

Living the Truth I Know

A Time of Awakening (Easter)

Wisdom Story		“The Resurrection” John 20:1-8
Key Issue		Sometimes we get caught in pain and doubt and forget our true nature.
Living the Truth		The resurrection is a symbol of new life. As we look within, we reawaken to who we truly are, mind, body and soul.
Unity Principle		#2: I am naturally good because God’s Divinity is in me and in everyone.

Adult Review & Enrichment

Thoughts to Contemplate

- Easter is more than colorful eggs and candy. The resurrection represents the waking up of spirit, soul and body to the awareness of our Divine nature.
- When we let the inner Christ presence be in charge of our lives, we are always inspired from within.

Metaphysical Interpretation of “The Resurrection”

After Jesus was laid in the tomb, he remained there for three days. The three days represent three actions of the mind that are necessary to overcome error thinking. First, becoming willing; second, understanding what thoughts need to be changed and third, taking right action.

When Mary went to the tomb expecting to find a dead body she was surprised to see two angels who helped to guide her attention in a different direction. The angels represent thoughts of divine guidance. When Mary turns her attention out of the tomb and into the garden, she encounters the resurrected presence of Jesus.

This story invites us to realize that when we are engaged in emotional, negative thinking we will remain stuck in the past. (We entomb our dead thoughts.) But when we turn our attention to our inner Christ presence, we “rise up” in consciousness. Jesus asked Mary not to touch him which represents the need to avoid negative thinking while we solidify our new understanding of Truth.

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.

Adapted from: *My Prayer Filled Life, Tales of Wonder & Imagination* by Diane Venzera
Spirit's Light Foundation, an Alternative Unity Ministry

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 Resurrection," John 20:1-18

After three days in the tomb, Jesus rose from the dead.

Story Focus

The intention of this lesson is to understand that the resurrection is a symbol of new life. As we look within, we reawaken to who we truly are - mind, body and soul.

Share the Story

Early on the first day of the week, while it was still dark, Mary Magdalene came to the tomb and saw that the stone had been removed from the tomb. So she ran and went to Simon Peter and the other disciple, the one whom Jesus loved, and said to them, "They have taken the Lord out of the tomb, and we do not know where they have laid him." Then Peter and the other disciple set out and went toward the tomb. The two were running together, but the other disciple outran Peter and reached the tomb first. He bent down to look in and saw the linen wrappings lying there, but he did not go in. Then Simon Peter came, following him, and went into the tomb. He saw the linen wrappings lying there, and the cloth that had been on Jesus' head, not lying with the linen wrappings but rolled up in a place by itself. Then the other disciple, who reached the tomb first, also went in, and he saw and believed; for as yet they did not understand the scripture, that he must rise from the dead. Then the disciples returned to their homes.

But Mary stood weeping outside the tomb. As she wept, she bent over to look into the tomb; and she saw two angels in white, sitting where the body of Jesus had been lying, one at the head and the other at the feet. They said to her, "Woman, why are you weeping?" She said to them, "They have taken away my Lord, and I do not know where they have laid him." When she had said this, she turned around and saw Jesus standing there, but she did not know that it was Jesus. Jesus said to her, "Woman, why are you weeping? Whom are you looking for?" Supposing him to be the gardener, she said to him, "Sir, if you have carried him away, tell me where you have laid him, and I will take him away." Jesus said to her, "Mary!" She turned and said to him in Hebrew, "Rabbouni!" (which means Teacher). Jesus said to

her, “Do not hold on to me, because I have not yet ascended to the Father. But go to my brothers and say to them, ‘I am ascending to my Father and your Father, to my God and your God.’” Mary Magdalene went and announced to the disciples, “I have seen the Lord”; and she told them that he had said these things to her.

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

- Who went to the tomb and what did they find?
- What happened next?
- After Peter and John left, what did Mary discover when she looked into the tomb?
- What message did the angels have for her?
- What did the man in the garden tell her? Who was he?
- What news did Mary bring back to the others?
- When Mary approached the tomb, she believed one thing (*that Jesus had died*) and found out later what she had believed was not true. What do you think Mary was feeling?
- Sometimes it can be challenging to change our thoughts. Tell me about a time you had to change your thinking about something. How did you react? What were you feeling? How easy or difficult was it?
- What helped to turn your thoughts in a new direction?
- How does focusing on our Christ presence help us to change our thoughts and feelings?
- How does keeping our focus on our Christ presence help us to awakened to new ideas about ourselves and others?

Activities

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

The Search is On!

The purpose of this activity is to find the true meaning of Easter.

Supplies

- 3 Plastic eggs
- Picture of a bunny
- Easter candy
- Picture of a butterfly
- Easter basket

Prepare Ahead

- Put together the following and place in the basket:
 - One egg filled with the picture of a bunny
 - One egg filled with Easter candy
 - One egg filled with the picture a butterfly

Action

- Gather the family together and open the eggs one by one.
- Invite the children to talk about what is inside each egg and how it relates to Easter.
- Then share the idea that each symbol might mean something more. Share the following:
 - Egg #1 – In Native American culture a bunny represents abundance, family and is connected to Mother Earth. So let's look at how we can spread love to our family and to the Earth.
 - Egg #2 – Rather than filling up on candy, this egg invites us to empty our minds of thoughts that are not helpful.
 - Egg #3 – A butterfly starts out as a caterpillar and when it is ready, it emerges as a beautiful butterfly. This egg represents how we always have the power to express our True self. We all have Spirit within us and when we are in harmony with this, our Christ self emerges and we are reborn.