

Break Out the Light!

Unity studies the Bible as history and allegory and interprets it as a metaphysical representation of humankind's evolutionary journey toward spiritual awakening. We honor the writings as reflecting the understanding and inspiration of the writers at the time they were written.

Unity – A Positive Path for Spiritual Living – Unity pamphlet

METAPHYSICS

The study of the science of Being;
that which transcends the physical.

Metaphysics 1 – Unity School of Christianity

MATTHEW 4: 1-11

Then Jesus was led up by the Spirit into the wilderness to be tempted by the devil. He fasted forty days and forty nights, and afterwards he was famished. The tempter came and said to him, "If you are the Son of God, command these stones to become loaves of bread." But he answered, "It is written, 'One does not live by bread alone, but by every word that comes from the mouth of God.' "

Then the devil took him to the holy city and placed him on the pinnacle of the temple, saying to him, "If you are the Son of God, throw yourself down; for it is written, 'He will command his angels concerning you,' and 'On their hands they will bear you up, so that you will not dash your foot against a stone.'" Jesus said to him, "Again it is written, 'Do not put the Lord your God to the test.'" "

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Again, the devil took him to a very high mountain and showed him all the kingdoms of the world and their splendor; and he said to him, "All these I will give you, if you will fall down and worship me." Jesus said to him, "Away with you, Satan! for it is written, 'Worship the Lord your God, and serve only him.' " Then the devil left him, and suddenly angels came and waited on him.

METAPHYSICAL INTERPRETATION

WILDERNESS – Undisciplined, uncultivated thoughts

FASTING – Abstain from error thoughts

40 – Completeness

DEVIL – Human Ego / Personality

JESUS – Christ Consciousness

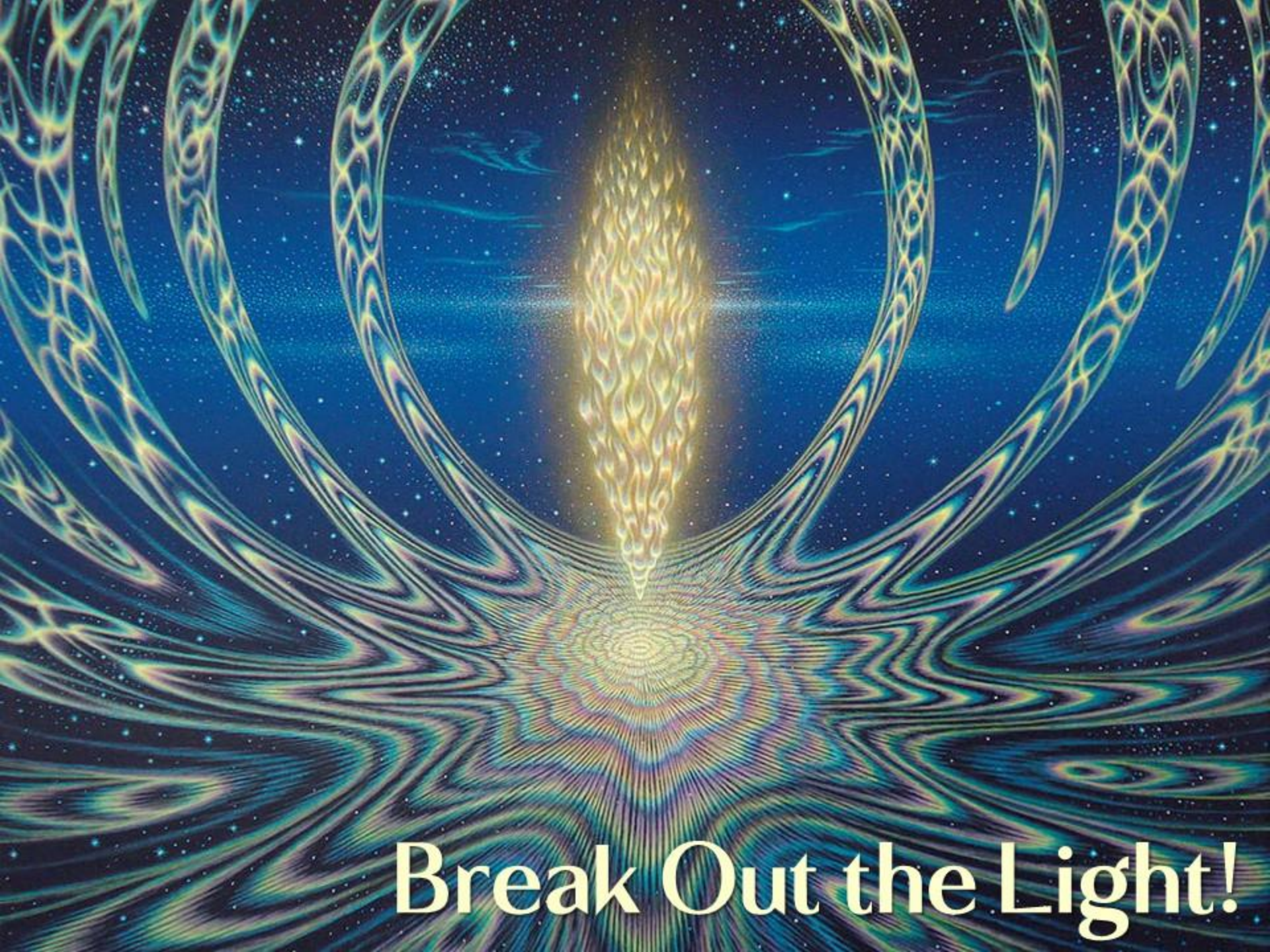
TEMPTATION – Desires of untrained subconscious











Break Out the Light!

