

Living the Truth I Know

Managing Fear

Wisdom Story		“Feathers” a Jewish Folk Tale
Key Issue		We sometimes forget that our thoughts influence our experiences.
Living the Truth		Our thinking determines how we will experience the events of our lives. What we BELIEVE we will see, is what we see.
Unity Principle		#3: I create my experiences by what I choose to think and what I feel and believe.

Adult Review & Enrichment

Thoughts to Contemplate

- “All fear is now driven from my mind, because thoughts of Truth and God give me courage.” ~ Daily Word 04/04/1933
- “I do not think anxious thoughts, I know that in Truth all is well.” ~ Daily Word 04/04/1933
- Don’t worry about anything. Instead, tell God about everything. ~ Philippians 4:6–7
- Ask and pray. Give thanks to him. Then God’s peace will watch over your hearts and your minds because you belong to Christ Jesus. God’s peace can never be completely understood. ~ Philippians 4:6–7
- Cast all your anxiety on [God] because he cares for you. ~ 1 Peter 5:7

Quotes from Myrtle Fillmore, cofounder of Unity

- Prayer is an exercise to change our thought habits and our living habits, that we may set up a new and better activity, in accord with the divine law rather than with the suggestions we have received from various sources.

- We have a very decided part; we are to cease worrying, and being anxious, and thinking and speaking of the past and of the apparent lack and idleness. We are to concentrate all our attention upon the Truth of God, and the truth of our own being, upon the very things we would see taking place in our lives. We cannot do this so long as we have negative thoughts in our hearts.
- God is the one perfect life flowing through us. God is the one pure substance out of which our organism is formed. God is the power that gives us motive power; the strength that holds us upright and allows us to exercise our members; the wisdom that gives us intelligence in every cell of our organism, every thought of our minds. God is the only reality of us; all else is but a shadow that is cast by some foolish belief or unwise combination of thoughts and the elements of being. When we let light flood us with its sunshine, all clouds vanish and we begin to see ourselves in new ways of doing, which lead to wholeness and health and satisfaction and growth.
- I am a child of God, and therefore I do not inherit sickness.
- You do not have a problem except the one that is in your own mind, and you put it there!

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 Woman Who Lived With Fear,” by Karen Gould

This story is an exploration of how uncontrolled fear can control our lives.

Story Focus

While fear is a part of life, we can develop ways to manage it so it does not control our life.

Share the Story

There was a woman, no one knew why Fear came to live with her, but he did. He lived with her constantly. Everyone knew this, because she would hardly ever come out of her cabin. They knew it was Fear that kept her inside.

One day, she decided, “I will go and get berries with the others. I will get out of my cabin and go.” But Fear stopped her. He sat right in front of her and said, “Oh no, you cannot go out. You will be with the others and they will laugh at you. Something bad will happen. You shouldn’t go out.”

She argued with Fear but Fear never gave up. The next day she thought again. “I want to go out and pick berries with others.” Fear again said, “No, you can’t.” She tried to push past Fear, but Fear would not let her go. So, she struggled a little bit, but eventually gave up.

The next day she got up, and Fear seemed just a little bit smaller than he had been before. So she stepped up to Fear and said, “I think I will go out and pick berries today.” Fear said, “No, you can’t,” and they got into a physical struggle. She struggled and struggled for hours to get past Fear, until she was too exhausted to continue struggling.

The next day she got up and Fear was a little bit smaller. She said, “Today, I will pick berries.” This happened for two more days, and both days Fear got a little bit smaller. And finally, one day she got up and said, “Today I will pick berries.” Now Fear, who used to tower over her, was only about waist high.

She walked up to Fear, pushed him down, and went out to pick berries. She had a great day, and when she came home that night Fear was even smaller.

The next day she got up and kicked Fear out of the way, hardly even thinking about it. She went out that day to do as she wanted. As she was picking berries, suddenly a bear came

along and thought they were his berries. Suddenly, she realized that she must run for her life. She started running, but the bear was right behind her. She thought the bear would get her.

All of a sudden, there was Fear — big as ever — to grab her by the hand and pull her as fast as you can imagine, so that she got away from the bear. She went back to her cabin exhausted, and Fear was angry. He said, “I told you this would happen. I told you something bad would get you.”

She went to sleep, and in the morning, Fear was as large as ever. She thought about it, and said, “Why are you back so large?” He replied, “Because you must learn to deal with me every day.”

