

# Unity Basics – A Quest for Truth

## Syllabus

### **Meeting Place and Dates:**

Unity Church of the Hills – Five weeks: February 2\_ through March 2\_

### **Course Description:**

An introduction to the Unity Movement for newcomers and the curious. Over five sessions we will cover Unity's perspective on God, Jesus and the Bible, how Unity is rooted in right thinking and prayer, spiritual law and its application to health and prosperity, and Unity's view of the soul, eternal life and living in the present. Each class will combine lecture and practicing the application of Unity Truth principles. This class is based on Eric Butterworth's book "Unity – A Quest for Truth" which is available in the bookstore.

### **Course Facilitator:**

Mark Hicks

Email: [mark@truthunity.net](mailto:mark@truthunity.net)

Mark is a graduate of Unity's Spiritual Education and Enrichment program and is a candidate in the Licensed Unity Teacher program. He has edited a peace newsletter, taught adult Sunday school and coordinated for an anti-hunger organization. He was a software developer for IBM until April 2008 when he took a year off to "reflect, refocus and retool."

### **Course Objectives:**

By attending this course you will:

- Learn about the Unity Movement and what it offers Truth students
- Become familiar with the Five Basic Unity Principles and the metaphysical view of God, Jesus, the Bible, the soul, heaven, hell and eternal life
- Explore spiritual law, its application to health and prosperity and practice applying affirmative prayer tools in daily living

### **Course Textbook:**

Unity – A Quest For Truth, Eric Butterworth (available at the bookstore)

## **Expectations:**

- So that we can develop group unity, you are asked to try to attend all sessions.
- So that we can start on time, let the facilitator know if you will be absent or late.

## **Week 1: The Relentless Stream of Truth**

- Date:
- Topics: A history of the Truth movement, New Thought and Unity. A discussion of what Truth students can find in a Unity church
- Reading for next week: Chapter 2

## **Week 2: An Emphasis On You**

- Date:
- Topics: How Unity considers God, Jesus and the Bible
- Reading for next week: Chapter 3

## **Week 3: As a Man Thinketh**

- Date:
- Topics: Unity's rootedness in right thinking and prayer
- Reading for next week: Chapter 4

## **Week 4: Working with Workable Law**

- Date:
- Topics: Spiritual law and its application to health and prosperity
- Reading for next week: Chapter 4

## **Week 5: The Perfect Round**

- Date:
- Topics: Heaven, hell, the soul, eternal life and living in the present

# Lesson Plan: Week One

**Title:**

The Relentless Stream of Truth – Unity's Mission to Help the Truth Student

**Focus:**

This session is to establish the student's relationship with Unity movement. Ideally, each student will come to Unity for assistance on their own quest for Truth. This session is to affirm that objective.

**Objectives:**

The students will:

- Learn about Unity and New Thought
- Learn what it means to be a Truth student

**Material:**

The students will:

- Learn about Unity and New Thought
- Learn what it means to be a Truth student

**Planned Activities:**

- 5 minutes: Arrival, welcome, opening prayer
- 15 minutes: Introduction to the course.
  - Truth conversation
  - Lesson: our search for Truth and Potential /pp.3-11
- 30 minutes: Self introductions
- 20 minutes: Lesson: What is church? New Thought throughout history /pp.15-27
- 10 minutes: Break (until the hour is up)
- 20 minutes: Lesson: Unity video & Unity's part in New Thought /pp.11-15
- 20 minutes: Dialog: Five Basic Unity Principles (to be continued in session 2)
- 20 minutes: Practice: Affirmation and Denials

# Lesson Plan: Week Two

**Title:**

An Emphasis On You – How We Should Consider God, Jesus and the Bible

**Focus:**

This session will explore more deeply the first two Basic Unity Principles (One presence, One Power and the Christ Within). The goal is to gently address questions from those coming with traditionalist views and explore Unity's view of God, Jesus and the Bible. Significant time is spent on metaphysical Bible interpretation.

**Objectives:**

The students will:

- Identify beliefs in their “embedded theology”
- Explore Metaphysical Christianity

**Planned Activities:**

- 10 minutes: Arrival, welcome, opening prayer
- 10 minutes: Hidden belief exercise
- 20 minutes: Lesson: One Presence, One Power
- 20 minutes: Dialog: Our World View
- 10 minutes: Break (until the hour is up)
- 20 minutes: Lesson: The Christ, The Bible
- 20 minutes: Dialog: Taking Back the Bible
- 20 minutes: Practice: Scriptural Affirmations

# Lesson Plan: Week Three

**Title:**

As a Man Thinketh – Unity's Rootedness in Right Thinking and Prayer

**Focus:**

This session will explore more deeply the third and fourth Basic Unity Principles (the power of Thought and the practice of prayer and meditation). The goal is to get the student using right thinking and prayer to establish their journey as a Truth student.

**Objectives:**

The students will:

- Begin a deeper practice of prayer and right thinking

**Planned Activities:**

- 10 minutes: Arrival, welcome, opening prayer
- 10 minutes: Lesson: Right Thinking and Prayer
- 20 minutes: Video: Dan Gilbert - Why We Are Happy
- 20 minutes: Dialog: How We Know Happiness
- 10 minutes: Break (until the hour is up)
- 20 minutes: Lesson: Five Step Prayer Process (Effectual Prayer)
- 20 minutes: Dialog:
- 20 minutes: Practice: Effectual Prayer (Francis Foulks)

# Lesson Plan: Week Four

**Title:**

Working With Workable Law

**Focus:**

This session will complete the exploration of the Basic Unity Principles by focusing on demonstrating (5<sup>th</sup> Principle). The goal is to explore how spiritual law applies to health and prosperity.

**Objectives:**

The students will:

- Explore our views of health and prosperity in light of metaphysics

**Planned Activities:**

- 10 minutes: Arrival, welcome, opening prayer
- 10 minutes: Lesson:
- 20 minutes: Dialog:
- 20 minutes: Practice:
- 10 minutes: Break (until the hour is up)
- 20 minutes: Lesson
- 20 minutes: Dialog:
- 20 minutes: Practice:

# Lesson Plan: Week Five

**Title:**

The Perfect Round

**Focus:**

This session will probe deeper into metaphysical views of heaven, hell, the soul, eternal life and living in the present. The student will learn about Silent Unity, Daily Word and other resources.

**Objectives:**

The students will:

**Planned Activities:**

- 10 minutes: Arrival, welcome, opening prayer
- 40 minutes: Lesson & Dialog: Twelve Powers
- 15 minutes: Practice: Twelve Power Drill
- 10 minutes: Break (until the hour is up)
- 20 minutes: Lesson: Silent Unity, Daily Word
- 20 minutes: Dialog: What we need in our spiritual community
- 20 minutes: Practice: Praying with others