

Parables to Ponder

for Children

By

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SERIES: 4

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IMAGINATION

LEARNING INTENTION: In this parable the wonderful tool of imagination is brought forth. Seeing something in a new way brings out our creativity. Jesus teaches us to fill our hearts with joy and not to be deceived by appearances. Seeing something in a new way brings out that joy and helps us to go beyond appearances. Getting in touch with our imaginations helps us to connect with the uniqueness that is within us. We are all a unique creation of God and our purpose for being who we are is to express that uniqueness. Letting your imagination come forth and using it in constructive ways will bring a life of joy and fulfillment.

- A) Use your imagination to express your inner creativity
- B) Get in touch with your joy through your imagination
- C) Unity youth principle # 1 states, “God is good and active in everything, everywhere.”

BIBLE VERSE: John 7:24 “Do not judge according to appearances, but judge with a righteous judgment.”

IMAGINATION



Tommy was sitting at the kitchen counter watching his mother make dinner. She was cooking Tommy's favorite dinner of fried chicken and mashed potatoes with gravy. It had been snowing all afternoon and the entire family was looking forward to a hot supper. Beside Tommy on the counter was a bowl filled with genuine potato flakes to make instant mashed potatoes. As Mom was at the stove waiting for the water to boil so she could add the potato flakes she heard a shout of glee from Tommy. She turned just in time to see Tommy reach into the bowl of potato flakes, grab a handful and fling them into the air over his head.

"What are you doing?" she asked Tommy.

"Look Mom I am making it snow potato snowflakes in here like it is doing outside," Tommy shouted out with joy.

“Tommy, please stop. Look at the mess you are making on the floor,” she answered back.

Tommy hung his head and told his Mom he was sorry about the mess. He went to the closet, got the broom and started to sweep up the potato flakes.

“That’s okay. You just have a great imagination. I tell you what; let me get the Christmas tray down from the cabinet. We will put the mashed potatoes on it and shape them into a snowman and then use the gravy to make a scarf around his neck. What do you think of that?” she asked her son.

“That would be great,” Tommy replied.

When it was time to serve dinner Tommy and his Mother brought out the mashed potato snowman last. The whole family thought it was a great way to serve them.

DISCUSSION WITH QUESTIONS:

- 1) Where is Tommy?
- 2) What is he doing?
- 3) What is Tommy’s favorite dinner?
- 4) What was happening outside?
- 5) What was in the bowl sitting next to Tommy?
- 6) What did Tommy do with the potato flakes?
- 7) Why did he do it?
- 8) What was Tommy’s Mother’s reaction to what he was doing?
- 9) What did Tommy do to clean up his mess?
- 10) What did Tommy’s Mother tell him that he had?
- 11) How did Tommy and his Mother fix the mashed potatoes to serve at dinner?

12) YOUNGER CHILDREN:

Sit quietly now and become still. Use your creativity to imagine doing something you do in a new way. Experience the joy it brings you.

OLDER CHILDREN:

Unity youth principle #1 states, “God is good and active in everything, everywhere”. By using your imagination to see something in a new way you are tapping into your God self and expressing it.

(Reread Imagination)

13) When you have a problem to solve how do you use your imagination to solve it?

14) What does the word “imagination” mean to you?

15) What do you imagine yourself being when you grow up?

YOUNGER CHILDREN:

Take 3 deep breaths and slowly release them to quiet your mind and body. See something in your life that you do often. An example could be the way you do a chore. Use your imagination and see yourself doing it differently and how you feel about it.

(PAUSE)

Who wants to share?

OLDER CHILDREN:

Become still by taking 3 deep breaths and slowly releasing them. Think of something you would like have and don’t know how to get it. Use your unique imagination and create a way of getting it.

(PAUSE)

Who wants to share?

Example Statements: Read Aloud

I am creative

I am enthusiastic

I am flexible

I am open to new ways of seeing and doing things

I have the courage to be my own person

CREATIVE EXPERIENCE: Select the activity that focuses on what you want to emphasize from this lesson.

Younger Children's Activity:

Activity 1:

Supplies: paper, crayons, colored pencils

Have each child draw two pictures, one being a creative way to use a tomato and the other a creative way to use a banana. When done share the drawings with the other class members. Encourage the children to see the creativity that the artist/classmate has shown in their drawings and to share their comments of praise.

Activity 2:

Supplies: paper, colored pencils, crayons

Pair the children in groups of two. Have one child in the pair pose while the other child draws a picture of them as an angel. After the first drawing is done, reverse the roles and have the second child pose and the other draw a picture of them as an angel. When both drawings are done share them with the whole class enjoying each other's creativity as angel portrait artists.

Older Children's Activity:

Activity 1:

Sit together and have a round table discussion on having the courage to be your own person. Use three examples to drive the conversation:

- 1) Being left out of a fun activity
- 2) Not making good enough grades to be able to be on the sport's team of their choice
- 3) Going to a new school

Encourage the children to use their innate creativity/imagination to come up with a way to move forward from the experience in a positive way. This will help them to build their self-confidence and self-esteem.

Activity 2:

Supplies: Print out enough copies of Unity youth principle #3 that states, "I create my experiences by what I choose to think and what I feel and believe" to give to each class member.

Sit and read the youth principle aloud together. Then have everyone take three deep breaths and relax. Ask the children to go within and ask themselves the question "If I had no limitations of any kind what would I like to be when I grow up?" Give the class three minutes to sit in the silence and imagine themselves as that person. After three minutes ask each child to share their vision of themselves as an adult. After the sharing once again read the principle aloud together. Have the children take the copy of Unity youth principle #3 home with them and read it whenever they doubt their ability to be whom they choose to be.

THE CLOSING:

Sitting or standing together hold hands eyes closed. Read the closing prayer and the Unity Prayer for Protection.

Dear God, thank You for the gift of imagination. Help me to use it to create a positive and fulfilling life for myself. I know You have created us all with a unique gift to give to the world. Show me the way to express my gift. Amen

Then the Unity 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.

Wherever we are God is and all is well.

LOOKING FORWARD



LEARNING INTENTION: In this parable the lesson is taught to focus on the joy of an experience throughout it and when it ends to look forward to more good times in the future. By following Jesus' teaching to seek good for everyone the joy will automatically be there. When you can see the good in a situation you are seeing God there. God is present in everything and everywhere. That Presence is also within all of us so when we look at something from our inner state of joy, we will be able to see the joy, the good that is there. Seeing this way helps us to bring good and joy to others.

- A) Have a positive attitude in all things
- B) Seek the good for everyone
- C) Unity youth principle #1 states, "I create my experiences by what I choose to think and what I feel and believe."

BIBLE VERSE: Philippians 3:8 “Finally, brethren, whatever things are true, whatever things are noble, whatever things are just, whatever things are sure, whatever things are lovely, whatever things are of good report, if there is anything praiseworthy meditate on these things.”

LOOKING FORWARD

TV and Blankie spent most of their time during the summer outside on the patio. Their young owner Sammy liked to lay on Blankie and let his little TV entertain him. TV and Blankie were happiest when Sammy had TV show him the cartoon shows. The three of them would laugh together all afternoon.

