

Scope & Sequence

Small Group Ministry Books

Each book contains seven sequential lessons. There is no specific sequence recommended about the order for using the books. Groups may choose based on group interest or all groups may study one book with the minister's Sunday lessons relating to the weekly themes. All resources needed are listed within the Facilitator's book.

Book	Themes	Story or Experience
Trusting the Process of Change	<ol style="list-style-type: none"> 1. Exploring change in our lives and recognizing the three stages of change 2. Overcoming fear, seeing the blessings and trusting that God is in the process 3. Facing endings and dealing with loss 4. Understanding "the Void" and trusting this part of change 5. Experiencing "the Void" and seeing how this can reveal our true self 6. Focusing on new beginnings and finding our soul's desire 7. Making a commitment to a New Beginning and celebrating the journey 	<p>"Life Maps" experience</p> <p>"An Angel Visits Mary," Luke 1:26-38</p> <p>"Leaving Egypt," Exodus 14:5-16</p> <p>"The Blessings of Struggle," from "The Dynamic Power of Prayer" by Victor M. Parachin</p> <p><i>Groundhog Day</i>, video clip or included synopsis</p> <p>"New Beginnings" journaling experience</p> <p>"God's Commission to Joshua," Joshua 1:1-10</p>
Knowing the Truth About Healing	<ol style="list-style-type: none"> 1. Learning about the Biblical and spiritual basis of healing and beginning to build community 2. Understanding our body is more than 5 senses and learning to communicate with our body to promote wholeness 3. Investigating and experiencing healing prayer 4. Exploring and applying the healing power of forgiveness 5. Understanding the importance of love in healing 6. Exploring the power of faith and how it relates to healing 7. Examining and sharing the part joy plays in bringing our lives into balance and wholeness 	<p>"Recalling Biblical Healings" brainstorming</p> <p>Reading from <i>How I Found Health</i> by Myrtle Fillmore</p> <p>Selected readings from <i>Prayer Works</i> by Rosemary Ellen Guiley</p> <p>"The Carpenter," source unknown</p> <p>"The Prodigal Son," Luke 15:11-32</p> <p>"The Hem of His Garment," Mark 5:24-34 "Walking on Water," Matthew 14:25-32</p> <p>Teachings of Jesus: John 15:7-11 and John 16:20-24</p>



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Meeting Myself in the Bible	<ol style="list-style-type: none"> 1. Exploring past experiences with the Bible and considering what metaphysical interpretation is 2. Examining how Old Testament stories are aspects of each of us 3. Exploring how the wisdom books affect our lives 4. Coming to a deeper understanding of the relevance of Jesus' life and miracles 5. Exploring the hidden messages in the parables of Jesus 6. Becoming aware of the presence and gifts the Holy Spirit offers 7. Exploring the "good news" of the Inner Christ and what that means to us 	<p>A reading, "The Story of Sampson," adapted from Judges 13 and 16</p> <p>"David and Goliath," 1 Samuel 17:4-11, 16, 26, 32-33, 36-37, 43-50</p> <p>Psalms 91</p> <p>"Jesus Walks on the Water," Matthew 14:22-33</p> <p>"The Kingdom of Heaven," Matthew 13:31-32 "The Parable of the Yeast," Matthew 13:33 "The Parable of the Hidden Treasure," Mt 13:44</p> <p>Readings: Acts 2:1-4 and Acts 2:12-18</p> <p>Selected verses from Paul's letters</p>
Proving the Power of Principle	<ol style="list-style-type: none"> 1. Examining how our views of God have changed and exploring God as unwavering principle 2. Realizing that God is everywhere 3. Exploring that we are individualized expressions of God and have the Christ Spirit within us 4. Understanding the Law of Mind Action to bring into manifestation that which we desire 5. Exploring and opening to our direct connection with God through prayer 6. Exploring and practicing living the truth that we know 7. Moving from individual awareness to realization of our oneness through service 	<p>Selected passages from <i>Jesus Christ Heals</i> by Charles Fillmore</p> <p>"Take A Moment to Really See," from <i>Chicken Soup for the Soul</i>, edited by Jack Canfield and Mark Victor Hansen</p> <p>"The Rabbi's Gift," told by M. Scott Peck in <i>The Different Drum</i></p> <p>Readings: "Man and the Freezer Car" from <i>I Had It All The Time</i> by Alan Cohen; "18 Holes in His Mind" from <i>A 2nd Helping of Chicken Soup for the Soul</i>, edited by Jack Canfield and Mark Victor Hansen</p> <p>"God Calling," from <i>Where Miracles Happen: True Stories of Heavenly Encounters</i> by Joan Wester Anderson</p> <p>A reading from <i>Building Your Field of Dreams</i> by Mary Manin Morrissey</p> <p>A reading from <i>Care Packages for the Workplace</i>, by Barbara A. Glanz</p>

