

# The 5 Basic Principles

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## 1<sup>st</sup> Principle: God is All Good and Active in Everything, Everywhere

**Wisdom Story**



“Shadrach, Meshach, & Adednego,” Daniel 3:1-30

**Purpose**



The purpose of this lesson is to recognize that there is only one God who is the source of all our good. This good is active everywhere and within every person.

**Living the Truth**



*To know that there is one God that is everywhere I am.*

## Adult Review & Enrichment

### Thoughts to Contemplate

- God is not a far-off ruler on a throne. God is wherever we are because God is within.
- We discover our God presence by turning within.
- Each of us are partners with God in creating our world. We co-create together.
- As a wave is part of the ocean, we are part of God.
- God is Omnipresent, (*Everywhere present.*)

### Bible Quotes

#### Psalm 139:7-10

“Where can I go from your spirit? Or where can I flee from your presence? If I ascend to heaven you are there; if I make my bed in Sheol, you are there; if I take the wings of the morning and settle at the furthest limits of the sea, even there your hand shall lead me, and your right hand shall hold me fast.”

#### 1 John 4:16

“So we have known and believe the love that God has for us. God is love, and those who abide in love abide in God, and God abides in them.

# Centering & Coming Together

*Beginning by engaging in some centering time helps to build connections and to create a prayerful and sacred environment. Encourage each member of the family to contribute and to take turns leading the different activities.*

## Set Up Your Sacred Space

Encourage each member of the family to contribute to creating the space. Items to consider:

- Colorful scarf or cloth on which to place the items
- Electric Candle
- Crystals/Stones – nature items
- Prayer cards
- Items that have a special meaning to an individual
- Electric Tealight

## Light the Candle

As you turn on or light the candle, invite all to focus on the flame and know that the Christ presence within, is always alive in us.

- Prayer the **Prayer for Protection**
  - *The Light of God surrounds us*
  - *The Love of God enfolds us*
  - *The Power of God protects us*
  - *The Presence of God watches over us*
  - *Where we are, God is!*

## Check In

- Each person chooses a tealight and then shares their name, an I AM statement, such as, *I am Diane and I am powerful*, and turns on their tealight. For each person, the group then repeats the name and affirmation in order to give a blessing, “*Diane, you are powerful.*” Go around the circle until all are affirmed.
- Next invite each person to share 3 of their favorite things. (*Color, movie, sport, bug, animal, song, planet, game, etc...*)

## Sacred Breath

- This is the time when we use a breathing exercise to de-stress and to move our attention into the present moment. Choices include:
  - Smile, Take a Breath & Relax
  - Tighten all muscles, breath in, hold, and release

## Celebration Leader

- Invite people to think of one or two things they would like to celebrate. As each person shares, make a joyful noise. *This activity invites us to look for the good even in very small and simple ways.*

# Share the Story

*Story is used to create a common experience. The story reflects an issue that the participants might be experiencing and invites us to consider that we are not alone in what we are thinking, believing, and/or experiencing.*

**“The Golden Statue,”** Daniel 3:1-30

This is the story of three men who stood their ground, were thrown into the fiery furnace and never lost their understanding of the one true God.

## **Story Focus**

God is always with us and focusing on God helps us to create more good in our lives.

## **Metaphysical Interpretation**

Shadrach, Meshack & Abednego stand for three aspects of God, love, mercy and goodness. The standing firm in their beliefs of the one true God is what protected their consciousness from being overtaken by worldly beliefs. Their experience in the fiery furnace, (*a severe trial*), represents a test of faith. They knew that there was only one power and one presence in the world and that God would be with them wherever they were. As we know from our own life experiences, it is easier to sometimes follow the crowd and to choose to ignore Truth and universal law. But these three knew that if they placed their faith in God they would not be let down.

The fourth man in the fire represents the presence of God that is always with us, our I AM presence. It is so powerful that it can be seen by all men, if we are willing to let it shine. Shadrach, Meshack and Abednego emerged from the fire unhurt, which shows us that if we too place our trust in the one true God that we can make it through anything.

