

## The 12 Powers: Will

**Intention:** To understand and discuss the Power 'Will'.

**PreSession:** Cut page 5 into slips and have them in a place that no one can see them until you hand them out.

**Materials:** Paper, markers, page 5 slips for activity

**Opening prayer:**

Ask someone to volunteer to read the opening prayer, take a few moments to breathe and become centered before reading it:

*Divine Spirit, I am grateful for this sacred time to learn more about the power I possess as a reflection of You. I am open and receptive, willing to share and embrace new bits of wisdom and Truth. I allow your light and love to shine through me as I see the same light and love in the other people who surround me. And so it is. Amen.*

**Bible Verses:**

Please ask someone to read the bible verses out loud and have a quick discussion about them (what the group thinks about the verses, what it makes them think of or if they can reword it)

*"I seek not my own will but the will of the Father which has sent me." -John 5:36*

*"He who does the Will of God abides forever." -1 John 2:17*

**Quote:**

Ask someone to read the quote out loud and have a short discussion about how it relates to Will, or just what it makes them think of or what it means to them.

*"You are never given a dream without also being given the power to make it true." - Richard Bach*

(How the quote ties into the power Will: Will is your power that you use to manifest that which you will to create. So if you want to manifest a dream, vision, or your other 11 Powers, you use your power of Will to do that.)

**Affirmations:**

Read the affirmation twice to the group and have them repeat it twice (with enthusiasm!)

*I allow the will of God to guide my actions.*

**Daily Word reading:**

Read the *Daily Word* for the day, or if you'd like or you don't have a *Daily Word* available, you may read this *Daily Word* from May 31, 1967:

*I express positive faith in myself and my ability to succeed.*

"I can" and "I will." These two statements are behind every impressive contribution, behind every great success.

What have you told yourself when you thought about some deep desire or longing? Have you said to yourself, "But that's impossible!" Have you dismissed your dreams or hopes as beyond your power to accomplish?

Right now, as you read these words, stop for a moment and think about yourself and your life, the things you would like to do or be. And then say simply to yourself, "I can." When you say, "I can," you are calling on all the forces of your being, on all your latent powers and abilities; you are really enlisting the aid of your higher nature, your Christ self. Once you have established yourself in the idea of "I can," follow through with the words, "I will." Your will enters into the process of fulfillment; your will to do and to be reinforces every effort you make and carries you forward into success.

*"I can do all things in Him who strengthens me." -Philippians 4:13*

### Will Discussion:

Before you get started, you may want to explain what the 12 Powers of Man are and why they are used in the Unity movement to give some new Y.O.U.ers background about the powers. If you are unsure what to say about the powers, you may ask your minister or find a book about the 12 Powers in your bookstore.

This part of the lesson is for you to fully explain and discuss with your group what "Will" is. Encourage everyone to participate (go in a circle if you have to) and make sure everyone understands Will and the concepts you are presenting to them.

Ask the following questions (and read and explain when noted or necessary):

**-What is Will? What does it make you think of?** (This question is to get the group started thinking about Will)

**-Please read this definition of Will, adapted from *The Revealing Word*, Charles Fillmore.**

***The Will is the directing power of our mind. The will carries out what we understand or accept to be true. The Will may be said to be the man because it is the directive power that determines character formation. Regarding the Law Of Mind Action, which states that the thoughts you hold in your consciousness will manifest in your life, Will is what manifests the thoughts from your mind to your physical world.***

***Will "moves to action all the other spiritual gifts. No matter how much you understand your God-given gifts, if you are not willing to use them, they remain at potential only."***  
(Your Twelve Gifts from God by William Warch)

**-What do you think about this definition of Will?** Repeat the key points of the definition (underlined) if you need to. **Do you agree or disagree with the definition?**

**-How do you use your power of Will? What do you use Will to manifest in your life? A thought, idea, dream or another one of your 12 powers?**

**-Can you think of someone you know that uses their power of Will to manifest undesirable things into their life?**

**-Why is Will an important power?**

### Do What you Will Activity:

Materials: paper, markers, page 5 slips

Have everyone get a partner. Pass out 2 pieces of paper and 1 marker to each pair. One person from each pair will be God or Divine Will, the other will be the human or ego. Have them decide who will be which role. Then pass out the strips of paper to the appropriate partner. **Tell the partners not to share what they are told to draw on their slip of paper with each other.** Tell them they must both draw what is on their slip of paper using the same marker and piece of paper as their partner, at the same time (they may not draw 2 separate pictures). They will both have to hold on to the same marker at once to do this.