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Living an Abundant Life	<ol style="list-style-type: none"> 1. Examining our beliefs about prosperity and God as source 2. Exploring how our power of choice impacts our prosperity 3. Examining how our attitudes affect our giving and receiving - The Law of Circulation 4. Experiencing how the power of the spoken word creates our abundance and learning to write denials and affirmations 5. Experiencing the power that visualization has in creating prosperity in our lives 6. Exploring tithing and how giving with gratitude puts you in the divine flow. 7. Celebrating the growth of our prosperity consciousness and declaring intentions for more 	<p>"The Loaves and Fishes," Matthew 15:32-37</p> <p>Reading from <i>Keep A True Lent</i> by Charles Fillmore</p> <p>"Parable of the Talents" Skit based on Matthew 25:14-30</p> <p>Paraphrased story from <i>Soul Food: Stories to Nourish the Spirit and the Heart</i>, edited by Jack Kornfield and Christina Feldman</p> <p>Excerpt from <i>Handbook of Positive Prayer</i> by Hypatia Hasbrouck and Treasure Mapping experience</p> <p>Readings on tithing from <i>Spiritual Economics</i> by Eric Butterworth, <i>The Energy of Money</i> by Maria Nemeth and a quote from Kahlil Gibran</p> <p>"A Prosperity Treatment Twenty-Third Psalm" from <i>Prosperity</i> by Charles Fillmore</p>
Creating a Life of Prayer	<ol style="list-style-type: none"> 1. Building community within the group and understanding qualities of affirmative prayer 2. Exploring beliefs about prayer and experiencing the power of communal prayer 3. Exploring "what prayer means to me" and releasing thoughts that do not serve and affirming thoughts that do 4. Exploring what it means to surrender our will to God's will 5. Exploring the meditative aspect of prayer focusing on receiving God's love 6. Exploring the role of thanksgiving in creating a life of prayer 7. Exploring how to live our prayers in the world 	<p>A letter from Myrtle Fillmore as cited by Neal Vahle in <i>Torchbear to Light the Way</i></p> <p>"The Paralyzed Man," adapted reading from Luke 5:18-25</p> <p>"The Weeds and the Wheat," Matthew 13:24-30</p> <p>"The Garden of Gethsemane," Matthew 26:36-46, reading and meditation</p> <p>"A Song of Praise and Thanksgiving," Psalm 139</p> <p>"Feeding the Five Thousand," John 6:1-13</p> <p>"The True Vine," John 15:1-5, 9-11</p>