## **Discuss the Story**

*The discussion questions can be used to provoke thought and to allow the participants time to grapple with their own questions and to seek their own answers*

- How did Daniel help the king?
- How was Daniel rewarded for his help?
- What did the king then make out of gold?
- What did he command the people to do?
- How did Daniel and his friends respond? What happened to them?
- What happened after they went into the furnace?
- How does the story end?

- Daniel and his friends knew that focusing on God was the right thing to do. How did this help them in the end?
- Who do you think the 4th person in the story was?
- How does doing what you believe is right help you overcome your difficulties?
- How does paying attention to God help you?
- What can you do when you find yourself in trouble, that would help you move through it?

## Activity

*The activities are used to give the participants the opportunity to explore the lesson's teachings through art, science, and/or games.*

### Saying Yes to God

The purpose of this activity is experience saying yes to God no matter what we are experiencing.

### Supplies

- Copy of the Bible story
- Yard of golden cloth
- *Other costumes optional*
- *Props optional*
- Paper
- Markers

### Cast

Daniel	The Guards
Shadrach	The People of the Kingdom
Meshack	The Golden Statue
Abednego	The Fiery Furnace
King Nebuchadnezzar	

### Preparation

- Invite the children to choose a role to play. (*The Fiery Furnace can be made up of 3 -5 children who form a circle to represent the furnace.*)

- Some children can be the audience for the first time you act out the story. Their roles can then be swapped for subsequent performances.
- While costumes are optional, imagination is necessary!
- The story can be told a number of times in a variety of ways.

### **The Action**

- Invite them to act out the story.
- If they need help getting started begin by reading some of the lines of the story and then prompt them to continue with statements such as: Then what happened, How do you think they felt, What would you have done, etc.
- Then, keeping the same roles or changing roles, invite them to use stories from their own lives about times when: working with friends helped them to make good choices; how doing the right thing led to a right outcome or another aspect of the story that they may discover for themselves.
- Invite them to explore who the fourth man was and why he was important to the story

Dramatizing the story in this way allows the children to really become part of the story and to begin to gain a deeper understanding of it and how they can use the story's message in their everyday lives.

### **Activity**

- After all of the children have had time to play a part in the story, give them the paper and markers and invite them to draw or write about the fourth person who appeared in the fire.
- Ask them to think about who that might have been and what it might mean in their lives.
- Allow time to share.

## **You Can't Remove God**

The purpose of this activity is understand that God is part of our who we are and can never be removed from us.

### **Supplies**

- Supplies for every 6 children
- 1 Box white cake mix
- Stick soft, not melted butter
- T Water
- Large mixing bowl
- Large spoon
- Measuring spoons
- 6 Ziplock bags

### **Set Up**

- Arrange the supplies in the common area where all of the children can see them.

### **Playdough Making**

- Tell the children that we are going to make some edible playdough today.
- As you are making the playdough, talk to the children about the story we heard in some of the other creation stations. *(If they have not heard the story yet, give them a synopsis of the story.)*
- Talk to them about how God was with Shadrach, Meshack & Abednego at all times. No matter what they did or where they went, God was with them and was always a part of them.
- Invite them to help you make the playdough.
  - One person opens the cake mix
  - One pours it into the bowl
  - One person adds the softened butter
  - One person stirs the ingredients until it is well mixed
  - One person measures out the water, 1 T at a time and mixes it until it is the right consistency adding more water if needed.
  - One person divides the playdough and puts a little in each bag
  - One person seals the bags and hands them out.

## **Action**

- Now invite the children to use the playdough to create an object that represents their relationship with God. (*Teacher also needs to make something.*)
- Once they are complete, ask them to tell you about what they created.

## **Discussion**

- Hold up your creation and ask them to tell you what ingredients it is made of.
- Ask them if it is possible to take the butter out of their creation.
- Ask them if it is possible to remove the water from their creation.
- Share the idea that this is how God shows up in us.
  - God is a part of us - mixed up in all that makes us what we are.
  - Just like we cannot remove the butter from our creation, God cannot be removed from us.
- Tear a piece of your creation off and hold it up.
- Ask them if they think the ingredients are different in the small piece.
- Share the idea that even if we break our creation into the smallest pieces, it still contains same ingredients just like every part of us contains God.
- God can never be removed from us, no matter what.
- Invite the children to snack on their creations if they choose to.

