

# The Quest – Spring Session

Chapter*	Week	What we explore**
13	Apr 4	Why can't I do it my way?
14	Apr 11	You are not a spiritual cowboy
15	Apr 18	To be aware is to be alive
16	Apr 25	The difference between my spirit and my soul. What about my body?
17	May 2	What do you mean “the Christ that I am?”
18	May 9	What sense is the Bible?
19	May 16	Where are my boundaries?
20	May 23	Where is God in a cause and effect world?
21	May 30	If I don't believe in hell, is there a heaven?
22	June 6	What causes evil?
23	June 13	What is prayer?
24	June 20	What is this “silence” business?
Off	June 27	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 – April 4

*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 Thirteen – God's Will*

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

**Discussion (10:45 – 11:00)**

- Read the definition of Divine Order, given on the next page. How have you felt the “tug of God” in your life? How did you know it was the unfolding of divine order?
- The book defines God's will for us as “absolute good.” Has there ever been a time when you experienced what you knew to be God's will?
- How do we listen for the guidance of God? How have we experienced listening to the “still small voice?”

**Guided exploration of God's Will (11:00 – 11:05)**

- Relaxation
- Concentration
- Meditation
- Realization
- Thanksgiving

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

- During the week, practice *going into the silence and listening for the still small voice.*

## 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 three topics:

- Divine order
- God's will for us
- Listening for God speaking to us (Divine Guidance)

## Metaphysical Lesson:

- **Divine order** is the unrelenting process or desire, by which we are slowly-but-surely growing back to awareness of our rightful place as Individualities within God's unified Presence and Power. (Tom Shepherd). Divine Order unfolds according to Mind-Idea-Expression.
- **God's will** is always perfection and good for all God's children ... God does not will suffering or imperfection in any form (The Revealing Word).
- **Divine guidance** is a flow of Infinite Mind ... It makes no choice for you, but it is the urge and energy through which you can make the choice that is best in terms of your own consciousness. It is a wisdom, a light, a supportive flow that enables you to see the road ahead with amazing clarity and to use your own wisdom at its highest level of development. (In the Flow of Life, Eric Butterworth).

## Unity principle used:

- There is only one power and one Presence in the Universe, God, the good, omnipotent.

<http://www.truthunity.net/courses/the-quest/13>

## Process for “going into the Silence” and listening for the “still, small voice”:

- Last time we learned a five-step process for going into the silence. The process we learned was:
  1. *Relaxation—releasing physical and mental tension*
  2. *Concentration—gentle focusing of the mind*
  3. *Meditation—puts us in contact with the Silence*
  4. *Realization—deep inner knowing of the Truth and that our prayers are answered*
  5. *Thanksgiving—being grateful before the answer appears in the manifest realm*
- This week we continue to practice our silent meditation each day. But we now add something new in our the second step, concentration. This week, begin your concentration by reading the following Daily Word:

Tuesday, March 30, 2010

### **GUIDANCE**

**I quietly tune in to the wisdom of God and receive divine direction.**

All day long, wherever I go, whatever I do, I tune in to the wisdom of God. If I have an important decision to make or I am puzzled about which course of action to take, I find my answer through prayer.

I affirm that divine light is shining in and through me now, showing me what to do and how to do it. Then I practice the art of listening in the silence, which fills me with new spiritual understanding. The transcendent, indwelling Spirit lifts me up and makes all the ways of my life clear, all my needs understandable, all my decisions easy and all my questions answerable.

I joyously accept and follow the spiritual guidance I receive, and my life is established in peace, love and harmony.

**When a trumpet is blown, listen!--Isaiah 18:3**