One afternoon TV and Blankie were patiently waiting for Sammy to get home from a birthday party.

“We sure do have fun together don’t we,” TV said to Blankie.

“Yeah, too bad summer can’t last all year so we could stay out here on the patio together,” Blankie replied

“I don’t like it when summer ends either,” TV responded back. “As soon as the cold weather starts Sammy puts us away in the closet until next summer. It gets boring just sitting there in the closet all winter long.”

“How true,” Blankie said. “But at least we have each other to talk to and remember all the good times we had with Sammy during the summer.”

“That remembering helps me to look forward to the next summer when the three of us will be out on the patio again,” TV added.

“It helps me also,” Blankie said. “Now let’s just enjoy the fact we are still on the patio and will be for a little while longer.”

DISCUSSION WITH QUESTIONS:

- 1) Who did TV and Blankie belong to?
- 2) What did Sammy, TV and Blankie like to do together?
- 3) What were the happiest times for the three of them together while watching TV?
- 4) Where did the three of them like to play?
- 5) During what time of the year were they on the patio?
- 6) What happen to TV and Blankie when the summer was over?
- 7) Where did Sammy put them?
- 8) How did TV and Blankie feel about being in the closet all winter?
- 9) Whom did TV and Blankie have to talk to during that time in the closet?
- 10) What did they remember and talk about during their months in the closet?
- 11) What did that help them do for the next summer?
- 12) YOUNGER CHILDREN:

Let’s become still and turn within. Remember an experience you have had recently that filled you with joy. Take that joy into a new experience you are about to have.

OLDER CHILDREN:

Unity youth principle #3 states, “I create my experiences by what I choose to think and what I feel and believe”. When you center on the joy you are experiencing you can take that joy with you into another experience.

(Reread Looking Forward)

13) What are you looking forward to in your life?

14) Do you remember your good times more than your sad times?

15) Do you look for the good in an experience you are having?

16) What is a fond memory of yours?

YOUNGER CHILDREN:

Take three deep breaths and slowly release them. Think of a time when you were sad because something you had been doing was coming to an end. Change your sadness to joy by remembering all the good times you had during this time. Take that joy into your next experience.

(PAUSE)

Who wants to share?

OLDER CHILDREN:

As you take three deep breaths and slowly release them, become still in body and mind. Think of an experience you are having with a friend that has hit a rough spot. Shift your thoughts to all the happy moments you and your friend have had with this experience. Feel the shift in your emotions because of these happy thoughts. Stay with them and see the rough spot smooth over.

(PAUSE)

Who wants to share?

Example Statements: Read Aloud

I am friendly

I am joyful

I share my love with others

I take my joy into all my experiences

I am steadfast in seeing the joy in my life

I share my joy with others

CREATIVE EXPERIENCE: Select the activity that focuses on what you want to emphasize from this lesson.

Younger Children's Activity:

Activity 1:

Supplies: paper, colored pencils, crayons

Have the children draw three pictures:

- 1) One of a happy TV and Blankie out on the porch
- 2) One of a sad TV and Blankie in the closet for the winter
- 3) One of a smiling TV and Blankie in the closet remembering all the good times they had the past summer

When done ask the children which feels better being happy or being sad. Discuss with them how remembering happy times can help them feel better when they are sad.

Activity 2:

Sit together and ask each child one by one to tell the class about something they are looking forward to and why. Tell them to focus on the joy they are feeling and to express it to their classmates.

Older Children's Activity:

Activity 1:

Supplies: Print out enough copies of the Example Statements to give to each student.

Sit together and read aloud the six statements. Then ask each student, one by one, to pick a statement and tell the class what that statement means to them and how they express it in their lives. When done ask the students if they got some fresh insights into using these qualities in their personal lives by listening to their classmates tell them what the statements mean to them.

Activity 2:

Supplies: lined paper, pencils pens

Have each student write a short parable of 50 words or less depicting a lonely tomato plant in a pot about to produce tomatoes and how that lonely situation will turn joyful and why. When done have the students read their parable to the rest of the class. After the readings have a general conversation about joy and the good it produces.

THE CLOSING:

Sitting or standing together holding hands eyes closed read the closing prayer and the Unity Prayer for Protection.

Dear God, thank You for the joy in life. Help me to see and experience that joy both within myself and in my life. Show me how to see the good for everyone so joy will be there. Amen

Then the Unity 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.

Wherever we are God is and all is well.

MELTING A COLD HEART

LEARNING INTENTION: This parable shows us how love can melt a cold heart. Through showing love to someone as Jesus teaches us to do, we bring out the love within that person. We are to love in deed and truth and not just in word. Just be the love you are in all ways. By extending your love to others you will feel better and receive love in return. We show our love through the words we speak, the tone of our voice, and through our actions. Love is not selfish. It always considers the well-being of all concerned in its actions. By being a loving person, you will create a life of love, peace and joy for yourself.

- A) Be the love you are
- B) Show that love through your words and actions.
- C) Unity youth principle #2 states, “I am naturally good because God’s Divinity is in me and in everyone.”

BIBLE VERSE: Ephesians 4:31-32 “Put away from you all bitterness and wrath and anger... and be kind to one another.”

MELTING A COLD HEART



Mary's heart was made of ice. No matter what happened her response was hard and cold. Mary's coldness caused her to have very few friends. This fact hurt her and made her feel very lonely. She didn't know why people stayed away from her. There was someone who did like Mary and it was her young dog Peace. Peace knew why Mary was friendless and he decided to do something to help her. Peace got his name because of his gentle and loving nature. He decided that every day he would shower love and affection on Mary so her cold heart would melt.

Every time Peace was around Mary, he was very affectionate and friendly. They played together for hours. When Mary would show her cold heart to Peace, he just loved her even more. Slowly over time Mary's heart started to melt and she began to have friends in her life. As Peace watched this happen, he thought to himself, "Now she is more like the Mary in the Bible, loving and giving." Peace was sure that Mary would continue down her new path. He also decided he would stay right with her and help her along.

DISCUSSION WITH QUESTIONS:

- 1) What was Mary's heart made of?
- 2) What was Mary's response to everything?
- 3) What effect did that way of being have on her friendships?
- 4) How did it make Mary feel?
- 5) Who did like Mary?
- 6) Why was he called Peace?
- 7) How did Peace decide to melt Mary's heart?
- 8) What two ways would Peace treat Mary when he was around her?
- 9) What would Peace do when Mary showed her cold heart to him?
- 10) What happened to Mary over time because of Peace's love for her?
- 11) What did Peace decide to do as Mary continued down her path?
- 12) **YOUNGER CHILDREN:**

Become still and quiet. Jesus teaches you to be the love you are. Think of someone you love and feel your love. This is your gift that you have to offer to the world.

OLDER CHILDREN:

Unity youth principle #2 states, "I am naturally good because God's Divinity is in me and in everyone". By expressing your good through your love, you bring that quality out in another person.

(Reread Melting A Cold Heart)

- 13) Do you think you have a cold heart?
- 14) Do you know someone who does?

15) Do you know how to share your love with others?