# 2<sup>nd</sup> Principle: I Am Naturally Good Because God's Divinity is in Me and in Everyone.

## Wisdom Story



### “The Empire Strikes Back,” Clips

The purpose of this lesson is to understand that each of us is born with the Christ presence already alive within us.

## Purpose



It is up to us to recognize that we are inherently good no matter what our choices and the results of our choices may be telling us. Our Christ presence will always be within us waiting for us to acknowledge it and let it shine.

## Living the Truth



Because of this Divinity within we can accomplish anything we set our minds to.

## Adult Review & Enrichment

### Thoughts to Contemplate

- We are created in the image and after the likeness of God.
- Our Christ light is within us and nothing we do can extinguish it.
- Our Divinity pushes us toward something greater than we are now expressing.
- Our greatest gift to others is to recognize their Christ potential.

### Bible Quotes

#### John 14:6

“Jesus said to him, ‘I am the way, the truth and the life. No one comes to the Father except through me.’”

#### Colossians 1:27

“To them God chose to make known how great among the Gentiles are the riches of the glory of this mystery, which is Christ in you, the hope of glory.”

# Centering & Coming Together

*Beginning by engaging in some centering time helps to build connections and to create a prayerful and sacred environment. Encourage each member of the family to contribute and to take turns leading the different activities.*

## Set Up Your Sacred Space

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## Light the Candle

As you turn on or light the candle, invite all to focus on the flame and know that the Christ presence within, is always alive in us.

- Prayer the ***Prayer for Protection***
  - *The Light of God surrounds us*
  - *The Love of God enfolds us*
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## Check In

- Each person chooses a tealight and then shares their name, an I AM statement, such as, *I am Diane and I am powerful*, and turns on their tealight. For each person, the group then repeats the name and affirmation in order to give a blessing, “*Diane, you are powerful.*” Go around the circle until all are affirmed.
- Next invite each person to share 3 of their favorite things. (*Color, movie, sport, bug, animal, song, planet, game, etc...*)

## Sacred Breath

- This is the time when we use a breathing exercise to de-stress and to move our attention into the present moment. Choices include:
  - Smile, Take a Breath & Relax
  - Tighten all muscles, breath in, hold, and release

## Celebration Leader

- Invite people to think of one or two things they would like to celebrate. As each person shares, make a joyful noise. *This activity invites us to look for the good even in very small and simple ways.*

# Share the Story

*Story is used to create a common experience. The story reflects an issue that the participants might be experiencing and invites us to consider that we are not alone in what we are thinking, believing, and/or experiencing.*

**“The Empire Strikes Back,”** Show chapters 23, 26, 28, 29, 31 & 33 ONLY

(Approximately 15 min)

The movie clips are talking about recognizing the fact that there is a power within us that is greater than we are and we can use it to create good in ourselves and in the world.

## **Story Focus**

The “Force” or the power of God is within me and everyone else.

## **Metaphysical Interpretation**

The “Force” that is talked about in the Star Wars movies is a wonderful illustration about the nature of God. The “Force” is described as a power that is greater than us but is a part of each of us. It is like the power of God, omnipresent and omnipotent. The message of Star Wars is one that invites us to acknowledge this power within and to choose to use it for the greater good of all. Obi-Wan Kenobi tells Luke that the “Force” is “an energy field created by all living things. It surrounds us and penetrates us. It binds the galaxy together.”

s that if we too place our trust in the one true God that we can make it through anything.

## **Discuss the Story**

*The discussion questions can be used to provoke thought and to allow the participants time to grapple with their own questions and to seek their own answers*

- What is Luke looking for?
- What happened when he first met Yoda?
- What might have been the reason Luke did not recognize Yoda at first?
- How does Luke treat Yoda?
- What happens next?
- Where does Yoda take Luke?
- While they are eating, what does Yoda tell Luke he needs?
- Why does Luke say he wants to be a Jedi?
- How does Yoda respond?
- What does Yoda say it takes to be a Jedi? What does a Jedi’s mind need to be focused on?
- What does Yoda say about the dark path?

