

# 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 – February 7

*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 Six – What sense is the Bible?*

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

**Discussion (10:45 – 10:55)**

- What are the stories we carry in our mind? Where do we get our beliefs? Can they sometimes constrain us?
- What do you think of the story of Adam, Eve and the serpent?
- What is going on here? What is the divine idea that is being expressed by the Universe?

**Prayer/meditation: Metaphysical interpretation of the Garden of Eden (10:55 – 11:00)**

**Exploration (11:00 – 11:05)**

- How do you now feel about this story? What does it tell us about life?
- What stories in your life need to be interpreted metaphysically?

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

- Practice the *Process for Metaphysically interpreting our stories* (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 attempt to free aspects of our consciousness that have been suppressed by erroneous beliefs that come out of literal interpretations of the Bible.

## Metaphysical Lesson:

- Our consciousness, and our freedom, greatly depends on the “stories” we constantly tell ourselves. Bible stories are powerful and, depending on their interpretation, can either inspire or constrain us.
- How do we interpret stories so to be inspired instead of being constrained? In Unity, we establish our consciousness in a higher state and, from this higher state, where our Christ powers are in operation, we open our soul to the truth that the story is attempting to convey.
- So the “truth” of Bible stories are “drawn out” by our Christ nature, not “shoved down our throat” by an external authority. This interplay of our higher consciousness and Bible passages is known as “metaphysical Bible interpretation.”

## 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/06>

## Process for metaphysically interpreting our stories:

- This week, as you shower, dress and get ready for the day, consider that you are moving out of Eden into the world of experience. When you dress, call to mind that Adam and Eve also clothed themselves each day.
- Throughout the day, especially when you may encounter difficulty, notice that you also gain wisdom and that your soul unfolds in some special way because of the experience.
- At the end of the day, bring to mind that you are both Adam and Eve, and that the union of these aspects of your consciousness gives birth to a new day.
- Rest in confidence and gratitude (realization) as you become conscious of the Adam and Eve aspects operating in your soul. Allow spirit to flow through every event of your life, transforming your experience and further opening your consciousness.
- Affirm throughout the week *“I am open to new insights.”*

## Passage for contemplation:

*“So the Bible takes us from Adam to Jesus, from unenlightened human consciousness to enlightened Christ consciousness ... it is the evolution of a soul – a journey we all must make, and the Scriptures tell us how to do it” (p.80).*

## Memorize:

Bible Passage: *“Then he opened their minds to understand the scriptures.” (Luke 24:45)*

Affirmation: *“I am open to new insights.”*