

*Walk Your Talk*  
**2<sup>nd</sup> SUNDAY OF ADVENT – PEACE**  
**“The Peace of Christmas”**

*(Talk delivered Sunday, December 8, 2024 at Unity on Maui by Rev. Nancy Worth)*

This is the 2<sup>nd</sup> week of Advent – PEACE ... The symbol is an angel. Those messengers from God that appeared to the shepherds in the fields saying: **“Glory to God in the heavenly heights; peace to all men and women on earth.”**

We are in a time of preparation. Advent is the time of preparation for the re-birth, re-kindling, re-awakening of the Spirit of the Christ within ... Preparing ourselves for the birth of the Christ within the manger of our heart ... A time to prepare for a deepening of that awareness of what is *always* present: The Divine Consciousness, the Christ Presence, the Christ in you & me!

And the Universe asks each of us: “Is there room in you for this birth to happen?” Is there room on your calendar for more of God’s presence in your life? Do you have room in the busyness and the fullness of your life for the birth of more Hope & Peace, more Love & more Joy?

Jesus was called the Prince of Peace because he knew some things that were not only true for him, but were true for all of us. The only difference was ... he didn’t forget! Jesus *knew* who he was. He *knew* he was a spiritual being on a mission to bear witness to the Light. He *knew* that he carried the Light. He *knew* he was one with God. And he *knew* that everything was working for his good, which is absolutely true for every single one of us! But isn’t it true that maybe once or twice this week you might have forgotten? Maybe in traffic or shopping or at work ... you actually *forgot* that you are a spiritual being!

The other thing Jesus never forgot was that he had the resources of the Universe working *for* him. How helpful would it be for you to remember that not only are you beloved of God, but in any situation you have the FULL resources of the Universe working on your behalf!

Now notice what Jesus does with this knowledge that he is one with God. There’s a story told twice in the gospels. Each one is a little bit different version, but essentially they are the same story. The disciples are in a boat crossing the Sea of Galilee. In one version, Jesus is asleep in the hull of a boat and a huge storm suddenly blows up. Every single one of the disciples *forgets* all about the Power and the Presence within them and they get filled with fear, they get angry and upset. They go down and wake Jesus up, saying: “Don’t you care about us! Get up there and stop this! Don’t you care that we might drown!”

Jesus gets up and goes up on the deck. He simply says: **“Peace ... Be still!”** and the storm *immediately* calms. He then turns to his disciples and looks right at them and says: “YOU could have done that! Why did you wake me? YOU have the power within YOU to do that.”

Just imagine he’s looking right at you – in the middle of your little snit – saying: “You have the power within you to stop! When your emotions are going bonkers and your mind is running wild, YOU have the authority, YOU have the power to say: **‘Peace ... Be still!’**”

Notice what happens when you DON’T affirm Peace, when you DON’T *choose* to keep the connection. AND IT IS A CHOICE! It’s our 3<sup>rd</sup> Unity Principle: ***We create our world by the thoughts we choose to think!***

When we don’t affirm Peace: we can stay stuck in our “snit” and go into fear ... or we can affirm Peace in the midst of our storms. And you know what **FEAR** is? ... **F**=false **E**=evidence **A**=appearing **R**=real ... It’s the stories we create about how they did it to me and then we start to believe them. Another one is: **F**=forget **E**=everything **A**=and **R**=run! And that’s what happens when we *forget!* When that storm comes up – when we find ourselves in the middle of a life’s challenge ... **WE RUN!**

But the real challenge is to stay in the Divine Flow. Spirit knows *exactly* what you need to do and what you need to say, but you must keep the *connection* and affirm *Peace* in the situation!

The power of the Christmas story, and the reason we tell it over and over and over again is because it's the story of our own *awakening!* It's the story of the Christ Presence being born in the manger of our heart ... The story of how WE can *align* more and more with the Power and the Presence of the Divine WITHIN US ... The birth of the Christ *within* US!

To help you find and maintain your "connection" with the Divine this Christmas, here are "**Five Powerful Peace Pauses.**" Five simple steps to help you enter this "holy" season of Light – Christmas, Hanukkah, Kwanza. This is a *very* powerful time of celebration!

- 1) **SCHEDULE PEACE MOMENTS** – What brings you peace? – Meditation, walks on the beach, bubble baths? Is it on your calendar? Do you have at least one thing scheduled *every day* that nurtures you & brings you peace? Write it down. Schedule "*Peace moments*" on your calendar!
- 2) **BUILD IN A PRACTICE FOR GRATITUDE** – You are going to be stopped by things that are not in your control, but you could use every red light, every long line, as a trigger to say: "Time to be grateful, time to say thank you!" It will reconnect you to your Source, to that inner place of Peace.
- 3) **HAVE A GOOD LAUGH EVERY DAY** – When you laugh, you automatically become happy. Have at least one big belly laugh a day. When you laugh you are *massaging* all your internal organs, you're *shifting* your energy field. You are designed to be happy as your natural state is joy! TRY IT, you might like it!
- 4) **PRACTICE GENEROSITY** – Be generous every chance you get. Even if you don't have any money, you DO have *something* to give. You can always *give* a blessing. Don't walk past those Salvation Army Bell Ringers and look the other way. Thank them for being out there, for providing Christmas to needy families. Dig into your pocket; give something. YOU will be blessed!
- 5) **60-SECOND APPRECIATION** – Find someone or some organization that has blessed you or blessed someone you know and tell them *specifically* how they have made a difference. Don't just tell them: "It's great to have you in my world." Tell them HOW it's made a difference! Never miss a chance to appreciate someone ... IT FEELS REALLY GOOD!

**CONCLUSION:** There's nothing better than kids at Christmas; they get the real meaning of the story! This is a true story. It happened in the Midwest. This was a ritual in this school every year. The kids watched their older brothers and sisters act out the same story. This was the first year Billy, who was seven years old, got a speaking part. He was the Inn Keeper and his line was, "No! There is no room in the inn."

He was very proud of himself. For several weeks, every morning, every night, on the school bus or at dinner, he'd practice: "NO, there is no room in the inn" ... "No, there IS no room in the inn" ... "No, there is NO ROOM in the inn."

The night of the pageant came and there was Billy dressed in his mother's bathrobe waiting for his big moment standing behind the cardboard door. Finally, he could hear the other kids coming. It was Mary and Joseph. There's knock on the door and Joseph says, "Sir, my wife is pregnant. Is there room in the inn?" And Billy throws the door wide open and says: "Sure! Come on in!"

Which is really the right *spiritual* response! The child *knows* the right response! When life gets in your face – when the storms start to blow – go to your heart and ask: "Is there room here for more PEACE?" And the right answer *always* is: "Sure! Come on in!"