YOUNGER CHILDREN:

Quiet your minds and bodies by taking 3 deep breaths and slowly releasing them. Think of someone you have a hard time liking. With your Christ eyes see yourself expressing your love to them in some way and see what happens.

(PAUSE)

Who wants to share?

OLDER CHILDREN:

Take 3 deep breaths and slowly release them. Think of an area in your life that you don't experience a loving feeling towards. Deliberately start to send that area your love. Keep sending that love until you fill that area with love. Does it change your experience?

(PAUSE)

Who wants to share?

Example Statements: Read Aloud

I am caring

I am compassionate

I am gentle

I am kind

‘ I am love

I am peaceful

CREATIVE EXPERIENCE: Select the activity that focuses on what you want to emphasize from this lesson.

Younger Children's Activity:

Activity 1:

Supplies: paper, crayons, colored pencils

Before class write out the Example Statements on a large sheet of paper and post on a wall. Go over them with the class being sure they understand what each one means. Then have them draw a picture of themselves being one of the statements and melting a cold heart. After the drawings are done have the class share with one another which statement they choose and show their drawing depicting themselves being that statement.

Activity 2:

Do some role playing. Sit in a circle and count off 1-2-1-2. Then one by one have #1 be Mary and #2 be Peace. Have Peace say something loving to Mary to melt her cold heart. Go around the circle again having #2 be Mary and #1 be Peace and do the same role playing as the first time. Then let the children share with each other how they felt in each role.

Older Children's Activity:

Activity 1:

Supplies: Print out the Example Statements, one for each child.

Do a little play acting with the class. Have one student volunteer to be cold hearted Mary. Have Mary sit in her chair sad and lonely. Have the others be Peace, either in human form or animal form. First hand out the Example Statements and then read them together. Ask each Peace to be one of the statements as they interact with Mary one by one. After the play acting ask how Mary felt receiving loving kindness from Peace and how the Peace actors felt offering that loving kindness to Mary.

Activity 2:

Have a discussion with your students about ways they can serve in their community showing loving kindness to others. Examples would be at church, at an animal shelter, at a food pantry, in a retirement community, tutoring. The objective of this exercise is to awaken within each child the variety of opportunities that are out in the world needing their love, support and caring.

Activity 3:

Start a discussion on what makes a person unkind. Is it because of family problems, trouble in school? Then ask the students how they might express their unkindness if they were having a problem or trouble of some kind. Then have them choose to express themselves in a different way, in a kind way in the same situation. Which way makes them feel better? Emphasize that the choice is always theirs. Ask if they recognize when someone is hurting. Explain that this is the time to show compassion, their kindness to one another. Troubles come and go and by being kind and compassionate with one another those troubles are much easier to get through.

THE CLOSING:

Sitting or standing together holding hands eyes closed read the closing prayer and the Unity Prayer for Protection.

Dear God, through Your love please help me to melt any cold areas in my heart that I have. Also please help me to love others in my words and deeds. May I be a true and loving friend to everyone. Thank You Amen

Then the Unity 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.

Wherever we are God is and all is well.

MISUNDERSTANDING

LEARNING INTENTION: With this parable we have the lesson once again about loving one another. We all need to grow and expand our abilities and we need to be thankful when someone lovingly shows us where we are not living up to our potential. Through these lessons we learn to sow better seeds for a better harvest. We need to learn both how to show loving kindness when helping someone to have a better attitude and to receive another person's assistance with a loving attitude. Life is a learning process and to learn life's lessons we need to give and receive positive feedback. Showing love is more important than demanding a better performance. When we have had a negative confrontation with someone do what you can to heal the encounter through showing that person your love.

- A) Give and receive help with loving kindness
- B) Support one another through life's growing pains
- C) Unity youth principle #3 states, "I create my experiences by what I choose to think and what I feel and believe."

BIBLE VERSE: Philippians 4:13: "I can do all things through Christ who strengthens me."

MISUNDERSTANDING



Emily and her father had a big fight over Emily's *not so good* report card. Emily had tried her very best at spelling but only got a C. Her father told her that wasn't good enough and he wanted her to try harder next time.

"You don't love me anymore," Emily screamed and stomped out of the room. Her father waited a while and then he went to Emily's room. She was lying on her tummy on her bed. Her father sat down beside her.

"Emily, I love you very much," her father told her. "I always have and I always will. I just want to encourage you to do your very best at school so you will do well in life when you get older."

Emily turned on her side facing her father and looked at him. "Really?" she asked.

“Really,” her father replied. “And as a token of that love I thought you and I should go into the city this Saturday afternoon. We can go to the petting zoo and visit all the animals. I know that is something you love to do.”

Emily smiled from ear to ear. She got off her bed and gave her father a big hug. “That would be wonderful,” she told him.

DISCUSSION WITH QUESTIONS:

- 1) What were Emily and her father’s fight about?
- 2) What did Emily’s father want her to do for her next report card?
- 3) What did Emily say to her father about his not approving of her spelling grade?
- 4) Where did Emily run to?
- 5) What did Emily’s father do about it?
- 6) What did Emily’s father tell her?
- 7) How did Emily’s father show her about Jesus’ teaching to love in deed and truth and not just in word?
- 8) What was Emily’s response to her father’s act of love?
- 9) **YOUNGER CHILDREN:**

Become quiet and still. Can you see love being expressed by your mother when she corrects you? Do you know it is for your good; to help you learn a better way?

OLDER CHILDREN:

Unity youth principle # 3 states, “I create my experiences by what I choose to think and what I feel and believe”. By choosing to see the love

someone is sharing with you when they correct you, you can see the good in that correction and move forward in a positive way.

(Reread Misunderstanding)

10) Can you stay calm when someone corrects you?

11) Do you correct someone from an attitude of love?

12) How can you correct someone in a loving way?

YOUNGER CHILDREN:

Take 3 deep breaths and slowly release them quieting your mind and body. Remember a recent time when someone corrected you and it upset you. Now instead of being upset see yourself being grateful for the correction because you know they are showing their love.

(PAUSE)

Who wants to share?

OLDER CHILDREN:

Take 3 deep breaths and slowly release them and become still and quiet. How well do you take being corrected? Can you see that correction as an act of loving guidance from the person giving it? Are you willing to accept that guidance and try a different way?

(PAUSE)

Who wants to share?

Example Statements: Read Aloud

I am open to receive guidance

I have courage to try a new way

I am humble

I have self-discipline

I trust other's guidance

I am open to receive love

CREATIVE EXPERIENCE: Select the activity that focuses on what you want to emphasize from this lesson.

Younger Children's Activity:

Activity 1:

Supplies: paper, crayons, colored pencils

Have each child think of someone in their lives they would like to show love to. Have them draw a picture of them showing their love to that person through an act of kindness such as helping with a chore, giving a gift, sharing a hug, whatever way they want to express their love. After the drawings are done sit together and share the drawings, having each child describe the act of loving kindness they are showing. At the end of the discussion emphasize to the children how they have demonstrated many ways to show love and for each one of them to try some of the new ways they have learned in today's class in their own world.