From Fasting to Feasting

LEADER

When tempted to criticize others
to make myself feel worthy...

ALL

I FAST FROM JUDGING...I FEAST ON DIVINE LOVE

I see Good everywhere and in everyone
and desire good for all.

From Fasting to Feasting

LEADER

When tempted to hoard or withhold
to make sure I have enough...

ALL

**I FAST FROM SELFISHNESS...
I FEAST ON INFINITE SUBSTANCE.**

God's abundant flow of Good pours
generously through me into the world.

From Fasting to Feasting

LEADER

When tempted to give up because
I can't see a way forward...

ALL

**I FAST FROM DISCOURAGEMENT...
I FEAST ON FAITH.**

I look past appearance and trust in God
as the only Power working here.

From Fasting to Feasting

LEADER

When tempted to complain and
focus on what's not working...

ALL

I FAST FROM PESSIMISM...

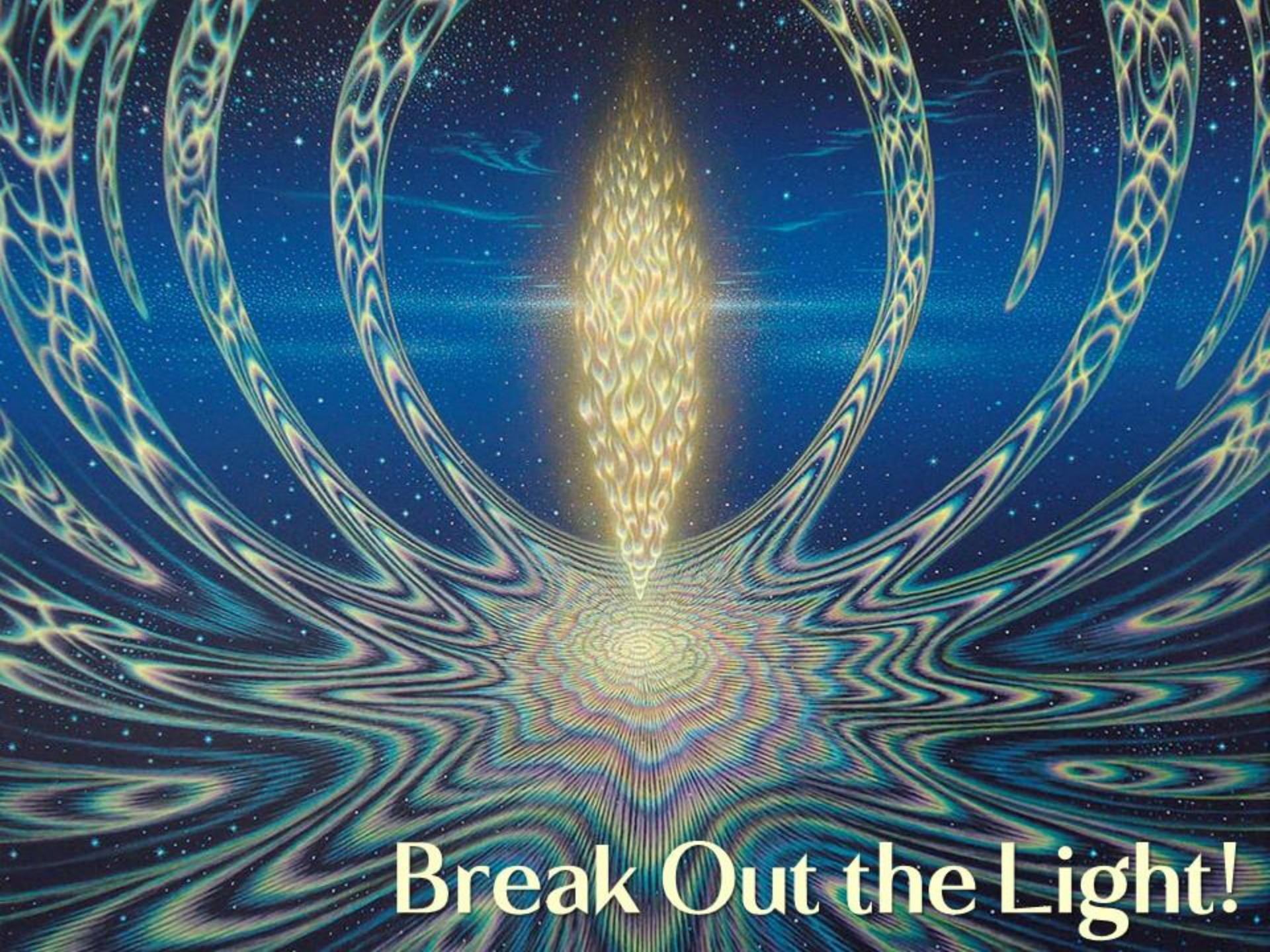
I FEAST ON GRATITUDE.

I'm so thankful that all things are
working together for the highest good.

**I choose to fast
from limited
thinking...**



**and feast
on the thoughts
of God.**



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