard, so he said, “God, I want to stay in my home. I ask you to protect me.”

The 11 p.m. news showed some pictures of the river and it was getting higher, but the man thought, I told God I wanted to stay here and he will protect me. I will go to sleep.

The next morning early he was awakened by a neighbor in a rowboat, “Come and get in my boat!” The man said, “No, I’m staying here. I will stay upstairs. I told God I wanted to stay here. The water is on my porch. I’ll just go upstairs. And he did.

Then came a motor boat and the rescuers called to him, “Come on! You can put this life jacket on and we’ll take you to safety.” Again, he said, “No, I told God I wanted to stay here.”

Well, the water kept rising and he ended up on the roof and a helicopter circled around and called, “Grab on to this ladder and we’ll pull you up.” Again, the man said, “No, I told God I wanted to stay here, he will protect me.”

Well, the river got higher and higher and covered the roof top and the man drowned.....when he came to heaven he was very upset and said, “I want to speak to God immediately!” And God, understanding, said, “How can I help you, my child?” And the man said, “God, I told you I wanted to stay in my home; I asked you to protect me. Why did you let me die?” God said, “My child, I sent news reports to warn you and a row board, a motorboat and a helicopter. Why didn’t you get one of them?”

So this story illustrates how receptive are we to God’s guidance. Are we paying attention or are we fixed on how we think the situation should be.

### **Closing Prayer**

Dear God, we open our minds and hearts to your guidance so that we may step forward into action. Action to put principle to work in our lives. We affirm your presence and power in the universe and in our lives. We lift our awareness and consciousness so that we are receptive to your divine ideas – to align our thoughts and words – to recognize the divine nature that is in us and in every person - to follow the example of Jesus the Christ, our wayshower. We give thanks for the many blessings that are within us and live our lives with joy, appreciation and gratitude. Thank you God - Amen