

STAND IN POSSIBILITIES

Week #3 of a New 5-Week Series, "The Unlimited Me"

May 19, 2021

Rev. Richard Rogers

OPENING/ANNOUNCEMENTS

Rev. Richard Rogers: Hello; I'm Richard Rogers, and this is Unity of Phoenix Spiritual Center. And I am so glad you're with us tonight! This is the Wednesday night service, and it really ... We are dedicated to making a spiritual difference in your life. We're ready to turn it up, turn it on, and get you living your best life. Because – as a spiritual being – you're not here just to go through the motions of life. But you're here to be on fire with all the good that God is!

So we've got a couple of announcements for you. The first one is that we are going back to LIVE service! Wednesday night, June 9, will be our first Wednesday night service. I want to see you here! We need ushers and greeters; we need people for the audio/visual team. We've got to go back to work! It's time to go back to work! So come on; if you're ready to come back to church, we're still working on the details. But if you want to be an usher, greeter, you want to serve in the A/V booth, volunteer! We would love to put you to work! (Also, Sunday services start on June 6.) June 9 – mark it in your little brain. Here we go; June 9 is the day! Volunteer!

We've got great music today; Charity Lockhart is doing just an incredible song for us tonight. And I think you're absolutely going to love it!

Okay! Let's take a moment; let's set the tone for tonight.

OPENING PRAYER

Take a deep breath. I want you to feel the presence and power of God right here, right now. And that we are here to be fully alive – fully present to the activity of Spirit within us. That we are not here for little things, but we are here to do the will and the work of the Living God. We are here to be amazing for God. So tonight we come together with open minds and hearts to do something truly amazing for our Creator. And so it is. Amen.

SOLO

Guest artist Charity Lockhart sings, "Stand"

What do you do when you've done all you can
And it seems like it's never enough?
And what do you say
When your friends turn away
And you're all alone?

Tell me, what do you give when you've given your all
And it seems like it's never enough?
Well, you just stand when there's nothing left to do
You just stand; watch the Lord see you through
Yes, after you've done all you can
You just stand

Tell me, how do you handle the guilt of your past?
Tell me, how do you deal with the shame?

And how can you smile while your heart has been broken
And filled with pain, filled with pain?

Tell me what do you give when you've given your all
And it seems like you can't make it through?
Child, you just stand when there's nothing left to do
You just stand; watch the Lord see you through
Yes, after you've done all you can
You just stand

And be sure
Be not entangled in that bondage again
You just stand and endure
God has a purpose
Yes, God has a plan

Tell me what do you do when you've done all you can
And it seems like you can't make it through?
Well, you just stand; you just stand; you just stand

You just stand through the storm
Stand through the rain
Through the hurt
And through the pain
After you've done all you can
After all you've done all you can, my, my
After you've gone through the hurt
After you've gone through, through the pain
After you've done all you can
You just stand
Whoa, you just stand

MESSAGE

Rev. Richard Rogers: Great song, Charity! Thank you! I told you it was going to be a great song! Charity, thank you!

Alright, I saw a shirt recently, as I was hiking, that said, *"Do epic stuff!"* And I loved it! Like, I literally ... *"Do epic stuff!"*

So my question for you tonight is: When is the last time you've done something big – something epic – in your life? Was it a week ago? Was it last year? Was it 20 years ago? Was it, *"I don't know if I've ever done anything epic! I don't know if I've ever done anything that big!"*?

And, see, what I notice is: as we get older, we tend to think about our big things are behind us. You know, you say, *"Oh, you should have seen me in high school"* or *"You should have seen me here or there,"* or whatever it is. And what I want you to see is – as a spiritual being: Do you think you have a responsibility to do epic things in your life? You know, are we just supposed – as spiritual beings – to sit around and pray and look pious and just kind of go through motions until we die? Or is there a whole 'nother way that we're supposed to be living that we need to remind ourselves about?

Are we really called to do epic things? Epic things: is that an ego thing? Or is that a spiritual thing? And so, if you're doing an epic thing, and it's absolutely go glorify you. So if you're doing an epic thing and you're running around saying, *"How great I am"* and *"Look what I did,"* I'm telling you that epic thing is

solely coming out of your personality. But if you're doing an epic thing, and every night you go to bed and you go, *"Thank you, God, for the amazing thing you're doing in my life! Thank you, God, for the miracles, for the blessings, for all the good!"* What I want you to see: that that's a spiritual thing! That we're not here to do epic things for our ego! We can do that; we see lots and lots of people doing epic things for their own personal gratification. But we're really here to do epic things for God: to feel the presence and power of God that's within us! And to do epic things!

