

# The Quest – Winter Session

Chapter*	Date	What we explore**
1	Jan 3	Why starting over is good for you
2	Jan 10	You are not a spiritual cowboy
3	Jan 17	To be aware is to be alive
4	Jan 24	The difference between my spirit and my soul. What about my body?
5	Jan 31	What do you mean “the Christ that I am?”
6	Feb 7	What sense is the Bible?
7	Feb 14	Where are my boundaries?
8	Feb 21	Where is God in a cause and effect world?
9	Feb 28	If I don't believe in hell, is there a heaven?
10	Mar 7	What causes evil?
11	Mar 14	What is prayer?
12	Mar 21	What is this “silence” business?
Off	Mar 28	Random Walk (NO CLASS)

\* *The Quest, A Journey of Spiritual Rediscovery*. Richard and Mary-Alice Jafolla. Unity House. This book is recommended, but not required.

\*\* Each class stands on it's own. You may come and go as your schedule permits.

# The Quest – March 14

***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 Eleven – Prayer***

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

**Discussion (10:45 – 10:55)**

- When have we prayed most intently?
- What was our consciousness?

**Prayer/meditation (10:55 – 11:00)**

- James Dillet Freeman “I Am There”

**Exploration (11:00 – 11:05)**

- What is a consciousness of *God*? What are some things we can do to establish and maintain this consciousness?
- How can we establish a daily prayer routine?

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

- During the week, practice “*Praying from a consciousness of God*”

## 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 explore prayer.

## Metaphysical Lesson:

- We pray from the following consciousness: *“There is only one Presence and one Power active as the universe and as my life, God the Good.”*
- This consciousness, or posture, or position or stance, implies that God's good for us already exists; that God's will is nothing but that we unfold to our highest good.
- More important than our prayer is this consciousness.
- Therefore our task is to “get in sync” with “the Universe” and our intention in prayer is to open ourselves to the higher good that we may not be presently experiencing.
- We “synch” ourselves not only in prayer, but with the entire tenor of our life. Our life is a message to the Universe stating our intention.
- Our life intention, stated in prayer, in fact changes our happiness, our health and our outer circumstances.

## Unity principles used:

- There is only one Presence and one Power active as the universe and as my life, God the Good.
- Humans create their experience by the activity of their thinking.

<http://www.truthunity.net/courses/the-quest/11>

## Process for “Praying from a consciousness of God”:

- We have two goals for this week:
  - ✓ To establish a daily prayer routine
  - ✓ To develop a consciousness *of God*
- Call Silent Unity at 1-800-NOW-PRAY.
- Stop by or call the church and ask to pray with a prayer chaplain or staff member
- Establish in your life one of the things we discussed in *developing a consciousness of God*.

## Affirmation:

*The light of God surrounds me  
The love of God enfolds me  
The power of God protects me  
The presence of God watches over me  
Wherever I am, God is*

*- James Dillet Freeman*

