

# 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 – January 31

*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 Five – The man and the Christ*

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

**Discussion (10:45 – 10:55)**

- Who was Roger Bannister? Was he predestined to his accomplishment? What happened afterwards? Did we worship Bannister?
- Who was Jesus? What was his accomplishment? How do we respond to Jesus?
- What is going on here? What is the divine idea that is being expressed by the Universe?

**Prayer/meditation: What would I do today, if I were brave? (10:55 – 11:00)**

**Exploration (11:00 – 11:05)**

- What would I do today if I were brave, if I were fully expressing Christ?
- Do we learn from Jesus?

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

- Practice the *Process for Exploring our Christ* (see next page)
- Attend Wednesday's *contemplative 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 take an explicit look at what we mean by “the Christ” and our “Christ nature.”

## Metaphysical Lesson:

- We regard Jesus as the first person to have broken through the limitations of his humanness and to have achieved oneness with God.
- His breakthrough was not “predestined.” When he accomplished it, he “showed the way” that oneness with God could be attained.
- The way that Jesus was able to “break through” was, first, by becoming aware of internal power within, which we know as “the Christ.” Jesus discovered principles for connecting with the inner Christ and taught them.
- In Unity, we don't worship Jesus the man, but rather we study the principles that Jesus taught. This enables us to be aware of our inner Christ and to transcend humanness to oneness with God.

## Unity principles used:

- Human beings have a spark of divinity within them, the Christ spirit within. Their very essence is of God, and therefore they are also inherently good.

<http://www.truthunity.net/courses/the-quest/05>

## Process for exploring our Christ:

- Notice throughout the week moments of virtue that are expressed in your life. These are glimpses of your Christ nature. Your task this week is to become aware of these moments when Christ is expressing through you.
- Hold your discovery (of when Christ is expressing as you and through you) in your consciousness without judgment or resistance.
- Rest in confidence and gratitude (realization) as your soul clears, opens to the flow of spirit and is expressed expressed in your outer life.
- Affirm throughout the week *“The Christ presence within me is the same presence which shone in Jesus; I let my light shine.”*

## Passage for contemplation:

*“So the second coming of Christ is not some historical event in the future. The second coming is an awareness – a person's recognition of the Christ presence within him or her. In other words, when the awareness of the Christ within 'dawns' on a soul, the second coming has taken place. We say that the Christ is born in that individual” (p.69).*

## Memorize:

Bible Passage: *“I am the light of the world”* (John 8:12)

Affirmation: *“The Christ presence within me is the same presence which shone in Jesus; I let my light shine.”*