



Today's Lesson

## The Quest for Truth

Power Point notes available at:  
[www.unityofbakersfield.org](http://www.unityofbakersfield.org)

## The Quest for Truth

And so he said to them , “If you continue in my word, you are truly my disciples and you will know the truth and the truth will set you free.” (John 8:32-33)



## The Quest for Truth

In our quest there can be found 3 types of “Truths.”

The  
truth of  
our  
thoughts

The  
truth of  
our  
words

The  
truth of  
our  
actions

## The Quest for Truth

Jesus knew that the thoughts held by people, and the words they used to define themselves and their lives, produced the actions that kept the cycle of bondage or freedom active in their life and affairs.

His quest to teach the Truth was to help people to work with and face their challenges; to use the spiritual teachings he gave them to push aside the veils and clouds that cover the light of their souls, so that its light can shine more brightly. As these coverings of anger, revenge, guilt, shame, and hatred are removed, they would become freer.

## The Quest for Truth

Over the years, I have come to realize that my personal quest for Truth has been about healing all aspects of my life. Bringing a sense of wholeness and completeness to my life experiences.

Truth for me shows as :

Trust  
 Radiating  
 Understanding  
 That  
 Heals

## The Quest for Truth

For many students of Truth, the Bible has been a source of inspirational insights for those seeking their quest for Truth.

It has been used to both free and enslave, keep others down while lifting others higher than they ever dreamed possible. I have known people who hate it because they were abused by it's use and those you love it and can't go a day without it.

As the old acronym states, the BIBLE is full of **B**asic **I**nstructions **B**efore **L**eaving **E**arth.

## The Quest for Truth



The late Emmet Fox (1886-1951) a minister of Divine Science had this to say about the Bible:

*The Bible is the most precious possession of the human race. It contains the key to living a full and rewarding life. It shows us how to live so that we may have health, freedom, and prosperity.*

## The Quest for Truth



*The Bible has a solution for every problem, but the real value of the Bible lies in the spiritual interpretation.*



Deb Whitehouse, editor of New Thought Magazine writes: *There is enough spiritual richness in the Bible for us to spend all the rest of our lives working to understand it.*

## The Quest for Truth

All quests for knowledge, inspiration, and Truth start with the first step on any journey. Here are some of the things I learned as I took my first step in biblical studies while attending Unity's ministerial program:

- A - Avoid negative people, places, things, and habits.
- B - Believe in yourself.
- C - Consider all things from every angle.
- D - Don't give up on your dreams.

## The Quest for Truth

E - Enjoy today, yesterday is gone, tomorrow will always be in the future.

F - Family and friends are the only true treasure worth having.

G - Give and it will be given to you. As you give so will you receive.

H - Help others by lifting them up.

I - Insulate yourself by creating healthy boundaries around your energy.

## The Quest for Truth

J - Join with others to create positive change in the world.

K - Keep moving no matter how hard it seems.

L - Love yourself first.

M - Make whatever you do count.

N - Never try to get something for nothing.

The universe does not deal in the law of even exchange.

## The Quest for Truth

O - Open your "inner" eyes so that you may see what needs to be seen.

P - Patience and practice will go along way in reaching your goals.

Q - Quiet moments of reflection will recharge and renew you mind, body, and spirit.

R - Read, study, learn all you can about everything that is important to you.

S - Stop procrastinating.

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T - Take control of our destiny. Don't let life control you.

U - Understand yourself in order to understand others. Plato: *"An unexamined life is not worth living."*

V- Visualize it. *"Without vision, the people will perish."*

W- Walk your talk and work to make it happen.

## The Quest for Truth

X- X ray the surface issues in life in order to see what lies beneath so you can heal them.

Y - You are unique. There is only one of you, an individualized expression of the Christ ideal.

Z - Zero in on your target. Aim for what you want and then go for it.

Spiritual principles are just that-spiritual. Owned by no one. They can be found in all the great writings.

## The Quest for Truth



Dr. Stephen Covey had this to say about the Bible:

*Whatever your Bible is or has been it is important to realize that within its pages you will find what I call the True North on our life's compass. Whether your journey leads you to the west or to the east, you will always be able to find yourselves because the True North comes from God, by whatever name you know God by.*