

The Sunday School Teacher's  
**Cookbook**  
"Recipes" for Sharing  
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**Recipe:** Change vs. Unfoldment

**Category:** Entrée

**Serves:** all ages

**Recipe by:** D. Michael Day

**Ingredients** (key words):

*Hint: In Christian Science, what is the difference between Change and Unfoldment? On one hand we are constantly being told that nothing changes in the Kingdom of Heaven, God doesn't change so how can man, His image and likeness change? If we are perfect, there is nothing to change. Then on the other hand we are told about how we are improving through trials and tribulations, that love never leaves us where it finds us and we should expect healings and growth as a result of our studies and demonstrations. Don't these two ideas seem contradictory?*

**Method:** Here's a way we can show this as an example to a Sunday school class. First, place some coins on the table in front of the students. Is easier to use four quarters for the younger students, but for the older classes it's more interesting to use a variety of coins that they have to count up, but in both cases the total of coins must be one dollar. Now explain the permanence of this "change". The coins are metal. Their value is clearly imprinted on each coin and the total value of this change adds up to one dollar. There is nothing we can do to this change to make it equal anything else. The individual coins and the total amount of all coins are fixed and permanent. The individual and collective value is easy to recognize, in fact one of the reasons the coins are different sizes is so even a blind person can add them up. The value of the change is constant, permanent and easily distinguishable. So change is unchangeable and if you asked someone, "Do you have change for a dollar?" you might get a different variety of coins, but the value of the change is constant.

The next part takes a little advance preparation by taking a banknote and folding up as small as you can so it is impossible to determine its size or denomination, but

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if you're careful you can fold it so part of the number "1" is visible. Now ask the class about the folded banknote. Can they tell from looking at it what size it is or its shape? Does color make a difference or is the material less substantial than metal and thus less valuable? What is the true value of this folded banknote? They know the shape, size and color of all banknotes are constant and if they see part of the "1", they can guess its value. But is banknote's true value really permanent? Did it have a certain value before it was folded, but now have a different value as a result of being folded? You can't put it in a vending machine, can't spend it, it doesn't fit very well in your billfold without making a big lump. So its value does seem somewhat diminished because it is folded... from a material viewpoint. But material viewpoints do change and the spiritual value of anything is permanent, even when folded.

To human nature the experience of progress and improvement may seem slow and tedious, but working through it with patience and growth in grace we are actually revealing our true value as the image and likeness of God through daily demonstration. And we each demonstrate our own unfoldment at our own rate. From a spiritual standpoint there is no rush because there is nothing you can do in the process of unfolding the banknote (or yourself) that increases its actual value or its permanence. It is always there, always the same, and always ready to fully bless, when fully revealed.

Now you can have some fun with the class as you slowly start to unfold the banknote eventually revealing its true denomination, not as one dollar, but as a 10 dollar bill. Wow, the size, shape and color were exactly what they imagined, but the value is completely different than their material expectations lead them to believe. Now go ahead and explain that unfoldment reveals our true, highest nature, and we must be careful not to assume the value of something just by its familiar material, color or expected shape. That's limited material thinking. Our value is not equal to our human existence, but is only seen and understood as our spiritual "face value" is recognized. So forget the chump change and don't settle for the material lowest common denominator. As we learn to see our reflection "face to face" as God sees us, we will observe our true "face value" as his image and likeness and recognize this applies to all His children when they are seen spiritually, not materially.

Anybody got change for a ten? The answer is no. Man cannot be separated, divided, broken down or changed (or exchanged) in any fashion and his religious "denomination" is always Christianly Scientific. So don't be fooled by error, get "shortchanged" or take any wooden nickels.