This is the way Jesus said it. See, I believe that even Jesus wanted us to do epic things. Right? From Matthew 21:21. He said ... Jesus said, *"Truly I say to you, if you have faith and never doubt, you will say to this mountain, 'Be taken away' and it will be cast into the sea."*

The other version of this is: *"If you have faith as a grain of mustard seed, you will say to this mountain, 'Move from here to there ...'"* That's epic! Come on! If you're a mountain-mover, that's epic!

Now, if you walk around after you move the mountain and go, *"Man, I am all that! Really! I am all that! I don't know if you noticed, but I just moved that mountain. Saddleback used to be there; now it's over here. I did that!"* Right? [Laughs] *"Pinnacle Peak was over there; I moved it over to the west side. I did all that!"* Right?

Now, if we're doing that for our own ego, we've missed the whole point! But the point is to really begin to feel the presence of God within us. And if we're not doing epic things over and over again, we begin to forget how powerful the presence of God within us is! Like, if you're not stretching your spiritual wings, and doing epic things on a regular basis, you really just almost begin to forget that it's really inside of you. That you have the capacity to move mountains in your life! Right?

So last year – the end of last year: actually, the end of 2019 – I made a goal that seemed beyond belief. Like, when I look at my life, there have been times when I have done so many things that were huge, that were big, that were epic ... But what I noticed in my life is that, as I got older, I've kind of just kind of ... My life is good; I've got everything I need. Like, I'm just kind of going through the motions a little bit. And, you know, getting a little comfortable with myself and with life. And, you know, everything's good! Right? Everything's good!

And I noticed that I really hadn't done anything epic in a while! So the end of 2019 I said to myself, *"Okay; what's the biggest goal I can imagine?"* For myself; not for anybody else, but for myself. Like, I didn't tell anybody other than my wife about this goal. And I still haven't really talked about it. But, at the end of 2019, I made a goal that seemed big. And, in fact, it was so big – and I think I've shared this with others – that my wife tried to talk me out of it. *"It's too big! It's too much! Too big; too much! Don't go there, because then you'll just be disappointed."* I said, *"MY GOD DOES NOT DISAPPOINT ME!"* Right? [Laughs]

Really! Say that with me! *"My God does not disappoint me!"* So at the end of 2019, I set a goal for 2020. And then three months into the year, pandemic hit and everything in me said, *"Oooh oooh! Things have changed!"* Right? *"Things have changed; should I just dial this back a little bit? What am I going to do?"* And *"My God does not disappoint me!"* [Laughs] So I kept my goal! I blew my goal out of the water! I blew it out of the water!

And what so struck me is this story that Jesus tells about the Prodigal Son. Right? And the story of the Prodigal Son is: he goes to his father. He asks for half of everything. He gets his inheritance. Scripture says he goes out lives a *"riotous living."* [Laughs] That just always makes you grin! Thank God for my 20s; I know riotous living, right? So he went out and did riotous living. He went through all of his money; he went through all of his father's inheritance. And there's a point where – as a good Jewish boy – the only job he can find is feeding the swine. Now, when you're a good Jewish boy, and you're not even allowed to eat the food the swine is eating – but you have to feed the swine – that is the bottom of the bottom.

He hit under the bottom of the bottom. Right? He ... And there's this line in Scripture where he said, "He came to himself."

In a very real way, I think spiritually we are all in the process of, moment after moment after moment, of coming back to ourselves. Coming to ourselves. And one of the things I want you to see is: Are you playing a game that's too small?

You know, I'm doing this series on "The Unlimited Me." And the idea each week is: I'm focusing on one aspect of your unlimited nature. I began with living in uncertainty. Right? That we live in uncertain times and, yet, you're unlimited! And I wanted you to be able to hold your unlimited, not by trying to control everyone and everything – and thinking everything has to be smooth and easy. But I wanted to talk to you about your nature as an unlimited spiritual being living in uncertain times. That the more that we come back to our faith – the more that we come back to God – the more peace we have, even in the presence of uncertain times.

