

## TEST-YOURSELF QUESTIONS

# Foundations of Unity

Series One · Vol. 1 & 2

You may use these self-evaluation questions to guide your own thinking as you read and study the lessons in the two accompanying volumes, or you may answer them on a separate sheet of paper which may then be sent to:

**Home Study Course  
(Correspondence School)  
Unity Village, Mo. 64063**

Unity will not grade your answers or return them to you. No correspondence will be entered into, therefore you should copy your answers if you will need to refer to them again.

We recognize that the only true criterion upon which to measure your progress is the positive change that has taken place in your own thought and feeling. The submitting of answers is designed only to demonstrate to us that you have read and assimilated our material. We can then recognize this accomplishment by mailing to you a certificate of congratulation and achievement.

Please make any written answers brief—just a line or two—and as closely conformable to the text of the lessons as is possible.

You will note that the contents of each lesson contain all that you will need to construct an appropriate response.

## Questions for Series One

### Vol. 1

#### Lesson I *The One Desire of All Men*

1. What is the desire of all men? Describe how that desire is specific for you.
2. Explain what the dawn of each day can mean to you spiritually.
3. Can you think of any "old tune" which you tend to play? How can you change this to a new song of victory?
4. The lesson indicates that the "seat of power" is within you. What specific changes in thought and action are necessary for you to find inner freedom and independence?
5. If you need changes in your body and affairs, how should you pray?

#### Lesson II *The Approach to Life: Understanding God*

1. What is your understanding of "the nature of God"?
2. What is your relation to God? Where is your source of life?
3. Where is your source of supply?
4. What must you get rid of before you come to know that God lives in you?
5. How does an understanding of God and your relationship to Him help to solve your problems?

### **Lesson III** *Prayer without Mystery*

1. According to the lesson, what is prayer in its truest sense? Could you interpret this so it has meaning in your life?
2. The lesson suggests that one thing must be kept in mind in true prayer. What is this "one thing," and does it seem reasonable to you?
3. Could you outline some of the specific ways given in the lesson that would help you to pray more effectively?
4. What do you think would be some of the results for yourself and others when you pray in the manner mentioned in the lesson?
5. Do you agree with what the lesson says about when you should pray?

### **Lesson IV** *Governed Solely by the Law of God*

1. The lesson explains how God works. Could you successfully use this method in situations in your own life?
2. What is vital for you to do in order to take a new hold on life?
3. What is one of the first steps you need to take in approaching God in prayer?
4. The two dispensations are mentioned in this lesson. Do these apply to your individual life?
5. How can you test all situations you face in your life?

## **Lesson V** *A New Beginning in Health*

1. What are some of the facts that the lesson suggests you need to establish in your mind when praying for health?
2. What is the "highest form of prayer" according to this lesson?
3. Upon what must your mind be centered in praying for health?
4. Do you agree with what the lesson says is one of the most difficult things in praying for health?
5. Have you accepted what the lesson says is natural and normal in your life? What can be termed unnatural and abnormal for you as a son of God?

## **Lesson VI** *Making a New Start in Personal Finances*

1. How would you relate your mental outlook to a new start in your financial situation?
2. Is it helpful to you to consider the symbolism of "hands" and to think of God's hands?
3. Do you agree with what the lesson says about one of the greatest assets for seeking employment or improvement in one's business?
4. What needs to be the central theme of your truest prayer for supply?
5. Pick out a Bible verse that would be helpful to you to indicate that God does supply your every need.

## Lesson VII *Transforming Personal Relationships*

1. In the case of inharmony in human relations, what are some of the wise things you could do to bring about harmony?
2. What are some of the good results that will come to you in your human relationships if you keep the thought of God uppermost in your mind?
3. If you learn to "get along with yourself" how will this affect your relationships with other people?
4. Suppose you were faced with a misunderstanding between yourself and another person. What are some of the steps you could take to heal the situation?
5. Why do you think the lesson emphasizes inner adjustment before outer adjustment?

### Questions for Series One

#### Vol. 2

#### Lesson I *Trust God*

1. If you dare to face life's problems, what attitudes of mind will be required?
2. Where does the quickening of faith take place?
3. How does faith enable you to surmount every human "problem"?
4. Have you ever misused God's creative power by thinking adverse thoughts?
5. Since thinking is one of your greatest gifts from God, what can you do today to benefit from this understanding?

## Lesson II *The Circle of God's Love*

1. How does the idea of the "circle of God's love" help you to live a more satisfying life?
2. How does the idea of God's will in the lesson free you from fear, resentment, or the tendency to fight certain conditions?
3. What does spiritual mastery mean to you?
4. What are some of the good results that can come in your life from blessing distressing circumstances?
5. Is there any place in creation or in your life where God's love does not operate?



## Lesson III *Out of the Rut*

1. Where can you find the power to get "out of the rut" of limitation?
2. What holds back your receiving of God's gifts of good in your life?
3. Why is it so vital for you to control the various functions of your mind?
4. What would you have to change in your life in order to *live* the Truth?
5. From whence does the impetus come that can bring a new purpose and blessing to your world?

## Lesson IV *There Is a Place*

1. Where is the "place" that you may receive help in transforming your life?
2. Describe what it means to you to be "God-conscious." How does the lesson describe it?
3. What are the many ways your thoughts are "colored" by your everyday experiences?
4. The lesson states that God works for us from within outward. Give an illustration from your own life.
5. Certain definite ways of building a consciousness of God's presence are indicated in the lesson. How would you make these specific in *your* life?

## Lesson V *Have No Fear*

1. Why is it so vital for mankind to erase "fear" from consciousness?
2. How can you "hand over" your problem to God?
3. When we seek God's help in prayer, what is our part?
4. What are some of the steps we may take to identify ourself with good and what is the result in our life?
5. How does the realization that "God rules supreme" free you from fear?

## Lesson VI *You Are What You Think*

1. Since thoughts are the "tools" you use to mold the experiences of your life, how

can this understanding help you to transform your life?

2. The lesson challenges the view that "chance or fate" determine the conditions of our life. If you are bound by this belief, how can you find freedom from it?
3. Why is an original thought of more value to you than merely accepting the words of others?
4. Take time to list some of your everyday moods. What can you do to help your moods work for you rather than against you?
5. How can you put to work in your life the three points which the lesson emphasized for training your mind?

### **Lesson VII** *One Thing I Do*

1. As you face your problems, what is the "one thing" to keep in mind—and to do?
2. The lessons indicate specific evidence that God is in charge of the universe and our lives. How is this made a reality in your daily living?
3. How are you proving that happiness does not depend on outer things, conditions, and events?
4. What changes will be brought in your life by the realization that joy and happiness are God's free gifts to you?
5. Try the experiment outlined at the end of this lesson on some problem you may be facing. Keep track of your progress and write down the results.