Activity 2:

Supplies: stuffed animals

The week before you do this lesson ask the children if they have any stuffed animals at home and if they do to bring one or two to class the following Sunday. Then that Sunday place the animals around the room turning the room into a petting zoo. Have the children go around to the different animals petting them and talking to them. After

they have all had enough time going around ask them to share which was their favorite animal and why.

Older Children's Activity:

Activity 1:

Supplies: print out the Example Statements, one per student

Hand each child an Example Statements sheet. Sit together and ask each child how, if they were Emily, they would have handled the report card situation better. Before they answer have them read over the Example Statements and then select one to use as another way to react. Be sure they understand the difference between being criticized and being constructively corrected. Constructive correction is part of the learning and growing process and therefore a good thing. After everyone has had a turn discuss how by using one of the ways suggested on the Example Statements created a more positive response than Emily's screaming and stomping out of the room. At the end of the discussion encourage the class to try these positive ways in handling the difficult times in their lives.

Activity 2:

Supplies: lined paper, pens, pencils

Have each child write a short version of the first paragraph in the parable "Misunderstanding" replacing Emily with themselves. Have them tell how they would have reacted to a "not so good report card" in a positive way and what they would have done about it. Then let them read and share their personal version of "Misunderstanding" with the rest of the class. Discuss the difference between a negative and a positive

response to a situation. Encourage them to remember to act in positive ways to the situations they face in life.

THE CLOSING:

Sitting or standing together hold hands with eyes closed. Read the closing prayer and the Unity Prayer for Protection.

Dear God, I know that within me is the ability to be a kind, caring and loving person in difficult times. Please help me during those times to show that love and kindness to others. Also, when someone is correcting me help me to realize they are trying to help me to do better. Thank you Amen

Then the Unity 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.

Wherever we are God is and all is well.

SELF-CONTROL

LEARNING INTENTION: We all want to be the best in any situation. However, it is very important to think before we act. By practicing self-control in what you do and say you will sow seeds that will reap for you a good harvest. Maybe you won't be the best in the group each time, but you will be authentic, true to yourself, and that is what is most important in our relationships both to ourselves and to others. Above all else one needs to be true to oneself. Everyone is a unique creation of God and therefore have our own path to follow and our own gifts to share. By practicing self-control in different situations, we allow our real selves to come through and not our ego selves. Life is much easier and more rewarding when we are authentic.

- A) Practice self-control in interactions with others
- B) To your own self be true
- C) Unity youth principle #3 states, "I create my experiences by what I choose to think and what I feel and believe."

BIBLE VERSE: Galatians 5:23 "But the fruit of the Spirit is love, joy, peace, long suffering, kindness, faithfulness, and self-control."

SELF-CONTROL



Earl and Eddie were twin brothers and on Saturday their family had a picnic in the backyard with all the neighbors. The picnic had a Mexican theme and Earl and Eddie were delighted that their mom was serving tacos, their favorite Mexican food. Earl and Eddie decided to have a contest to see who could eat the hottest taco. When the tacos were served Earl went first. He put 5 drops of *Pants on Fire* hot sauce on his taco and ate it without a problem.

“That’s nothing,” Eddie said and then put 10 drops of *Pants on Fire* hot sauce on his taco. He took a big bite and before long had to spit it out. “Pants on fire,” he shouted. “I can’t eat it, it’s too hot!”

Earl laughed and said, “I guess I win.”

“Yeah,” replied Eddie. “Now help me put out the fire in my mouth.”

Earl looked around on the picnic table and spotted some apple slices. “Here munch on these for a while,” he told Eddie as he handed him a couple of slices.

“Wow that’s better, thanks,” Eddie told his brother.

DISCUSSION WITH QUESTIONS:

- 1) Who were Eddie and Earl?
- 2) Where were they?
- 3) What was theme of the picnic?
- 4) What was their favorite Mexican food?
- 5) What was their contest about?
- 6) How many drops of *Pants on Fire* did Earl put on his taco?
- 7) Did he have a problem eating it?
- 8) How many drops of *Pants on Fire* did Eddie put on his taco?
- 9) Did Eddie have a problem eating his?
- 10) What did Earl give Eddie to put out the fire in his mouth?

11) **YOUNGER CHILDREN:**

Become still and quiet. Do you ever over do something just to make yourself look good to your friends? Does it work? Do you know that you are perfect child of God just the way you are? Knowing that, using self-control in the things you do and say is much easier.

OLDER CHILDREN:

Unity youth principle #3 states, “I create my experiences by what I choose to think and what I feel and believe”. Do you believe you are a perfect child of God just the way you are? Can you feel that perfection within

you? Knowing this you are better able to use self-control when choosing how to handle a challenging situation.

(Reread Self - Control)

12) Where in your life could you use a little self-control?

13) Do you know the difference between acting and reacting?

14) Do you think before you act?

15) Are you willing to practice thinking before you act and using self-control in your daily life now?

YOUNGER CHILDREN:

Take 3 deep breaths and exhale slowly after each one. When we have self-discipline in our actions and words with others, we can express ourselves as we truly are and are the best we can be. Think of something you do well. Are you being yourself or are you trying to be better than someone else? If you are being yourself you are practicing self-control. If you are trying to impress someone you are boasting. Which is the real you?

(PAUSE)

Who wants to share?

OLDER CHILDREN:

Use your breath to become still by taking 3 deep breaths and release each one slowly. Have you ever had the experience of doing something just to prove you can do it better than anyone else? What happened? What would have happened if you had practiced self-control and were just true to who you are?

(PAUSE)

Who wants to share?

Example Statements: Read Aloud

I am honest about who I am

I practice self-control in all areas of my life

I know God loves me just the way I am

I learn from my mistakes

I am self-disciplined

CREATIVE EXPERIENCE: Select the activity that focuses on what you want to emphasize from this lesson.

Younger Children's Activity:

Activity 1:

Supplies: paper (2 pieces per child), crayons, colored pencils

Have each child draw 2 pictures of a tree, one with self-control and the other outrageously done. Let them choose between the three samples listed below:

- 1) a Christmas tree, one before it is decorated and one after it is decorated
- 2) a fruit tree, one before it bears fruit and one after it bears fruit
- 3) a tree in the springtime with green leaves and one in the fall after its leaves have changed into its fall colors

After the drawings are done have them show each other their drawings and see the difference. Talk about that difference with them helping them to understand the meaning of self-control.

Activity 2:

Pair the children off 1-2-1-2. Go around giving each pair a situation from the list below. Have #1 overreact and #2 act in self-control in the situation you give them.

- 1) a loud noise
- 2) losing something they value
- 3) being left out of an activity
- 4) being wrong
- 5) being right
- 6) moving away from friends

Then reverse the roles and do the same situations. Afterwards have them share the difference they experience acting moderately and overreacting.

Older Children's Activity:

Activity 1:

Do some role playing. Give each student a turn to act in an extreme way about something and then doing the same thing in self-control. Let them choose what they want to do. For suggestions offer:

- 1) being too cold
- 2) being too hot
- 3) eating something quickly and then slowly
- 4) failing an important test at school
- 5) being criticized
- 6) being praised
- 7) not getting something they want
- 8) being surprised

9) being bored

10) getting lost

Afterward share together the difference between acting in self-control and overreacting. Which seems like the best way to them? Why? Do they understand the more positive benefits that come from self-control?