- How is a Jedi to use the Force?
- What experience does Luke have in the cave?
- What does Yoda tell Luke to do with the Force?
- What happens when the plane sinks?
- How does Luke respond to this event?
- What does Yoda say about trying?
- What causes Luke to give up?
- What does Yoda say about the Force?
- What caused Luke to fail?
- What does Luke finally begin to understand about the Force?
- What do you think the Force is?
- Where do you see the Force working in the world?
- How is the Force like or unlike our belief in the Christ presence within?
- How do you use the Force within you?
- What things can you do in order to feel the full strength of the Force within you?
- How can we help others remember that we are all connected by this Force?
- How does using the Force for good benefit all?

## Activity

*The activities are used to give the participants the opportunity to explore the lesson's teachings through art, science, and/or games.*

### **The Force is a Part of Me**

The purpose of this activity is to explore the power of the Christ within us.

#### **Supplies**

- Glow sticks

#### **Share**

*(Light sabers are used in the scene in the cave. We will use them as an outer symbol of the Force or Christ presence within us.)*

Share this information with the children because it was not shown in the clips:

- Obi-Wan was a great Jedi and teacher of Luke's. He told Luke that the Force can be felt within and that in order to connect with this force we must let go of what our eyes and emotions are telling us is happening and pay attention to this inner wisdom. He also told

Luke that he must practice using the Force in order to become skilled at using it. He reminded Luke that the Force was always with him.

### **Discussion**

- Invite the children to sit in a circle.
- Invite them into a discussion about the Force.
  - What do they think it is?
  - Where do they think it is?
  - What does it look like?
  - What does it feel like?
  - What can they do with it?
- The Force can be used to overcome challenges. Invite them to share some of the challenges that might be appearing in their life.
- In the movie clip Luke wasn't able to lift the plane because he was distracted and didn't believe in himself. Ask, "What are some ways that you get distracted and doubt yourself?"
- Ask, "How can you help the Force grow stronger in you?"

### **Action**

- Give each child a glow stick and ask them to hold onto it without lighting it up.
- Explain the glow sticks are an outer symbol of our inner light.
- Show them how to crack the sticks so they will light up.
- Invite them to focus on the light and to allow it to direct them into a motion or pose that represents how they will use their light (Force) for good. (*Ask them not to use the sticks to "battle" with one another.*)
- Invite those who would like to, to share their motion or pose and say what it means to them.

# 3<sup>rd</sup> Principle: I Create My Experiences by What I Choose to Think and What I Feel and Believe.

<b>Wisdom Story</b>		<b>“Feathers” by Heather Forest</b>
<b>Purpose</b>		The purpose of this lesson is to understand that we co-create our world with God in the way we use the power of our thoughts and feelings, with the attitudes and beliefs we hold, express and are attentive to. Our state of consciousness determines what we will experience. This is also know as THE LAW OF MIND ACTION.
<b>Living the Truth</b>		Our thinking determines how we will experience the events of our lives. What we BELIEVE we will see, is what we see.

## Adult Review & Enrichment

### Thoughts to Contemplate

- Our thoughts take shape, develop and grow into form as we focus our attention on them and follow up with action.
- If we want to change our world we must first change our thoughts.
- We are not moved, changed and challenged by circumstances, rather we change and challenge circumstance by what we think and feel.

### Bible Quotes

#### Proverbs 23:7 (King James Version)

“For so as he thinketh in his heart, so is he.

#### Romans 12:2

“Do not be conformed to this world, but be transformed by the renewing of your minds, so that you may discern what is the will of God.”

# Centering & Coming Together

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## Sacred Breath

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## Celebration Leader

- Invite people to think of one or two things they would like to celebrate. As each person shares, make a joyful noise. *This activity invites us to look for the good even in very small and simple ways.*

# Share the Story

*Story is used to create a common experience. The story reflects an issue that the participants might be experiencing and invites us to consider that we are not alone in what we are thinking, believing, and/or experiencing.*

**"Feathers,"** Retold by Heather Forest

This is an old wisdom tale about the effects our words have on others.