And then last week we talked about approval. And as an unlimited spiritual being, what I want you to see is how often we look for other people to honor us with their approval. We want other people ... We seek their approval; we need their approval; we feel "less than" if we don't have their approval. And I wanted you to really see how much energy we spend seeking other people's approval, when you've always got God's approval from the beginning. And that you can actually give yourself your own approval. And if you didn't see last week's talk, I want you to go back and watch it again, because people loved it. Right?

So today I want to talk about ... *[Laughs]* I do! I want to talk about you doing your next epic thing! I want to talk about you doing the next thing that is bigger and greater, more powerful than maybe you've done in a long time. And to really feel that! Because there's really four reasons why we – on a regular basis – need to be doing that thing that is big.

The first one is: It activates our own creative subconscious. Right? That, if you don't do something that's big and great and epic, you never really put your spirit to the test. You never really put your creative subconscious to all the power it has to create your life. You know that you can knock off the same day over and over and over again – years and years at a time – and never really come into the full power of your spiritual creativity. But when you activate it through holding a vision – having a goal; being willing to do that which is big – it really activates your subconscious. It begins to generate ideas that you would never have without a big goal.

And I want you to see that that really is the way it works! That if you have a big goal, your subconscious begins to activate ideas to solve that challenge. To overcome that goal. To make that life possible. But if you put a little desire in front of you, you know, the fullness of your subconscious – the fullness of your creative subconscious – never is really activated, because you're not challenging it. "Yeah, pffffff. Please, I could ... Pffffff; I can do that in my sleep." Right?

If you're living a life that you know you can do in your sleep, your spirit isn't fully involved in making your life what it could be. So the first one: it activates our deeper creativity: our deeper subconscious.

Two: It programs your brain to more readily realize and to perceive and recognize resources that you need to achieve your dreams. Okay, so the first one we talked about was our subconscious. The next one we're going to talk about: that, once you have a big goal, your brain begins to perceive – begins to look for; begins to align with – solutions that you would never see without a big goal. Without a big vision. Without something epic that you're committed to doing.

Number three: It activates the Law of Attraction. Now, we've heard a lot about the Law of Attraction over the last 10 years or so. Right? This idea that who I am creates my experience. That life ... At Unity we say, "Life is consciousness." What I want you to see is that, when you have a big goal, you become a

magnet for a higher level of good. For a higher level of life. You become a magnet for all the good that you've desired. And the bigger your desire – the bigger your goal; the bigger your intention; the bigger the project that is before you – the more that you're activating higher and higher levels of good. That, when we don't ... [*Sighs heavily*] When we don't challenge ourselves, we don't activate all the good that God is. I want you to hear that! When you're not challenging yourself, you are not activating all the good that God is.

And four: It builds internal motivation. Like, every morning you're going to wake up – hopefully! God willing! Right? Every morning you're going to wake up and you're either going to go, “*Ugh. It's morning,*” or [*enthusiastically*], “*Oh!!!! It's morning!*” [*Laughs*] Right? That, if you have a big goal, you naturally tend to be more motivated for life. It's like, when you wake up and you're like [*in a whiny voice*], “*Well, what should I do today? I have nothing good going on in my life. I wish I could just go back to bed. Work's boring. My relationship's dead. My body's barely hanging in there.*” Right? When you're not driven by a big desire, you are not motivated even to get your silly self out of bed and go do something with your life!

But when you have a big goal, you actually have a reason to get out of bed! There's a reason to – when the alarm clock hits – you bounce out of bed. Or, even better yet, even before the alarm clock goes off, you're bouncing out of bed, because you know that you want to accomplish something that's important to you today. To your spirit. To your soul. For the goodness of the world. To really be an agent for God and the world!

So what I really want you to see is: I want you to have a vision! [*Claps hands enthusiastically*] I want you to have a vision! [*Claps enthusiastically*] I want you to have a vision for your life that is activating all that you are!

You know, we talk about visualization. In the 60s and 70s, visualization became powerful: powerful in our healings. And, you know, and it really ... The whole idea of visualization, as we define it, is a mental picture of you living your best life.