Activity 2:

Supplies: print out enough Example Statements to have one for each child, pens and pencils

Give each child a print out, pen or pencil. Have them write after each Example Statement how they show that statement regarding themselves. Then sit together and go through the statements one by one and let the children volunteer their answers. Then ask them what they have learned from each other hearing the different answers through this exercise.

THE CLOSING

Sit or stand together holding hands, eyes closed. Read the closing prayer and then the Unity Prayer for Protection.

Dear God help me to know that I am Your child and I don't need to prove anything to anyone, including myself. May I develop the self-discipline to go forth into my life and be who I am. I will be honest with myself and practice moderation in all areas of my life. Thank you. Amen

Then the Unity 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.

Wherever we are God is and all is well.

MOVING ON

LEARNING INTENTION: We always have a choice about how we react to a situation.

When you keep a positive attitude towards everything that is happening in your life good will manifest in your life. Jesus teaches us not to judge by appearance and to see the good for everyone concerned. That way everyone wins. It is important to develop a positive attitude early in life. That positive attitude will grow stronger as one grows older. It will be there in all the experiences to help one through the ups and downs of life. Knowing that we create our lives through what we think and feel and not from appearances in the outside world is an important lesson to learn and the earlier the better.

- A) Learn to have a positive attitude towards life
- B) Find that positive attitude within yourself
- C) Unity youth principle #3 states, “I create my experiences by what I choose to think and what I feel and believe.”

BIBLE VERSE: Matthew 6:27 “Which of you by worrying can add one cubit to his stature?”

MOVING ON



Juanita was a Mexican petunia who lived in a pot on Hernando's patio balcony. Her pot was on a small table next to a metal chair. The metal chair's name was Manuel. Manuel and Juanita were the best of friends. They had been on the balcony together for several years. Every day and night they shared the sights, sounds and smells of the busy street below them. The hustle and bustle of daily life kept them amused all day long. The evenings were very entertaining also with all the sounds and cooking smells and lights from the neighborhood.

One evening Juanita and Manuel were discussing the conversation they overheard that afternoon on the balcony. Hernando, their owner, had company over and as they all sat on the balcony Hernando told his company that he would be moving soon. He found a nice place a few blocks away that was larger and he needed more room. He

was excited about moving and would do so in a week or two. Then they left the apartment and went down to the street below to get some dinner.

“Wow,” Juanita said anxiously. “Do you think the new place will have a balcony? Do you think we will stay together or be separated?”

Manuel sighed and said; “Now Juanita don’t go jumping to any conclusions. I heard Hernando tell his company that there was a balcony in the new place. We are a nice-looking combination of chair, table and flower pot. I am sure he will keep us together.”

“I sure hope so,” Juanita replied. “I’ll keep thinking that way too.”

DISCUSSION WITH QUESTIONS:

- 1) Who is Juanita?
- 2) Who is Manual?
- 3) Whose balcony are they on?
- 4) How long had Juanita and Manual been on Hernando’s balcony?
- 5) What kept them amused all day long? All evening long?
- 6) What conversation did they overhear between Hernando and his friends?
- 7) What was said in the conversation that made Juanita afraid?
- 8) What did Manual tell Juanita to calm her down?
- 9) What kind of thinking was Manual teaching Juanita?

10) **YOUNGER CHILDREN:**

Get still and quiet. How do you react to new news that means a change for you? Are you learning to take a positive attitude to change?

OLDER CHILDREN:

Unity youth principle #3 states, “I create my experiences by what I choose to think and what I feel and believe.” When you train yourself to see a situation with your Christ eyes you will be able to see the good for everyone in any situation you encounter in your life. You reap what you sow, so sow good seeds.

(Reread Moving On)

- 11) Do you have a positive attitude about your life?
- 12) If not, how can you develop one?
- 13) Do you know someone who has a positive attitude?
- 14) How do they use that positive attitude to make a situation a win for everyone?
- 15) What does being flexible mean to you?
- 16) Do you see that being flexible is a necessary part of having a positive attitude?

YOUNGER CHILDREN:

Inhale and slowly exhale 3 times to become quiet. Think of a situation you were in recently where you were afraid of the outcome and everything turned out just fine for you. Your fears were not real. Can you train yourself to focus on a good outcome for any situation from the very beginning? How would you do that?

(PAUSE)

Who wants to share?

OLDER CHILDREN:

Slowly inhale and exhale 3 times and become still and quiet. Think of a situation coming up in your life soon that makes you nervous, afraid. Replace that fear with a

positive attitude about the outcome. See the good in the situation and focus there. Do you see the difference in what you think and how you feel by seeing the good?

(PAUSE)

Who wants to share?

Example Statements: Read Aloud

I am a positive thinker

I am focused on the good in Life for myself and others

I am confident

I am courageous

I am flexible

CREATIVE EXPERIENCE: Select the activity that focuses on what you want to emphasize from this lesson.

Younger Children's Activity:

Activity 1:

Supplies: paper, crayons, colored pencils

Have the children draw a picture of Juanita, the petunia, in her pot on the table and Manuel, the metal chair together on their old balcony. Then have them draw a second picture of the three of them together on their new larger balcony. Stress that they make the new balcony look different from the old balcony in some creative way. Have them show the three friends happy on both balconies. After the drawings are done share them together, enjoying the unique ways each artist has expressed themselves.

Activity 2:

Sit together in a circle. Ask the children to pretend they are about to move across the country with their family. Have them think about what fears they would have and then how to be a positive thinker about the move. How would they be courageous, flexible, and confident? Encourage them to take these attitudes into all situations in their lives.

Older Children's Activity:

Activity 1:

Supplies: lined paper, pens, pencils

Ask the students to write a brief narrative (50 words or less) of Manuel and Juanita sitting on their new balcony on their first evening in their new home. Have them describe the sights and smells and sounds they are now experiencing. When everyone is done have each student share their short narrative with the rest of the class.

Activity 2:

Sit in a group together and have everyone pretend they are auditioning to be in a play. One by one read aloud an Example Statement to the group. Then ask someone to volunteer to be the first one to act as if they were the Example Statement in a situation of their choice. After everyone has had a turn acting out an Example Statement have a vote for who receives the "Oscar" for the best performance.

THE CLOSING:

Sit or stand holding hands eyes closed. Read the closing prayer and the Unity Prayer for Protection.

Dear God please help me to see Your good in the situations, events in my life. May I be ever mindful that I create my experiences through my thoughts and feelings. I

have the power within me to keep my thoughts and feelings positive at all times. Help me
to grow strong in this realization. Amen

Then the Unity 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.

Wherever we are God is and all is well.

OPINIONS

LEARNING INTENTION: Life is filled with opinions, yours and everybody else's. Each one of us has our own opinions about everything. To live in a happy way with others we need to remember Jesus' teaching to love one another. This means being tolerant of their opinions. Just as we have the right to be who we are, others have the right to be who they are. We don't have to agree with them, but we do need to give them the right to have their own opinions and to respect them. It is important to be open to whatever is happening in your world. When we are present to whatever we are experiencing we are able to receive guidance in how to move forward in a positive way. Learn to face the challenges in life with a willing mind and an open heart.