## **Deeper Story Meaning**

This story is an exploration of the what happens to our words as we speak them. In the story a woman spreads a rumor without thinking about the consequences. When the victim of the rumor demands justice, the offender says she was just kidding and besides, it was others who carried the words forward. She offers to take the words back. The Rabbi realizes that the woman did not understand the power her words and realized she would continue in this behavior. The woman was given the task of trying to retrieve all of her words. This story illustrates how impossible this task is. Once our words are released, there is no taking them back. This story invites us to think of the consequences before we speak.

## **Story Focus**

This story is an exploration of the what happens to our words as we speak them. It illustrates how impossible this task is. Once our words are released, there is no taking them back. This story invites us to think of the consequences before we speak.

## **Discuss the Story**

*The discussion questions can be used to provoke thought and to allow the participants time to grapple with their own questions and to seek their own answers*

- What was the woman accused of?
- How did she respond to the accusation?
- What was the rabbi afraid would happen again?
- What task did he give her to do?
- What happened to the feathers?
- What did the woman discover?
- How do you see this happening in the world around us?
- How do you see this happening in your life?
- What happens to our words as we speak them?
- What is it like to try to take them back?
- Describe a time when this happened to you.
- What is this story telling us?
- What power do our words have?
- Tell me about a time when words helped you to feel good.
- Tell me about a time when words caused you to hurt.
- What power do you have to control your words?
- How can you use your words for good?

# Activity

*The activities are used to give the participants the opportunity to explore the lesson's teachings through art, science, and/or games.*

## **Growing Our Thoughts**

The purpose of this activity is to pay attention to what we fill our minds with.

### **Supplies**

Materials needed for every 10 children.

- Newsprint
- Water color paints
- Chunky paint brushes
- Bowls
- Seeds
- Share

### **Action**

- Begin by gathering the children around the table and place the large sheet of newsprint in the center of them.
- Explain that this God's world but it is empty because we have not added thoughts and words that will help to create it.
- When we want to grow a garden what is the first thing we need? (*A patch of ground or dirt.*)
- Invite three of the children to paint the ground or dirt onto the newsprint.
- What is the next thing we need to do? (*Plant some seeds.*)
- Invite a few of the children to sprinkle seeds onto the dirt that was just painted on.
- What kind of plants do you think will grow from these seeds?
- Invite a few of the children to paint different kinds of flowers and trees onto the newsprint.
- What else do we want to put into God's world?
- Allow all ideas and invite the rest of the children to add their contribution.
- Allow the children to add things to the mural for as long as they are interested.

### **Discussion**

- Once the mural is complete, invite the children to talk about what they created.
- Remind them of the process.
  - First they had blank paper.
  - Then they began to add their ideas.
  - They the whole picture began to take form.
- Talk to them about how powerful their minds and thoughts are and that they can help to bring new ideas into being.

# 4<sup>th</sup> Principle: Through Affirmative Prayer and Meditation, I Connect with God and Bring Out the Good in My Life.

## Wisdom Story



“The Other Way to Listen,” by Byrd Baylor & Peter Parnall

## Purpose



The purpose of this lesson is to recognize that prayer is the way we connect with our God presence.

## Living the Truth



Prayer is finding that deep and sacred place within you where you can hear your inner voice without distractions.

## Adult Review & Enrichment

### Thoughts to Contemplate

- Prayer is not something we do for God, but something we do for ourselves.
- Prayer changes us not anyone else.
- Denials and Affirmations are the tools of prayer.

### Bible Quotes

#### Psalm 19:14

“Let the words of my mouth and the meditation of my heart be acceptable to you, O Lord, my rock and my redeemer.”

#### Matthew 6:6

“But whenever you pray, go into your room and shut the door and pray to your Father who is in secret; and your Father who sees in secret will reward you.”

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## Celebration Leader

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# Share the Story

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**“The Other Way to Listen,”** Byrd Baylor & Peter Parnall

This is the story about how there is more than one way to listen and when we listen in this way, we hear more than we thought possible.

## **Metaphysical Interpretation**

God is all around us speaking to us all the time. If we never take the time to sit in the silence or learn how to focus on this God voice within us, we miss out on some incredible wisdom. This story tells us what we need to do in order to hear the wisdom that is all around us. When we connect daily with this wisdom, we are directed in the way we are to go.

## **Story Focus**

When we take the time to listen, we hear more than just everyday sounds. We hear God speaking to us through the world around us.