Now, when you close your eyes right now, can you see a vision of you living your best life? For you, your family? Can you see a vision – a higher vision and a higher possibility? Do you see that? See, for athletes, visualization process has been called “*mental rehearsal.*” And they began to use this exercise since the 60s, when we learned about it in the Russians. In the 60s, the Russian athletes were really cleaning people's clocks. Right? They were! And the reason that they were doing so well is: they had been training their athletes – not only to compete in the sport – but to use the power of their mind to visualize what they want to create; what they want to experience. Right? So they've been visualizing this.

And we've been using it in healing. We've been using it in prayer. And the studies about this are just incredible! You know, they took three groups of people. One shot basketballs: went to the free throw line, shot basketballs 20 minutes a day. One just visualized it. And one practiced and visualized it. And what they found was: the group that did both had the greatest results. But the group that practiced – that shot 20 minutes a day – and the group that visualized it seemed to have almost exactly the same level of improvement! That it doesn't really matter if you're going to physically do it, or if you're going to mentally do it. The results are about the same! But when you link those two things together, it becomes huge!

So [*laughs*] I want you to have a vision! I want you to have a vision for your life! I want you to have a vision for your finances! I want you to have a vision for your relationships! I want you to have a vision for your work, for your health, for your family! I want you to have a vision that is so exciting that it demands a greater level of good in your life. It demands that God fill you in greater and greater ways.

One of the things that I want you to practice is this process that Jack Canfield teaches. He's got this three-step visualization process that I think is just absolutely stunning. He's got this process.

And the first step, he says: Imagine you're going to walk into a theatre. Imagine yourself walking in a theatre, picking a seat, sitting down in your seat. And in front of you, on the big screen – bigger than life – is the thing that you're visualizing. And he says: *"I want you to see it. I want you to see the colors. I want you to see the details."* He said, *"I want you to see it exactly the way you want it in your mind's eye. I want you to see it in your bank account. I want you to see yourself being promoted. I want you to see yourself in the body that you want."* He said, *"Visualize, visualize, visualize, just like it's a movie playing."*

But then he said step two is: *"I want you to get up out of that seat, and I want you to open the door into that screen. And I want you then – from not just seeing it in your mind's eye – but I want you to actually step into that role, so that you're seeing yourself through your eyes living that dream."* So you're seeing yourself walking promoted. You're smelling the smells. You're tasting the tastes. You're actually feeling – you're letting yourself have all the three-dimensional experiences that you can have by actually living it. If it's a new car that you're visualizing, see yourself driving. And maybe the top's down; it's a beautiful day. Right? You see yourself! See yourself walking into the office of the job that you want. Or see the doctor coming in and giving you the test results you want. Or looking down at the scale and seeing that needle barely even move. You know, it doesn't even bump at all; it's just, *"Boom!"* Right there! Right? You've got to visualize it! And then, once you visualize, you've got to step in and see it from yourself.

And then, he said ... and the third aspect of this. He said, *"Go back to your seat, and I want you to see the screen up there. And I want you to see it get very, very small. I want you to see this as small as a little cracker or a little cookie."* And he said, *"Then what I want you to do is: I want you to pop that vision into your mouth. I want you to actually imagine yourself just popping that vision – and it's so sweet! It's a little cookie or a little cracker. So sweet! And you just swallow it! And you integrate it into every cell of your body."*

So that, for every morning – every night – you spend five minutes visualizing the things that are the most important to you. You see it on the screen. You actually step into the screen. And then you condense it down, and you pop it in. And then it integrates into every cell of your body!

See, what I want you to see is that, sometimes, as spiritual people we think, *"Oh, visualizations are so yesterday! I've gone on. I now do the Law of Attraction."* Or, *"I'm doing this now"* or *"I'm doing that. I'm just about yoga now."* Or, *"I'm just this or that."*

But what I want you to see is that there are some aspects of our spiritual life that we cannot forget! There are some aspects of our spiritual life that we need to be using over and over again! When I had a big goal, I will tell you every night before I went to bed, I visualized that! I saw God blessing me: pouring into my life, creating that which I decided was the most important thing for 2020. And I surpassed that goal in every way!

And what I want you to see today is: I believe that, if we're not visualizing the life that we want – if we're not holding a vision for what could be – we are not activating the fullness of who we are. And today I want you to make a commitment to yourself: that you're willing, this year – even though we're almost halfway through this year – that you're willing to do something epic in the next seven months. Seven-and-a-half months. You have seven-and-a-half months to create a vision for your life that is epic!