She began the process again, and eventually got fear down to a tiny size. She thought, “It would be bad to be without fear, but I must manage it in its right size.” So, she picked up Fear and put him in her pocket. She still carries around fear everywhere, but it doesn’t dictate her life anymore.

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 lived with the woman?
- What happened when she tried to go and get berries?
- What was Fear trying to do?
- What struggle was the woman having?
- What did she do each day?
- What caused Fear to come back so large?
- How does the story end?
- How was the woman feeling at the beginning of the story?
- How might the woman’s feelings have changed throughout the story?
- What do you think caused Fear to shrink and grow?
- What do you think Fear meant by: *“Because you must learn to deal with me every day.”*
- Tell me about a fear you are experiencing.
- Is what you fear real? If so, how is it showing up in your life? How is it affecting your life? What is Fear preventing you from doing?
- What can you do about it?
- Sometimes fear can be a good thing. Describe some situations where this is true.
- How can we keep the helpful fear and manage the crippling fear?

Activities

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

Prayer Power

When we feel overwhelmed by fear, managing our thoughts will be helpful.

Supplies

- Prayer altar items

Discussion

Talk about our 3rd Unity Principle: I create my experiences by what I choose to think and what I feel and believe.

- What does this statement mean to you?
- Tell me about a recent experience that you are thinking about.
 - What kind of thoughts are you thinking?
 - What affects are those thoughts having on you?
 - If the thoughts are not helping you, how can you change them?
 - What affect might different thoughts have on you?

The Power of Prayer

Remember the 4 steps we learned about releasing worry:

1. Recognize that you are worried.
2. Name what is worrying you.
3. Think positive thoughts.
4. Give your worry to God within.

Action

- Gather around your prayer altar
- Pray the prayers below together and continue the conversation about the power of our words.
- How might our lives be changed if we filled our minds with these words instead of words of fear?

Prayer of Faith, By Hannah More Kohaus

God is my help in every need;
God does my every hunger feed;
God walks beside me, guides my way
Through every moment of this day.
I now am wise, I now am true,
Patient and kind, and loving, too;
All things I am, can do, and be,
Through Christ the Truth, that is in me.
God is my health, I can't be sick;
God is my strength, unfailing, quick;
God is my all, I know no fear,
Since God and Love and Truth are here.

Prayer of Protection (I Am version) by James

Dillet Freeman
The Light of God surrounds us, I Am Light
The Love of God enfolds us, I Am Love
The Power of God protects us, I Am Power
The Presence of God watches over us, I Am
Presence
Where we are, God is! I Am Divine

Allow Your Worries to Disappear

“Why learning to calm down on their own is key” ~ ChildMind

- <https://childmind.org/article/help-children-manage-fears/> Review the information on this website for more resources on helping children manage their fears.

Objective: The object of this activity is to release a belief that no longer helps us.

Supplies

- Construction paper
- Chalk
- Aluminum tray, 1/child
- Water

Action

- Provide each child with a sheet of construction paper, chalk, a tray of water large enough to dip the construction paper in.
- Dip the sheet of construction paper into the tray of water until it is all wet. Lay it on the table and use the chalk to create a picture of something you would like to let go of and release from your life.
- As the paper dries, watch the picture disappear.

Bounce Back

Objective: The object of this activity is to understand that to release what no longer works in our lives we must let it go.

Supplies

- Small balloon, 1/child
- Lg. Rubber band, 1/child
- Permanent marker

Action

- Cut the rubber band in half and tie a loop on one end that will fit around your finger.
- Fill the balloons 1/4 full of water.
- Blow air into the balloons until they are about the size of a tennis ball and tie shut.
- Tie the other end of the rubber band around the neck of the balloon. Make sure it is secure.
- Invite the kids to loop the rubber band around their finger and use the balloon like a yo yo. Tell them to be careful where they aim the balloon - avoid sharp corners and objects and other people.
- Now, keeping the balloons still for a moment, invite them to think of a thought that they would like to let go of.
- Write that thought on their balloon yo yo.
- Invite the children to use the balloon as a yo yo again, saying, "I release _____(Fill in blank with thought written on each balloon.)"

Discussion

- What happens as they send the balloon yo yo out, while saying the releasing statement? (It will bounce back to them because they are still attached to it.)
- What would we have to do in order to truly release this thought so it does not bounce back to us? (Invite the children to problem solve until they understand that they must release their hold on the balloon yo yo and let it fly away.)
- What was this activity like for you?
- What did it help you discover about release?