

“Own Your Power”

Power of the Month: “Power” Color: Purple Disciple: Philip

Intention:

God is the one and only Power and we draw on that Power to transform our thinking, feelings, words and our world.

Resources: Twelve Powers in You by David Williamson

(Please note that there may be more activities than you have time for so just use whatever you think would work best for your group)

Prayer:

Daily Word for the day.

Dear God, we are poised and centered in your pure Power, nothing can disturb the calm peace of my soul.

With this power we convert ideas into words and actions and put feet on our prayers. We use the power within to be your expression, we are empowered to help ourselves, have inner confidence and self-respect and to practice peace and love in the world. We give thanks - Amen

Bible Verse:

“All power is given unto me in heaven (mental realm) and in earth (body, social, community, material realm).”
Matthew 28:18

Introduce Topic:

God is the one and only Power. We are Power transformers. We draw on the Power of God and transform our thinking, feelings, words, and actions. We use our power for good purposes. We have all the power we will ever need just as we have all the faith, love, life and so on. It is our awareness of our 12 powers and how we are using and expressing. We have the choice to use our Power for good or bad. Again, we are always at choice.

We are to own our power but sometimes we give it away with the words we say. (write the following on a flip chart) We say:

- you made me mad
- you are making me a nervous wreck
- you are breaking my heart
- your drove me to drink

(ask for other suggestions)

When we say these words, we are giving power to others and rendering ourselves powerless. So we really are blaming others for what is going on with us. Owning you power is taking responsibility for our own condition. People may influence us with what they say or do but we really need to realize when we are giving our power away and thinking we are at the mercy of others. This is when we play the role of victim.

Also, we can attribute our happiness or security to others. (write on flip chart)

- you make me so happy
- without you my life would be empty
- without your love I would just wither away
- If I only had _____ (have them fill in the blank) I would be so happy

(ask for other suggestions)

Again, we are giving our power away saying that either people or conditions are responsible for our happiness. We have the power within ourselves to just be happy. You can share your happiness with others but you cannot rely on others to “make” you happy.

So, let’s reclaim this power. How do we do this? Our way of thinking and speaking both positive and negative are affirmations. So ask yourself, “What am I affirming? What am I saying to myself?.....”

We need to speak up for what is true. We need to speak it out loud using the power of our voice.

(say following statements and ask group to repeat after each one)

- I am a spiritual being of power
- I live, move and have my being in a limitless sea of power.
- I share power with others in ways that are mutually beneficial and prospering.
- I do not give my power away to people.
- I plug into my inner power and miraculous demonstrations pour forth in my life.
- I speak with power from my inner source of power.
- The prospering power of God is at work in all my affairs and my life is abundantly enriched in all ways

(have these printed up on card for each person for later activity and also for them to keep)

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(write following on flip chart)

- It is important to understand that **Power is our doing ability**
- Judgement decides
- Will directs
- Strength is standing firm, steadfast
- Power acts and moves on the decision

Strength and Power are different but they need to be developed together. Jesus recognized the true power within and called that Power Source “the Father within that does the work”.

Have the following statements on separate pieces of paper, break up into pairs and say: “The following statements are how we waste or misuse our power. Discuss with your partner on how to change these and use our Power in the right way”

- Trying to control others
- Getting to be a big-shot, top dog or “important person”
- Feeling superior – making unfavorable comparisons with others; feeling that my “goodness depends on your “badness”, bragging, constantly needing to be the center of attention.
- Going on power trips and playing power games: “Our team is better than yours”, “Our house is bigger and better than yours”, “our church is better than yours”.
- Trying to catch others in a mistake then holding it over them, “Now I’ve got you, Ha-Ha”
- Engaging in power struggles, always need to win.
- Being authoritarian – might makes right; feeling the need to always be right; being unable to admit a mistake or own a problem; living in denial.
- Trying to take credit and honor for ourselves and not acknowledging others.
- “I can’t talk to you! You don’t care and don’t want to understand! I’ll do whatever I want!”

When everyone has come up with their change, have each pair say their statement and how they changed it.

(Make copy of following for each person to fill out & share when finished)

Exercise in Reclaiming Power

Let me take what I want “other people” to do and empower myself to do that. We often disempower ourselves by only feeling critical, complaining, or finding fault with others. They certainly may have problems, which need to be corrected or helped. However our empowering comes as we realize how powerful we are and as we mobilize our own power.

Name of one person or situation that is troublesome in my life: _____

What does he/she/it do? _____

How do I need to change or to be better? _____

We Find True Power in Silence

True Power originates from our Higher Power. We discover this in the silence. Then we choose how we express this power with our voice, our actions and by “walking the walk”. The Silence is not just keeping our mouths shut. The Silence is found by turning within, relaxing, getting still, seeking God at our center. Practice times of SILENCE and be EMPOWERED.

Let’s do that now with a time for Visualization and Silence.

Visualization and Silence

I invite you to become relaxed in your chair, take in a few deep breaths and as you breath, become more relaxed, bringing your attention and focus within..... letting go of everthing and to simply be in this time and space..... and now picture yourself sitting under a stream of light that pours down upon you, entering from the crown of your head and fills you with a majestic yet comforting power. The light stream flows into every cell of your being and you affirm: “I am filled with a Higher Power that heals my throat and voice and I speak with loving power and authority

Then let the power flow down your neck into your shoulders, arms and hands. Feel the powerful energy flow. As this energy flows you feel the heat and tingling vibration within moving through you. Moving down your spine into your hips, legs and feel until it flows out the bottom of your feet. See yourself filled with power and grace. Give thanks unto the Higher Power for empowering your whole body. Visualize yourself acting with power and grace, mastery, in any challenge you are currently facing. Know that you can do all things by having the Higher Power do these things through you. Know that the prospering power of God is at work in all ways in your life. As you become more and more still, enter the silence of your deepest being.....into the silence.....into the silence.....into the silence.....

(stay in silence for whatever time would work for your group)

Thank you God for this time, this time to be in contact with you.....to just be.....to be aware.....to know That I am a powerful spiritual being.....here to be your expression of peace and love.....

I now invite you to bring your attention back to this time and space.

Take a Walk

Have you ever taken a walk in order to work something out? Or maybe a brisk walk to cool off after an upsetting time? There is great wisdom and power in moving our arms and legs to throw off excess energy and calm ourselves and think more clearly. Take a walk the next time you have an important decision or you want to approach a situation calmly.

Have everyone go on a meditation walk. Pass out copies of the affirmations from page 1. Tell them to read an affirmation to themselves or say it outloud then take time for that statement to resonate within -- contemplate the words – feel the words.

(give whatever time you think is appropriate for your group – best if can be cone outside – but make sure you set the boundaries for the walk)

When everyone returns, have them share their experience

Closing Circle and Prayer

Dear God, what we know to be true is that your are the only Power, you are our Source, and we are your Power Transformers. We use the Power within to be true expressions in this world. We use the Power to demonstrate peace, love, joy, understanding every aspect of your Divine Nature. When we maintain our contact with you Dear God, we can stay on the right path. Today we take a stand for truth and right action knowing that your Power is constantly renewing and strengthening us. And we give thanks and gratitude - Amen