

# In The Silence

*1<sup>st</sup> and 3<sup>rd</sup> Wednesday (7:00 – 8:00)*

IN THE SILENCE is a midweek sacred service of centering prayer and contemplation for those who wish to deepen their experience of Unity's Truth principles by reflection, heart-driven dialog and prayer. This sacred time of readings, dialog, and song will lead into a period of 20 minutes of silence. Sitting in the silence is Unity's primary tool for spiritual transformation. Readings are based on spiritual principles introduced in THE QUEST, which is held each Sunday morning from 10:40 to 11:15 in the chapel.

## Contemplative Music

## Welcome and Opening Prayer

## Intention

## Check In

## Guidance on Centering Prayer

## Chant and Love Offering

## Reading

## "Be Still and Know"

## Silence

## Closing Circle with Prayers of Gratitude

## Recessional Music

# The Quest

*Sunday (10:45 – 11:15)*

We will begin the class promptly at 10:45. Until then, please remain silent, enjoy the music and read and contemplate this week's Quest.

## *Week One – Dwelling In God*

### Contemplative Music (10:35 – 10:45)

### Discussion (10:45 – 10:55)

- What is the attention of our everyday experience? Is it fractured, like the fresco described in this week's lesson?
- How do we normally attempt to overcome disorder and fracture in our life? What is the common result?
- What is going on here? What is the divine idea that is calling me? What do I really want?

### Prayer/meditation on dwelling in God (10:55 – 11:00)

### Exploration (11:00 – 11:05)

- What is the difference between *defining* God and *dwelling* in God?
- What happens when we “dwell in God” and we cultivate an awareness of God's power and presence? What has shifted?

### Activity for the week (11:05 – 11:15)

- Practice the *Process for Dwelling in God* (see next page)
- Attend Wednesday's *Into The Silence* service at 7:00 pm

### Objective for this week:

The Quest is a year-long discovery of the inner self, our Christ nature. “Discovering” our inner Christ nature can be difficult, sometimes taking a whole lifetime.

This week we begin a practice to cultivate an awareness of God. Biblically, this practice is known as “dwelling in God.” When we dwell in God and cultivate an awareness of God, we make an important additional discovery, as explained below.

### Metaphysical Lesson:

- Bishop John Spong says, “A horse cannot define a man, and a man cannot define God.”
- The horse, however, can be *aware* of a man and can benefit from all the good that comes from its relationship with man.
- Similarly, a man can be aware of God and also benefit from God's presence and power.
- When this awareness of God is cultivated, we discover that our lives seem to shift from being a fractured fresco to one of divine order.

### Unity principles used:

- Human beings create their experiences by the activity of their thinking. Everything in the manifest realm has its beginning in thought.
- Knowing and understanding the laws of life, also called Truth, are not enough. A person must also live the truth that he or she knows.

### Process for Dwelling in God:

- Affirm throughout the week “God created me, and it is God who can, will and does restore any seeming fractures in my life.”
- Allow your Christ nature to come into consciousness and ask “where do I sense the power and presence of God in this now moment?”
- Hold your discovery of divine order in consciousness without judgment (non-resistance).
- Rest in confidence and gratitude (realization) as this divine order is expressed in your outer life.

### Passage for contemplation:

“It could be that all God wants from us is awareness of the Presence. This simple awareness opens the way for God to be active in our lives ... we come to see that there is a 'divine order' to our lives, that things are working in a way which feels right ... The more aware of God's presence and power in our lives, the more clearly we recognize that divine order is taking place.” (p.44)

### Memorize:

Bible Passage: “God is love; and he that dwelleth in love dwelleth in God, and God in him” (I John 4:16)

Affirmation: “God created me, and it is God who can, will and does restore any seeming fractures in my life.”