

Living the Truth I Know

My Power to Choose

Wisdom Story		“Feeding Two Wolves” a Native American Tale
Key Issue		Sometimes we don’t know which voice to listen to, our inner voice or the voices of the world around us. All our choices have consequences.
Living the Truth		Stopping and listening to our inner voice helps us make more empowered choices.
Unity Principle		#5: Through thoughts, words, and actions, we live the Truth we know.

Adult Review & Enrichment

Thoughts to Contemplate

- Wisdom begins by understanding that deep within us there is a still, small voice that will always lead us in the direction of our highest good.
- Until we realize that it is our spiritual strength that helps us to overcome our challenges, we will continue to try to use force when we are afraid.
- The greater the challenge the more we need our inner strength.
- “In quietness and confidence shall be your strength.” ~ Isaiah 30:15
- “They who wait for the Lord shall renew their strength, they shall mount up with wings like eagles.” ~ Isaiah 40:31
- The sun does not withhold its rays from us because previously we have been in darkness. It passes no judgment. It shines on all who come within its radiance. In the very moment of your turning, the light blesses you. (Like A Miracle, p. 21)
- We are each wise and we each have the ability to make choices based in either wisdom or ignorance.
- As reflections of our inner guidance, outer signs and voices can be helpful in getting our attention, reminding us who we are and showing us the way.

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.

“Feeding Two Wolves,” a Native American Tale

This story is about the two parts of us: Anger & Love, and the battle that sometimes rages within us. The wolf that wins is the one we feed.

Story Focus

Stopping and listening to our inner voice helps us to make more empowered choices.

Share the Story

So the grandfather said: “You must know this when you are thinking about how the world works. You see, my grandson, inside of me there is a terrible battle going on. There are two wolves fighting inside of me.”

The grandson’s eyes grew very large, and he said: “Two wolves inside of you, grandfather?”

The grandfather replied: “Yes. And they fight constantly. Let me tell you of the two wolves. One of these wolves is good. It’s full of love and trust and wants to live in harmony with everything around it. It takes no offense easily, and it dishes out no offense. The only reason that it fights is because it must do so, and so it fights constantly with the other wolf.”

The grandson asked: “What is the other wolf?”

The grandfather answered: “Ah. The other wolf is full of anger. It sets off at the slightest thing in rage. It has fits of temper and thinks only of how to control others. It is certain that the world is not working right, and that it must fight all the time. And so, these two wolves are constantly engaged in battle.”

The grandson thought for a while, then said to the grandfather: “Well, which wolf wins?”

The grandfather answered: “Whichever wolf I feed..”

So, my elders taught me to be very careful in which wolves I feed.

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 did the grandfather have to say about the wolves? Where can they be found? What are they like? What are they constantly doing?
- The grandfather said the wolf we feed, wins. What do you think he means? How do we feed each wolf?
- How many wolves do you have inside of you? What are they like? Which one do you feed most often?
- Which wolf do you wish you could feed more? What prevents you from doing so?
- If you focus your attention on one wolf, what happens to the other? What does this tell you about your power to choose?
- Think about what is happening in the world around you. How does what you focus on affect your life?
- How might choosing the “good” wolf be a positive choice for our life?

Activities

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

What Am I Focused On?

This activity invites us to consider the likelihood of doing two things at once.

Supplies

- Plastic pitcher or basket
- Soft plastic bat
- Bucket of water containing 5 Socks rolled into balls
- 5 Whiffle balls

Background Information

- If we are focused on fear, we are not focused on the power of God within us. This game will give the children the experience of trying to do two things at once. It can be a reminder to pay attention to where our minds are and to refocus on our inner power when we have strayed away from it.
- This is an outdoor game.

Action

- Position the two players so they are facing one another about 5-8 feet apart.
- Give one player the bucket full of socks and water and the whiffle balls.
- Give the other player the pitcher and the bat. Invite them to hold the pitcher in one hand and the bat in the other.
- On the count of three the player with the sock balls and whiffle balls puts one in each hand and simultaneously throws them to the other player.
- The other player tries to catch the sock ball in the pitcher, while at the same time batting the whiffle ball away with the bat.
- Continue until all balls have been thrown.

Discussion

- What was it like trying to catch the socks and bat the balls away at the same time?
- How is it like trying to focus on our inner power and on our fear at the same time?
- What can we do when fear threatens to over-take us?
- What Unity tools do we have that can help us stay connected to our inner power?

A Prayer Focused Life

Affirmative prayer can help strength us.

Supplies

- Cell phone

Share

- Begin by reminding the participants that affirmative prayer is a positive prayer that affirms that the spark of God is within each of us.
- Tell them that even if we forget this Truth and make less than empowering choices, prayer can remind us that we are each a child of God and that we have inner power.
- Talk to the group about Silent Unity.
 - It is a worldwide prayer ministry that has been praying with people for over 120 years.
 - It was begun by Charles & Myrtle Fillmore, cofounders of Unity.
 - Prayer is available 24/7, through the phone or online.
 - Silent Unity prays using affirmative prayer - which is stated in the positive, present tense and affirms the activity of God in our lives.
 - Each prayer request is held in prayer for 30 days.

Action

- Ask the group to decide upon a group prayer request. It can be about the group or can extend out to the world.
 - Remember, details of the request are not important. Invite them to focus on what they want: *healing, faith, prosperity, etc.*

- Once the request is chosen, call Silent Unity [1-816-969-2000](tel:1-816-969-2000) and put the phone on speaker.
- Let the Silent Unity worker know that you are calling as a family and share your prayer request.
- Invite the children to gather close so they can hear the prayer.
- At the end of the prayer, request that a letter be sent to your home. This will serve as a reminder that your request is being held in prayer for 30 days.

Discussion

- Invite the children into a discussion of their prayer experience.
- Give them the opportunity to share their thoughts and feelings about prayer.

If you would like more information on Silent Unity, use this link: <https://www.unity.org/prayer>