- A) Be open to whatever your life has to offer you on your path
- B) Respect other's unique path
- C) Unity youth principle #2 states, I am naturally good because God's Divinity is in me and in everybody."

BIBLE VERSE: Genesis 4:4 "Abel also brought of the first born of his flock and of their fat and the Lord respected Abel and his offering."

OPINIONS



Sam and Samantha were two large shrimp that lived in the Gulf of Mexico. One afternoon they were hiding under a rock at the floor of the Gulf. They were discussing their fate.

“You know Samantha we are big enough now to be caught by the fishermen and be sold for food,” Sam said.

“I know,” Samantha replied. “We are big enough to be a part of someone’s shrimp cocktail.”

“Ah yes a shrimp cocktail. What a way to end up, all covered in sauce,” Sam mused. “What kind of sauce do you want to be covered in?”

“Well the only true cocktail sauce is the standard red sauce,” Samantha gave Sam a puzzling look and shot back at him, “Do you really believe there is another?”

“I have been told some people like just plain lemon juice on top of their shrimp. And some like a pesto sauce, whatever that is,” Sam offered.

“Yes, you are right. I have heard that also. I guess what is a true sauce is whatever the person wants,” responded Samantha. “I would say that we will be covered by whatever sauce the eater chooses!”

“Agreed,” Sam replied.

DISCUSSION WITH QUESTIONS:

- 1) Who are Sam and Samantha?
- 2) Where did they live?
- 3) What were they discussing?
- 4) What was their fate?
- 5) What were they big enough to become?
- 6) What would they be covered in?
- 7) What was the only kind of sauce Samantha thought she could be covered in?
- 8) What other two sauces did Sam tell Samantha about?
- 9) What did Sam teach her about these other sauces?
- 10) What did they agree on about the sauces and the person who would choose what they wanted on their shrimp cocktail?

11) YOUNGER CHILDREN:

Become still and quiet. Are you able to accept other peoples' opinions if they are different from yours? Are you willing to learn to be tolerant and respectful of other people?

OLDER CHILDREN:

Unity youth principle #2 states, "I am naturally good because God's Divinity is in me and in everybody". We all want to have our opinions respected by others. By following Jesus' teaching to do unto others as you would have them do unto you, you are sowing the seeds to be treated as you wish to be treated.

(Reread Opinions)

- 12) Can you accept the opinions of others even when they are different than yours?
- 13) What are some other things like shrimp cocktail sauce that come in a variety of flavors?
- 14) Do you like all these different flavors?
- 15) Can you accept the fact that other people like the flavors you don't?
- 16) What do you think of the phrase "variety is the spice of life"?

YOUNGER CHILDREN:

Breathe in and exhale slowly 3 times. When we love one another we are tolerant of their opinions. Think of someone who has an opinion on something you don't think is right. Change you thinking and see them as having the right to their own opinion. How did that make you feel?

(PAUSE)

Who wants to share?

OLDER CHILDREN:

Become still by taking 3 deep breaths and exhaling slowly. Where in your life are you intolerant of someone else's opinion? Why are you intolerant? What can you do to become tolerant and respectful of that person?

(PAUSE)

Who wants to share?

Example Statements: Read Aloud

I am considerate of the opinions of others

I am courteous

I am flexible

I am honest

I honor others' opinions

I am tolerant

CREATIVE EXPERIENCE: Select the activity that focuses on what you want to emphasize from this lesson.

Younger Children's Activity:

Activity 1:

Supplies: paper, crayons, colored pencils

Have each child draw a shrimp cocktail. Encourage them to be creative in the way it is served, such on a fancy dish or bowl or something of their own creation. Then have them put a dipping sauce somewhere in the serving that they think would be fun, tasty,

and interesting to dip the shrimp into. Share the drawings and the different sauces and the uniqueness of each presentation. How many different sauces did the class come up with?

Activity 2:

Sit together and read aloud one by one the Example Statements. Ask the children to give their opinions on what each one means to them. When done emphasize all the different opinions that were expressed and that each one was valid. Explain that this is how many different opinions there are on anything and how important it is to be tolerant, courteous and respectful of others opinions.

Older Children's Activity:

Activity 1:

Supplies: lined paper, pens, pencils, a large piece of paper, marker

Tack the large sheet of paper to a wall and print the following list on it with the marker:

- 1) school
- 2) favorite sport
- 3) grades
- 4) favorite food
- 5) favorite beverage
- 6) rules
- 7) God
- 8) authority
- 9) friends
- 10) desired career

Have each child write their opinions in a word or two on these topics on the lined paper you have given them. Afterwards sit together and go down the list one by one and let the class share their answers together. Emphasize all the different opinions that have been expressed and how they are all valid.

Activity 2:

Pair the children up in twos. The challenge is to learn to express an opposing opinion in a kind way. Let each pair choose who goes first as the one expressing an opinion about something of their own choosing and the other expressing an opposing opinion. First have the second child express the opposing opinion in a negative way and then in a positive way. An example could be the first child expressing an opinion about a food they like and the second child saying “Yuck that is awful stuff. How can you possibly eat it?” Then in a positive way saying “I’m glad you like it. I can’t develop a taste for it.” Afterwards lead a discussion about how much nicer it is to express a negative opinion in a positive way. We don’t have to offend each other when we disagree.

THE CLOSING:

Sit or stand together holding hands eyes closed. Read the closing prayer and the Unity Prayer for Protection.

Dear God help me to be kind and considerate when expressing my opinions to others. Help me to use kind words even when I express a negative opinion about something someone else has said. Each one of us is an expression of You and we are all valid in how we think and express ourselves. May my words and actions show that when I am with others.

Then the Unity 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.

Wherever we are God is and all is well.

SHARING

LEARNING INTENTION: Through this parable we have a lesson on Jesus' teaching to be the love you are. One way to express your love is to share with an open heart what is yours to share. When you can see the good for everyone your heart is filled with joy. Sharing becomes easy and spreads the good between yourself and the person you are sharing with. We have non-physical things that are ours to share also. They include love, kindness, help, peace, and understanding. When we express these inner qualities to others our world becomes a better place for both ourselves and others. We will also discover that as we give so shall we receive.

- A) Share with others what is yours to share in both the material sense and non-material sense.
- B) Share and the whole world shares with you
- C) Unity youth principle #1 states, "God is good and active in everything, everywhere."

BIBLE VERSE: Hebrews 13:16 "But do not forget to do good and to share, for with such sacrifice God is well pleased."

SHARING



One afternoon Elsie was on the front porch of her house playing with her favorite doll Marie. Marie was all dressed up in Elsie's favorite dress for her that had a matching scarf. Elsie put the scarf on Marie's head and tied its ends under Marie's chin.

"Now there don't you look pretty," Elsie said to Marie.