## **Discuss the Story**

*The discussion questions can be used to provoke thought and to allow the participants time to grapple with their own questions and to seek their own answers*

- What could the old man do?
- What did the child want to learn?
- What kind of things could the old man hear?
- What happened next?
- What do people need to do in order to hear things?
- Who did the old man said did the teaching?
- What did he tell the child to do in order to begin?
- What caused the child to almost give up?
- What did the child discover?
- Tell me about how people in our world listen.
- How well do you listen?
- When you get real quiet, what do you hear?
- Have you ever sat quietly out in nature? If so, what did you hear?
- What benefit do we receive from taking the time to be quiet and listen to the God voice within us?
- How does being a good listener help us to pray?
- What would you like people to understand about listening and prayer?
- What can you do in order to become a better listener?

# Activity

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## Ways to Talk to God

The purpose of this activity is to explore many ways that we can pray and spend time focused on God.

### Supplies

- Card stock or decorative paper
- Markers
- Pen and pencils
- Small cardboard boxes, 1/child
- 12 inch Elastic jewelry cord, 1/child
- Selection of beads
- Variety of charms, 1/child

## My Prayers

- Invite the children to create personal prayers using the format found below.
- Invite each child to select some pieces of paper and writing materials.
- Ask the children to think about a prayer request they might have. It can be a request for themselves or for someone else.
- Encourage them to make up a few short sentences about their prayer request. *(If they are having difficulty coming up with a prayer request you can ask them to think about good things they would like for their families, their friends, their schools and the world.)*
- A good way to begin a prayer is to follow the affirmative prayer outline: Begin with an I am statement and then follow it up with a positive statement of Truth.
- *(Example: I am strong and God helps me in all I do.)*

## Prayer Box

- Now invite each child to use the materials available and create a prayer box in which they can keep their prayers.

## Prayer Bracelets

- Invite the children to make a prayer bracelet that reminds them of what they want and who they want to pray for.
- Put out the selection of beads and invite the children to select as many as they want, with the understanding that each bead selected represents either a person they want to pray with or a prayer request they have.
- Invite them to select one of the charms that will hang on the bracelet.
- Ask them to tie or string the charm on first, followed by the beads they have selected.
- As the string each bead, invite them to think about the prayer request that is aligned with that bead.
- When all of the beads have been strung, tie the ends together to form a bracelet.
- Show the children how to use the prayer bracelet by inviting them to hold their charm in their hand, take a deep breath and focus on their heart space.
- Then touching each bead in turn, send a positive message a love to each one.
- When they are finished, invite them to give thanks for answered prayer.

# 5<sup>th</sup> Principle: I Do My Best By Living the Truth I Know. I Make a Difference.

<b>Wisdom Story</b>		<b>“Michael Recycle,” by Ellie Bethel</b>
<b>Purpose</b>		The purpose of this lesson is to understand that not only is it important to know and study Truth principles but also to put those principles into action.
<b>Living the Truth</b>		When we live the Truth we know then it becomes the fabric of our being.

## Adult Review & Enrichment

### Thoughts to Contemplate

- The best way to remember the Truth we have discovered is to put it into practice.
- When we live our lives in the best way we can, we become a light to others.
- Each time we make a Principle real in our lives it strengthens our Spirit and makes it easier to understand the lessons to come.

### Bible Quotes

#### Deuteronomy 5:33

“You must follow exactly the path that the Lord your God has commanded you, so that you may live, and that it may go well with you, and that you may live long in the land you are to possess.”

#### Matthew 5:16

“In the same way, let your light shine before others, so that they may see your good works and give glory to your Father in heaven.”

# Centering & Coming Together

*Beginning by engaging in some centering time helps to build connections and to create a prayerful and sacred environment. Encourage each member of the family to contribute and to take turns leading the different activities.*

## Set Up Your Sacred Space

Encourage each member of the family to contribute to creating the space. Items to consider:

- Colorful scarf or cloth on which to place the items
- Electric Candle
- Crystals/Stones – nature items
- Prayer cards
- Items that have a special meaning to an individual
- Electric Tealight

## Light the Candle

As you turn on or light the candle, invite all to focus on the flame and know that the Christ presence within, is always alive in us.

