

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 – March 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 Eight – Good and Evil

Contemplative Music (10:35 – 10:45)

Discussion (10:45 – 10:55)

- Look at the Metaphysical Lesson on the next page. Does this make sense?
- What is this built-in gauge that the book talks about? How is it different than looking to the Bible or to church teaching for determining right and wrong behavior? In Unity, how do we know that our decisions are good? What is the standard for moral behavior?

Prayer/meditation (10:55 – 11:00)

- From Martha Giudici's “You Have The Power”

Exploration (11:00 – 11:05)

- What does the book mean about acknowledging “Satan” as part of one's own psyche? Have you ever heard the term “name it, claim it, tame it?” What might you be willing to “name and claim” this week?

Activity for the week (11:05 – 11:15)

- During the week, practice “*Allow your light to shine*”

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 the question, “If God is good, why is there bad?” This lesson is actually an extension of last week's lesson on heaven and hell.

Metaphysical Lesson:

- “*Good*” is not an external standard to which we must conform. Rather it is an *internal light*.
- Since it is not external, we do not “follow the light” but rather *allow the light to shine through us*.
- Evil, or darkness, is the result of not allowing that light to shine through us. This occurs when, through our thinking, we constrict the flow of light and attempt to live apart from God.
- Darkness, being an absence of light, has no existence of its own. Darkness is overcome by “high road thinking” which relaxes the obstruction of light and allows light to shine on the apparent evil we are experiencing.
- Therefore the first step in overcoming evil, in all its apparent manifestations, always begins with our awakening to God's presence and light.

Unity principles used:

- There is only one Presence and one Power active as the universe and as my life, God the Good.
- Humans create their experience by the activity of their thinking.

<http://www.truthunity.net/courses/the-quest/10>

Process for “Allow your light to shine”:

- The goal for this week is to identify, explore and relax some thinking habits and patterns that restrict the flow of light through our consciousness.
- Sometime this week, when you're faced with a frustrating experience, stand back and look at it from the perspective of light and darkness.
- Ask yourself, “Am I allowing this situation to be blessed with the full force of my inner light?”
- Commit, for that brief moment, to relax whatever is constricting the flow from your higher consciousness and to observe any difference it may make.
- View this as an experiment. Make note of how the situation changes, if any.
- Continue your experiment of allowing your light to shine throughout the week.

Affirmation:

“This little light of mine, I'm gonna let it shine.”