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Creative Living	<ol style="list-style-type: none"> 1. Beginning the process of discovering, reclaiming, and expressing one’s creative potential as a spiritual journey based on Unity’s Five Basic Principles 2. Realizing that the one Presence and one Power, God the Good, is the Source of one’s creativity 3. Knowing that one’s essence, the inner Christ, is one’s resource for creative living 4. Consciously connecting with creative Mind and opening to the flow of ideas through prayer and meditation 5. Bringing ideas into existence through first forming them in thought 6. Taking action toward expressing one’s potential and achieving one’s dreams 7. Celebrating creativity, sharing dreams and letting your light shine 	<p>Readings from <i>The Creative Life</i> by Eric Butterworth and “Where Have All the Geniuses Gone?” from <i>Orbiting The Giant Hairball</i> by Gordon Ray MacKenzie</p> <p>“The Damaged Fresco” from <i>The Quest</i> by Richard and Mary-Alice Jafolla</p> <p>“The Golden Buddha” from <i>Chicken Soup for the Soul: 101 Stories to Open the Heart and Rekindle the Spirit</i> by Jack Canfield</p> <p>Five readings on prayer from several Unity sources</p> <p>“Imagination” by Carolyn Thomas and “Follow Your Dreams” from <i>Chicken Soup for the Soul: 101 Stories to Open the Heart and Rekindle the Spirit</i> by Jack Canfield</p> <p>Readings from <i>Myrtle Fillmore’s Healing Letters</i> and <i>The Quest</i>. Video segment from “Castaway”</p> <p>“The Water Lily” from <i>A Treasury of Unity Poems</i> by Rene Parks MacKay</p>
Cultivating God Mind Through Parables	<ol style="list-style-type: none"> 1. Looking for deeper meaning in stories and parables as a source for self-exploration, inspiration, and truth 2. Becoming more aware of how one’s state of mind and receptivity to good influences thoughts, ideas, and experiences 3. Observing thought patterns and demonstrations in one’s life 4. Acknowledging and applying innate and unexpressed talents in everyday living 5. Releasing limiting thoughts and beliefs and gaining insight into what else needs to change to support new intentions 6. Combining feeling with thought in order to transform ideas and intentions into action 7. Claiming one’s inheritance as children of God and accepting one’s good. 	<p>“Mandela’s Garden” from <i>Long Walk To Freedom</i> by Nelson Mandela</p> <p>“The Sower,” Matthew 13:3-9, NRSV and reading from <i>Wisdom for a Lifetime: How to Get the Bible Off the Shelf and Into Your Hands</i> by Alden Studebaker</p> <p>“The Wheat and the Weeds,” Matthew 13:24-30, NRSV</p> <p>“The Talents,” Matthew 25:14-29, NRSV</p> <p>“Cloth and the Wineskins,” Matthew 9:16-17, NRSV and reading from <i>The Quest</i> by Richard and Mary-Alice Jafolla</p> <p>“Parable of the Leaven,” Matthew 13:33, NRSV and reading from <i>The Quest</i> by Richard and Mary-Alice Jafolla and from <i>Metaphysics I, An Overview of the Fundamental Teachings of Unity</i></p> <p>“The Great Banquet,” Luke 14:16-24, NRSV</p>

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Spiritual Social Action	<ol style="list-style-type: none"> 1. Exploring the relevance of social action in our lives 2. Examining the spiritual nature of social activism 3. Connecting Unity’s basic teachings with social action 4. Considering how to be active peacemakers 5. Considering a compassionate response to needs in our community 6. Understanding the spiritual aspect of caring for the Earth 7. Considering how joining with other faith groups in spiritual social action can enhance our experience of giving 	<p>Jesus came to serve others, Mark 10:42-45 NCV</p> <p>Do It for the Least of These, Matthew 25:34-40 NCV</p> <p>“Genesis of Spiritual Social Action” by John Strickland, <i>Contact</i>, Dec 2008/Jan 2009</p> <p>Prayer of St Francis; “A Tale for All Seasons” from <i>New Fables</i> by Kurt Kauter</p> <p>Loaves and Fishes, Mark 6:34-44 NCV</p> <p>Creation story, Genesis 1:1-31 NCV</p> <p>“An Interfaith Adventure in Compassion” by Howard Caesar</p>

*NCV—New Century Version