The two of them played happily on the porch until Elsie's Mom called her into dinner. Elsie gathered up Marie and went inside. After eating dinner with her family Elsie went to get Marie and tucked her into bed for the night. As she picked up her doll she noticed that the scarf was missing. She thought "now where can that scarf be?" then remembered that she took it off of Marie's head and put it on the top rail on the porch.

She went out to get the scarf but it was no longer on the railing. Elsie looked all over the porch and could not find it.

“What are you doing back out on the porch?” Elsie’s Mom asked as she came out on the porch looking for her.

“I can’t find Marie’s scarf. I put it here on the railing and now it is gone.”

“Well it is time to come in its getting dark. We can look for it tomorrow,” her Mom said.

About a week later Elsie’s Mom came to Elsie while she was watching TV.

“I think I have solved the mystery over the loss of Marie’s scarf,” she told Elsie.

“Oh, what is it?” Elsie asked.

“Come with me out onto the front porch.” The two of them went out and stood by the railing.

“Look up in that tree; see the bird’s nest?” Elsie’s Mom asked her.

“Yeah,” Elsie replied.

“See that pretty scarf of Marie’s?” asked Elsie’s Mom. “It looks like Momma bird used it to help build her nest. You and Marie get to share her scarf with the baby birds that will live there soon.”

“Wow, you know that’s kind of neat. I hope Marie won’t mind,” Elsie replied.

“I am sure she won’t,” Elsie’s Mom reassured her.

DISCUSSION WITH QUESTIONS:

- 1) Who is Elsie?
- 2) Where was she?
- 3) Who was with her?

- 4) How was Marie dressed?
- 5) What did Elsie put on Marie's head?
- 6) After dinner where did Elsie put Marie?
- 7) What did Elsie notice was missing?
- 8) Where did Elsie remember she had put the scarf?
- 9) What did Elsie discover when she went back out on the porch to get the scarf?
- 10) When did Elsie's Mom discover the lost scarf?
- 11) Where was it?
- 12) What was Elsie's reaction to the discovery?
- 13) YOUNGER CHILDREN:

Become quiet and still. Are you willing to share what you have with others? Are you flexible enough to be generous towards others? Sharing brings joy to both you and the one you share with.

OLDER CHILDREN:

Unity youth principle #1 states, "God is good and active in everything, everywhere". Are you willing to share yourself and what you have? By doing so you make God's good active in everything you do, everywhere you go.

(Reread Sharing)

- 14) What personal items of yours are you reluctant to share?
- 15) Why are you reluctant to share them?
- 16) Are you willing to let go of your reluctance?
- 17) Do you share your loving kindness with others?

18) How do you show it?

YOUNGER CHILDREN:

Take 3 deep breaths and exhale slowly after each one. Now go within and think of something you have that you are very reluctant to share. See yourself sharing it with your best friend. How does that make you feel? Can you see you have more because you shared?

(PAUSE)

Who wants to share?

OLDER CHILDREN:

By taking 3 deep breaths and exhaling slowly with each one to calm and center yourself. Go within and with your Christ eyes imagine a friend asking you to give them something you are very attached to and don't want to share. See yourself overcoming your reluctance and sharing with them what they asked for. How do you feel?

(PAUSE)

Who wants to share?

Example Statements: Read Aloud

I am a caring person

I am happy to share with others

I am flexible

I am generous

I am kind

I share for the good of all concerned

I see good for everyone

CREATIVE EXPERIENCE: Select the activity that focuses on what you want to emphasize from this lesson.

Younger Children's Activity:

Activity 1:

Supplies: paper, colored pencils, crayons

Have the children draw a picture of the creative use of one of the items listed below:

- A) a scarf
- B) a key
- C) a tennis ball
- D) a bottle
- E) a baseball cap
- F) a flower

After they are done enjoy the experience of sharing them. Point out all the creativity their drawings have shown.

Activity 2:

Sit in a circle together and ask each child how they would creativity express themselves using one of the Example Statements. The teacher chooses which Example Statement to give to each child. Then have the children talk about how they feel when they are expressing themselves in a positive, creative way.

Older Children's Activity:

Activity 1:

Supplies: lined paper, pens, pencils

Have each child write in 10 words or less their version of where the doll scarf of Marie's doll was found. Then have each child read their version to the class and share their creativity in the case of the disappearing scarf.

Activity 2:

Pair the children up in twos. Have the first child name a specific item of their choice and for the second child to come up with a creative way to use the item. When done have the pairs reverse their roles and repeat the process. Then sit around and have the pairs share with the rest of the class what their items were and how they creatively used them. Help the class to see how creative and inventive they all are.

THE CLOSING:

Sit or stand holding hands eyes closed. Read the closing prayer and the Unity Prayer for Protection.

Dear God as Your child I know I have the ability to be creative. Help me to learn how to express that creativity in positive and meaningful ways. May I live a life that uses my creativity in ways that bring meaning and joy to my life. Amen.

Then the Unity 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.

Wherever we are God is and all is well.

SOMETHING FOR EVERYONE

LEARNING INTENTION: Sometimes we think we aren't good enough. We forget that we are God's beloved child and are perfect just the way we are. This parable teaches us to know that we are good enough and always will be. This knowing opens us up to shine our light for the world to see. In this abundant world/life there is something for everyone. Life is abundantly expressed in all of life and it is our thoughts that are our connection to this abundance. It is important to see life as an experience of infinite possibilities. There are no limitations except the ones we create in our own minds. It is important to learn to think in positive, creative ways.

- A) We are perfect just the way we are
- B) Believe in yourself
- C) Unity youth principle #2 states, "I am naturally good because God's Divinity is in me and in everyone."

BIBLE VERSE: Psalms 139:14 "I will praise thee, for thou art fearful and wonderful."

SOMETHING FOR EVERYONE



Out in the pumpkin patch all was in turmoil. Halloween was quickly approaching and soon there would be visitors coming to the patch to choose their pumpkins to take home and cut into jack-o-lanterns. All the pumpkins were asking each other if they were orange enough to be attractive. Under a big leaf in a corner of the patch a little pumpkin was hiding.

“I know I am too small for anyone to want me,” he said to the leaf that covered him. “I got a late start and I won’t be big enough like the other pumpkins.”

“Not to worry,” the leaf replied. “I bet a small child will find that you are just the right size.”

The big pumpkin picking day arrived and the patch was full of people looking for a pumpkin to take home. Over in the corner of the patch where the small pumpkin hid

under the protecting leaf, a family was searching for their pumpkin to take home. All of a sudden a small hand grabbed the leaf and lifted it up to look underneath it.

“Oh Mom come quick,” a little boy’s voice cried out. “I found a pumpkin that is just my size.”

“Why Billy you sure have,” a woman’s voice replied. “Here let me help you pick it and carry it to our car.”

Carefully the like pumpkin was picked from its stem and placed in Billy’s hands. Proudly Billy carried it to the car. Happily the little pumpkin sat on the car seat knowing it would be a part of Halloween after all.

