

Unity Basics for Life

Scope & Sequence

Book 1 (Units 1-3, 10 lessons)

Unity Principles 1-3

Book 2 (Units 4-6, 10 lessons)

Unity Principles 4-5

Units 1-3	Lesson Intentions	Story/ Experience
1 What Does God Mean in My Life?	<ol style="list-style-type: none"> To explore my current beliefs about God. To explore the questions we have about God. To recognize all the ways I experience God everywhere. To explore how Unity views God and to see how that fits into my life. 	<p>Activity: Inside Outside Activity: Soul Searching</p> <p>Meditation: What Is God? Activity: What’s God All About?</p> <p>Meditation: I Am There Activity: Experiencing God</p> <p>Exploration: Serving Two Masters, Matthew 6:19-24 Activity: A Single Eye Meditation: Finding Go(o)d</p>
2 My Christ Self	<ol style="list-style-type: none"> To explore the historical Jesus and how we can follow His example. To explore the power in making decisions from our Christ nature. To know that we are expressions of the Christ and have the ability to do as Jesus did. 	<p>Story: Jesus’ Temptation in the Wilderness, Matthew 4:1-11 Exploration: What Would Jesus Do?</p> <p>Story: “Mark’s Choice,” p. 269, <i>Chicken Soup for the Teenage Soul III</i> Activity: Follow the Christ adventure map</p> <p>Quote: Flow of Life In the Beginning Was the Word, John 1:1-16 Activity: Out of Nothingness, the Word</p>
3 What Is the Law of Mind Action?	<ol style="list-style-type: none"> To discover the power of our thoughts, and that we choose what we think. To discover that our words have power. To understand how I co-create with God. 	<p>Story: Peter Walks on Water, Matthew 14:22-33 Exploration: One Potato, Two Potato</p> <p>Myrtle’s healing Exploration: I Create My Day, movie clips</p> <p>Experience: I Always Have a Choice Activity: Manifesting a Dream</p>

Units 4-6	Lesson Intentions	Story/Experience
4 What Does It Mean to Pray?	<ol style="list-style-type: none"> To explore what we believe about prayer and Unity concepts about prayer. To explore what Jesus said about prayer. To explore tools Unity uses for prayer. To explore and experience praying with others. 	<p>Discussion: Unity’s Concepts About Prayer Activity: Paint Your Prayer</p> <p>Story: What Jesus Thought About Prayer, Mt 6:5-8 Activity: Human Prayer Sculpture</p> <p>Exploration: Denials & Affirmations Activity: Meditation & Prayer Bracelet</p> <p>Story: From <i>Prayer Works</i>, pp. 97-98 Experience: Praying with Silent Unity</p>
5 Why Meditate?	<ol style="list-style-type: none"> To explore the process of meditation and its benefits. To explore how to make meditation personally more effective. To explore different possibilities for meditation and find ways that work for me. 	<p>Discussion: Meditation Quotations Activity: Personalizing Meditation</p> <p>Skit: “The Dance of the Thought Children” Activity: Dealing with Distractions</p> <p>Activity: Your Unique Style Activities: 3 Meditation Choices</p>
6 Being Unity in the World	<ol style="list-style-type: none"> To explore ways of putting Truth principles into action. To explore how I personally live the Truth I know. To explore how my choices can make a difference. 	<p>Story & Exploration: Being Unity in the World role plays</p> <p>Song Discussion: “No Such Thing” Activity: The Best of Me life map</p> <p>Activities: The State of the World, Music Video, “If Everyone Cared”</p>