Now, let's just say you don't get completely to your epic goal in seven-and-a-half months. Can you imagine that, by having an epic goal, that you're actually closer to it than maybe you've ever been before? And even if you had to go into January before this epic goal was done, can you imagine how much better your family, your finances, your health, your relationships, your home? Can you imagine how much better every aspect of your life is going to be because you took on one epic goal?

I want you to see it. I want you to feel it. I want you to integrate the power of that idea. And I want you to get so juiced – so excited, so activated – on what God is doing in your life that you remember that Jesus came to tell us that we were supposed to be epic! I want you to hear that! Jesus came – not that just we be “nice guys.” Jesus came not that we should just be content with “what is.” Jesus said if we have faith as a grain of mustard seed, we will say to his mountain, “*Move from here to there,*” and it will be done!

Today, would you be willing to wake up your spirit and do something that is greater than you’ve ever done before? To so something epic? “*Well, Richard, I’m now 72.*” Or, “*I’m now 87.*” Or, “*I’m now 36.*” “*And us 72-year-olds, we don’t do epic stuff anymore. We’ve done our epic stuff; now we’re just here just to play golf and play bridge or go through the motions or complain about what’s going on in our body or complain about our grandkids, or whatever it is!*” No! You’re here to do epic stuff! If you’re alive, you’re here to demonstrate the spiritual promises that Jesus made to each and every one of us!

One epic thing. [Laughs] One epic thing! And then I want you to go buy the shirt. “*I do epic stuff!*” And I want you to feel the power when you unleash the epic Spirit of God within you in one aspect of your life! We are not here just to wind down. We are not here just to get slower and quieter and smaller and just kind of slowly come into dust, and then they brush us away. We’re here to go out with a bang! We’re here to do that which we’ve never done before!

I want you to do epic stuff! One epic thing!

Alright; let’s take that into prayer.

MEDITATION

Take a deep breath. And I want you to feel the presence of God that is within you. That there is only one Presence and one Power, and it wants to do something epic in your life. It wants to unleash all the good that God is in you. Hold a vision: what’s the greatest possibility? Health? Wholeness? Finances? I want you to do something epic: something that just gets you excited. I want you to see it every day. I want you to see yourself living the greatest possible life. I want you to breathe into that. And I want you to step into that vision.

I want you to feel yourself living that life. Feel it in every cell in your body. Feel yourself driving that car. Feel yourself walking in that fully-alive physical body. I want you to walk into the bank and see your bank balance – or online – and see your bank balance. Or that job or that situation. Or that romance: being all cuddled up, just getting loved on in all the ways you want to be loved on. I want you to feel that! And then step back and let that vision become smaller and smaller, and then just pop it into your mouth and let it integrate into every cell of your body, until every cell of your body has integrated the new vision for your life.

In a moment of silence now, I want you to just rest in the infinite vision that God has given you.

SILENCE

Now we say thank you, God. Thank you, God; thank you, God; thank you, God! That there is only one Presence and one Power – one God, one Good – manifesting through each and every one of us. That we are all created in the image and likeness of that one God. And so we say thank you, God. And so it is. Amen.

COLLECTION/CLOSING

Alright; this is the time of giving of our gifts and tithes. I invite you to hold them in your hand as we bless them together. Our love offering blessing is: “*Divine love, through me, blesses and multiplies all that I have, all that I give, and all that I receive.*” Together: “*Divine love, through me, blesses and multiplies all*

that I give, all that I receive." So in the name and through the power of the Living Christ, we give thanks for every gift and every giver. We look to God as our one and only Source, and we give thanks for all that is fabulous and epic and wonderful manifesting fully in who we are. So it is. Amen.

Alright; the choir's going to sing as out as we affirm together our Prayer for Protection:

The light of God surrounds us;
The love of God enfolds us;
The power of God protects us;
And the presence of God watches over us.
Wherever we are, God is.

God bless you all! Have a great week! And I look forward to being with you next week!

Unity of Phoenix Choir sings the "Peace Song":

Let there be peace on earth
and let it begin with me.
Let there be peace on earth;
the peace that was meant to be.

With God as Creator,
family all are we.
Let us walk with each other
in perfect harmony.

Let peace begin with me;
let this be the moment now.
With every step I take,
Let this be my joyous vow:

To take each moment
and live each moment
in peace eternally!

Let there be peace on earth
and let it begin with me!

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