

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 Two – Our Spiritual Support System

Contemplative Music (10:30 – 10:45)

Discussion (10:45 – 10:55)

- What are our human needs? Food, health care, recreation, relaxation, friendship. How do we organize our lives to satisfy our needs?
- What is our spiritual need? How is it different or similar to other human needs?

Prayer/meditation (10:55 – 11:00)

“Step by step, side by side

Hand in hand this old world's a better ride

Step by step, side by side

Take a little step with your neighbor, side by side”

- Step By Step, Chuck Pyle, Unity of Boulder

Gratitude (11:00 – 11:05)

- What aspects of my home life support me spiritually?
- Who has supported my spiritual unfolding?

Activity for the week (11:05 – 11:15)

- Assess and enrich your spiritual support system.

Objective for this week:

The Quest is a series of 48 weekly lessons leading to the discovery of our true inner Self, our Christ nature. This week we explore and assess our “spiritual support system” - aspects of our lives and our community of friends who encourage and support us on our quest for spiritual transformation.

Metaphysical Lesson:

- Our “Quest” is the discovery and expression in our life of our Truth, our divine or Christ nature.
- This transformation is always accomplished by aligning our mind with the mind of God, which is then expressed in our outer life. Metaphysically, this is known as “mind, idea, expression.”
- An important way to align our mind with God is by choosing our “spiritual soil” – the people in our life and all the activities of our life – who will support our spiritual transformation.
- Our home environment is crucial to our transformation.
- A spiritual support group takes on a mind greater than the sum total of its members. Jesus said,
“For where two or three are gathered in my name, there am I in the midst of them.” Matthew 18:20

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:

- Affirm throughout the week:
“Thank You, God, for my supportive friends. I now draw to me the right people with whom I share my journey. I know that their caring support is really an expression of Your great love.”
- At some point this week, sit quietly and ask “who would be supportive of me in my spiritual unfolding?” Identify two or three persons.
- Hold your discovery in consciousness without feeling self-conscious about communicating with others on a deeper level (non-resistance).
- If you are ready, ask these persons to support you as prayer partners or Master Mind partners.
- Rest in confidence and gratitude (realization) as your spiritual support group is expressed in your outer life (spiritual rebirth).

Passage for contemplation:

“You are a spiritual seedling. Because you are, your spiritual quest must be nurtured as one would nurture any tiny plant ... surround yourself with supporters, with people who are not only happy, but eager to help you find the God within you.” (p.30)