

The Quest – Spring Session

Chapter*	Week	What we explore**
13	Apr 4	God's Will
14	Apr 11	Spiritual Unfoldment 1: Become One With Our Source – Put God First
15	Apr 18	Spiritual Unfoldment 2: Let Go – Be non-resistant to what life sends you
16	Apr 25	Spiritual Unfoldment 3: Let God – Allow God to establish divine order
17	May 2	Inner Change
18	May 9	God As Mind
19	May 16	Law of Mind Action
20	May 23	The Power of the Spoken Word
21	May 30	I Am
22	June 6	Release and Affirmation
23	June 13	Moving Into Action
24	June 20	Faith
Off	June 27	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 – April 18

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 Fifteen – Let Go – Be Non-resistant

Review of Three-Part Spiritual Unfolding Prayer

- Let's review Chapter 13. **God's will** is always perfection and good for all creation. **Divine order** is the slow but sure process of unfolding into our perfection. **Divine guidance** is the wisdom that lights our way.
- Let's review the Three-part Spiritual Unfolding Prayer. Have you practiced the prayer? How did it go?

Discussion

- What are some feelings that come up when you hear the phrase “personal powerlessness” or “I am powerless to...”?
- What does it mean to you to be “non-resistant” to what life is sending you?
- What does it mean to “Let Go?” How is it different from “Let God?”
- Have there been any challenges in the past which got resolved by just “letting go”?

Prayer: Become one with source, let go, let God

Assignment: Continue with the Three-part Spiritual Unfolding Prayer

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 is the second of a three-part series where we explore a 3-step process for spiritual unfolding. This week's topic is *Letting Go*.

Metaphysical Lesson (Weeks 14 – 16):

- ***Becoming one with our source*** is the awareness of God's will, divine order and divine guidance operating in our life.
- ***Letting Go*** is being non-resistant to that which life is sending into our life. We stop judging things and stop fighting life. While Chapter 15 of The Quest calls this Personal Powerlessness, it is really an emptying process in anticipation of the spiritual power that will come in the next lesson.
- ***Letting God*** is being open to the transformative power of God's love to change any and all conditions for our greater good.

Unity principles used:

1. God is all good and active in everything everywhere.
2. I am naturally good because God's Divinity is in me and in everyone.
3. I create my experiences by what I choose to think and what I feel and believe.
4. Through affirmative prayer and meditation, I connect with God and bring the good in my life.
5. I do and give my best by living the Truth I know. I make a difference.

<http://www.truthunity.net/courses/the-quest/15>

Process for “Three-part Spiritual Unfolding Prayer”:

Continue to practice the five-step prayer process, but structure step #3, Meditation, to include the three-step unfolding process:

1. Relaxation—releasing physical and mental tension
2. Concentration—gentle focusing of the mind
3. Meditation—Three-part Spiritual Unfolding Prayer: *
 - *Affirm: “my mind and the Mind of God are one.”* Then focus a few minutes on your oneness with Source.
 - *Affirm: “I send forth only thoughts of good and good returns to me in overwhelming measure.”* Then focus a few minutes on accepting your life with non-resistance (let go).
 - *Affirm: “With Godlike thoughts, I think into being a Godlike world.”* Then visualize for a few minutes on God's love transforming all conditions of your life (let God).
4. Realization—deep inner knowing of the Truth and that our prayers are answered
5. Thanksgiving—being grateful before the answer appears in the manifest *realm*

* Affirmations are from *Handbook of Positive Prayer*, Hypatia Hasbrouck. (Memorize them!)