- Prayer the ***Prayer for Protection***
  - *The Light of God surrounds us*
  - *The Love of God enfolds us*
  - *The Power of God protects us*
  - *The Presence of God watches over us*
  - *Where we are, God is!*

## Check In

- Each person chooses a tealight and then shares their name, an I AM statement, such as, *I am Diane and I am powerful*, and turns on their tealight. For each person, the group then repeats the name and affirmation in order to give a blessing, “*Diane, you are powerful.*” Go around the circle until all are affirmed.
- Next invite each person to share 3 of their favorite things. (*Color, movie, sport, bug, animal, song, planet, game, etc...*)

## Sacred Breath

- This is the time when we use a breathing exercise to de-stress and to move our attention into the present moment. Choices include:
  - Smile, Take a Breath & Relax
  - Tighten all muscles, breath in, hold, and release

## Celebration Leader

- Invite people to think of one or two things they would like to celebrate. As each person shares, make a joyful noise. *This activity invites us to look for the good even in very small and simple ways.*

# Share the Story

*Story is used to create a common experience. The story reflects an issue that the participants might be experiencing and invites us to consider that we are not alone in what we are thinking, believing, and/or experiencing.*

**“Michael Recycle,”** Ellie Bethel

This is the story about a young boy who decided to do something about a problem that was occurring in his town.

## **Deeper Story Meaning**

Garbage was piling up in the town of Aberdoo-Rimey and no one seemed to care. The people were acting lazy and doing nothing about it until a green-caped crusader streaked by them. He had a plan that would save their city. It took each person, working together, to save their town. This story shares with us the idea that it only takes one person to get the ball rolling on a new idea that benefits all.

## **Story Focus**

Once we each catch hold of the idea and move into action with it, amazing changes come about. We have the power to change our world. We can each make a difference if we are willing to put the Truth we know into action.

## **Discuss the Story**

*The discussion questions can be used to provoke thought and to allow the participants time to grapple with their own questions and to seek their own answers*

- What was happening in the town of Aberdoo-Rimey?
- Who was the green-caped crusader?
- What was his plan?
- How did the people react?
- What did Michael find when he came back to town?
- Where do you see this story happening in the world?
- Where do you see it happening in your life?
- What do you know about recycling?
- How do you take care of the earth?
- What do we know about God and the people in the world?
- How is doing something to clean up trash and litter living the Truth we know?
- What are some things you would like to do that would be like putting Truth into action?
- How would you like the world to be?
- Michael was only one person with a great idea. What ideas do you have that would make a difference in the world?
- How can you put your ideas into action and get people to join you?
- What would happen if we all treated one another with loving kindness?

# Activity

*The activities are used to give the participants the opportunity to explore the lesson's teachings through art, science, and/or games.*

## **The Super Hero in Me**

The purpose of this activity is explore the super hero we all have within us.

### **Supplies**

#### **Puppet Making Supplies**

- Wooden spoons
- Yarn
- Googly eyes
- Play dough
- Styrofoam shapes
- Fabric
- Wooden balls
- Wooden clothes pins
- Ribbon
- Felt
- Glitter Glue
- Scissors

### **Preparation**

- Lay out the assortment of supplies so that all of the children can easily reach them.

### **Discussion**

- Invite the children to think about the story that was just read and to explore how they are like the superhero in the story.
- What is unique about them?
- What special abilities do they have?
- If they could make have a super power, what would it be?
- How could they use their super power to help to make the world a better place?

### **Action**

- Invite them to use the available supplies to create a super hero who makes a difference in the world.
- Younger children will need more assistance.
- Invite them to use their imaginations and create the puppet in any way they want.
- When all super heros are complete gather everyone into a circle.

## **Puppet Show**

- Using the story as a guideline, engage the children in a storytelling process that invites each of their super hero puppets into the action.
- You can begin with: “Once upon a time, there was a girl/boy who \_\_\_\_\_ “and invite the children to fill in the rest.
- Keep the story going with prompts such as, “and then \_\_\_\_\_.”  
“He/she used his/her powers to \_\_\_\_\_.”
- Continue the story until each super hero has been incorporated into the story.
- Encourage the children to know that they can each make a difference.