The outcome will be that each partner struggles to create their own picture and the drawing comes out to be what neither really wanted. After they struggle for a while, tell them to stop, and ask these questions:

**-Gods, what were you trying to draw?**

**-Egos, what were you trying to draw?**

**-Why didn't you get to draw what you wanted?**

**-What do the things you were trying to draw represent?** (They represent the will of the Ego or God)

**-How does this happen in real life? When God wills for one thing in our life and we will for another... Can you give an example of this from your own life or that you have seen from someone else's?**

**-What is the outcome when this happens?** (Life may be in disharmony or you may be unhappy or not get what you expected or hoped for)

Now ask the pairs to take their second piece of paper, both hold on to the same marker, but have them draw what the “God” in each group is supposed to draw. They should draw the same picture, with little difficulty!

Ask:

**-What is the result when you do the Will of God?** (Peace, love, harmony, happiness, etc.)

**-Why is it sometimes hard to line your will up with the will of God?**

Please read: *When using your power of Will, it is important to do the will of God, not your own will. God’s will for us is absolute good, to express the perfection of our spiritual nature in our body and affairs. We are not truly happy or at peace with ourselves when we are not expressing the will of God. When man wills to do the will of God; he exercises his individual will in wisdom, love, and spiritual understanding. Sacrifice your human will, and the Divine Will will work its way in you.*

Ask if there are any last comments about the activity before moving on to the meditation.

### **Meditation:**

Ask everyone to get into a comfortable position... then start the meditation:

*Allow yourself become fully relaxed..... Take a deep breath..... And another..... Breathe in the life-giving air and let it fill your lungs..... exhale it, releasing all of your greatness for the world to experience..... Just breathe.....(Pause)..... Think of a goal that you have..... it could be specific dream for your future, or a general goal like being able to live in peace or expressing another one of your twelve powers in your life..... Now picture yourself standing at the bottom of a huge mountain.... A mountain taller than you’ve ever seen in your life..... As you look up to the top of the mountain, you see that your goal is sitting at the top of it. Your dream is sitting up there, waiting just for you to come and claim it.....But first.... You have to climb the mountain... You take another look at the mountain and notice that now it is twice as big as you first thought it was. There are many obstacles in your way—steep cliffs, big boulders, scary animals, and you have no one going with you to help you.... This climb will be all you..... You start to think that the mountain is too big, too scary, and that you are too insignificant or undeserving to reach the prize at the top..... All of a sudden something is sparked inside of you. Your desire to reach the top of the mountain overthrows any thought of self-doubt... You tap into your power of Will and begin to glow with a strong silver light..... You start climbing the mountain. Your hands get cut up from the sharp rocks and your arms become very sore, but you are willing to move forward because you know the journey is worth every step..... As you continue to climb up you keep positive thoughts, telling yourself, “I will because I can”... “I will because I can” ..... You finally reach the top and reach the goal you worked toward. You could not have gotten to the top of the mountain to your goal if you had not used your power of Will to push forward and bring into your life that which you wanted.....See yourself at the top of the mountain, glowing with silver light... see your goal manifested and know it was because you used your Will to bring it forth..... Start to come*

*back to this time and space, but continue to feel the light of Will shining through your body, capable of accomplishing anything you desire..... and when you're ready, you may open your eyes...*

Allow time for everyone to come out of meditation to move on.

**Closing:**

Ask someone if they would like to lead the closing prayer.

*Divine Spirit, I become aware of Your presence and I am thankful for the Life and energy You fill me with. Thank you for this perfect body, the instrument that I willingly use to manifest the unlimited greatness at my core. I seek Your will and carry it out, knowing that it will serve my highest good. Thank you God, Amen*

**FUZZIES!!!!!!**

**God:** Draw a heart, for love

**God:** Draw a heart, for love

**God:** Draw a heart, for love

**God:** Draw a heart, for love

**God:** Draw a heart, for love

**God:** Draw a peace sign, for peace

**God:** Draw a peace sign, for peace

**God:** Draw a peace sign, for peace

**God:** Draw a peace sign, for peace

**God:** Draw a peace sign, for peace

**Ego:** Draw a dollar sign, for money

**Ego:** Draw a dollar sign, for money

**Ego:** Draw a dollar sign, for money

**Ego:** Draw a dollar sign, for money

**Ego:** Draw a car, for material desire

**Ego:** Draw a car, for material desire

**Ego:** Draw a car, for material desire

**Ego:** Draw a lightning bolt, for anger

**Ego:** Draw a lightning bolt, for anger

**Ego:** Draw a lightning bolt, for anger