DISCUSSION WITH QUESTIONS:

- 1) What holiday was coming up soon?
- 2) Why were the pumpkins in the pumpkin patch all excited?
- 3) What did they want to have happen to them?
- 4) Who was hiding in a corner of the patch under a big leaf?
- 5) Why did he think nobody would want him?
- 6) How did the leaf reassure him that he was good enough?
- 7) Who was Billy?
- 8) What did he say to his Mother when he found the little pumpkin hiding under the big leaf?
- 9) What did Billy and his Mother do with the little pumpkin?
- 10) What was the little pumpkin happily thinking as he sat on the car seat?
- 11) **YOUNGER CHILDREN:**

As you sit quietly think of how you feel about yourself. Do you have the idea that you are not good enough in some way? Do you know that Jesus teaches us that God loves us just the way we are?

OLDER CHILDREN:

Unity youth principle # 2 states, "I am naturally good because God's Divinity is in me and in everyone". Can you accept that principle as true about you in all ways? Can you see that you are perfect just the way you are?

(Reread Something for Everyone)

- 12) Is there an area in your life where you don't feel important?
- 13) Is that because you compare yourself with others?
- 14) Do you realize you don't have to do that?
- 15) Are you willing to accept yourself just the way you are because you are a perfect child of God?
- 16) Do you know you are in this world because you have your own unique gifts and talents to offer?
- 17) Are you willing to let your light shine?

YOUNGER CHILDREN:

Take several deep breaths and exhale each one slowly as you become quiet. Imagine being taught something new at school. What is your reaction? Do you know you are good enough to learn it? If not, why not?

(PAUSE)

Who wants to share?

OLDER CHILDREN:

Relax by taking several deep breaths exhaling slowly after each one. Go within and think of something about yourself that you don't think is good enough. Now with your Christ eyes see that you are good enough because you are a perfect creation of God. Are you able to change your negative opinion to a positive one?

(PAUSE)

Who wants to share?

Example Statements: Read Aloud

I am a perfect child of God

I am always loved by God

I trust that I am good enough in all ways

I am steadfast in believing in myself

I see the unity of all good

I have the courage to shine my light

CREATIVE EXPERIENCE: Select the activity that focuses on what you want to emphasize from this lesson.

Younger Children's Activity:

Activity 1:

Supplies: paper, crayons, colored pencils

Have each child draw their version of the little pumpkin under the big leaf. Afterwards sit together and share the drawings. Then ask them, because they are considered little children, do they ever experience the feeling of being left out of the affairs of big people? Have them give examples of that experience and how it makes

them feel. When done have them repeat the Example Statements with you, one by one, to help them see they are perfect just the way they are.

Activity 2:

Supplies: paper, crayons, colored pencils

Have the children be creative and draw their version of the way a pumpkin can be used. Some suggestions are:

- 1) pumpkin pie
- 2) A Jack O Lantern
- 3) Cinderella's coach

Then share the pictures and all the creative ways the children have expressed themselves.

Activity 3: This third activity is if you do "Something for Everyone" around Halloween. Ask your minister if it would be alright to place decorated pumpkins around the church in celebration of Halloween.

Supplies: colored markers, extra pumpkins

In Sunday's class the week before you do this lesson ask the children to each bring in a small pumpkin to decorate for next Sunday's class. In class have the children decorate their pumpkins with the colored markers. Then have them share the decorated pumpkin they have created with each other. Afterwards give each child the option to either take their pumpkin home or to leave it at church to be used to decorate the church for Halloween.

Older Children's Activity:

Activity 1:

Sit together in a discussion group. Ask for volunteers to express an area in their lives where they feel they are not good enough. Have the other children help them to see that they are good enough through a change in their thinking and feeling about themselves. Instruct the children who are helping the volunteers see they are good enough to be sure to use loving kindness and gentleness when they are addressing them.

Activity 2:

Sit together and have a discussion on what are some more ways that life's abundance demonstrates there is something for everyone. Use the examples below to start the discussion. How do the following contrasts demonstrate abundance for everyone?

- 1) big – little
- 2) hot – cold
- 3) strong –weak
- 4) light-heavy
- 5) plain – fancy
- 6) other suggestions from the children

Throughout the discussion emphasize that God's creation is meant for everyone.

Activity 3: This third activity is if you do "Something for Everyone" around Halloween. Ask your minister if it would be alright to place decorated pumpkins around the church in celebration of Halloween.

Supplies: colored markers, extra pumpkins

In Sunday's class the week before you do this lesson ask the children to each bring in a small pumpkin to decorate for next Sunday's class. In class have the children decorate their pumpkins with the markers. Then have them share the decorated pumpkin

they have created with each other. Afterwards give each child the option to either take their pumpkin home or to leave it at church to be used to decorate the church for Halloween.

THE CLOSING:

Sit or stand holding hands eyes closed. Read the closing prayer and then the Unity Prayer for Protection.

Dear God I know I am Your child. You have created me with my own unique gifts and talents to express in my life. Thank you for Your guidance for sharing these gifts and talents and letting my light shine. Amen

Then the Unity 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.

Wherever we are God is and all is well.

THE LAST ONE

LEARNING INTENTION: This parable helps you discover the value of who you are.

By believing in yourself you can become patient and wait for your time to be chosen.

Always give your best no matter where you are in life. Believe in yourself, knowing that God loves you just the way you are and has plans for you. It is important as we grow up to learn to express ourselves in positive ways, always giving and doing our best. The trick is to also learn to let go of expectations of how, when, where something you desire for yourself and your life will manifest. Learning that everything is in Divine Order frees us up to just be the best we can be at all times and all situations. We are here to express our unique selves at the right time and in the right way. LET GO AND LET GOD.

A) Believe in yourself

B) Let go and let Divine Order show you your way

C) Unity youth principle #5 states “I do and give my best by living the Truth that I know. I make a difference.”

BIBLE VERSE: Romans 12:12 “Rejoice in hope, patience in tribulation, continuing steadfastly in prayer.”

THE LAST ONE



Lucy Lollipop was sitting inside Bobby Bag. Bobby's sides were all painted up to look like a pumpkin. . They were sitting on the stairs to the front porch all alone. Earlier in the evening they had been part of the trick-or-treat celebrations for all the children coming to the house on Halloween. Bobby and Lucy were the only ones left over of all the bags of candy that had been given away. The family that lived there had decided to call it a night and go inside. Lucy and Bobby had been left on the stairs of the porch for any late trick-or-treaters who came along.

“Do you think we will be here all night?” Lucy asked Bobby from inside the bag.

“Don’t know,” Bobby replied. “I sure hope not. I would like to make some little boy or girl happy tonight.”

Before long Bobby felt a hand opening him up at the top. The hand reached inside and picked up Lucy Lollipop.

“Hey it looks like I have found another treat,” a young voiced shouted out.

“Yes you have. Put it back in the bag and put the bag in your treat basket,” a woman’s voice said.

The hand opened Bobby’s top again and put Lucy back inside. Then it picked up the two of them, put them in a basket and headed down the street.

“Looks like we get to make someone happy tonight just like you wanted,” Lucy whispered to Bobby. “We might have been the last to be chosen, but we were chosen!”

DISCUSSION WITH QUESTIONS:

- 1) Who is Lucy Lollipop?
- 2) Who was she sitting inside of?
- 3) Where were the two of them sitting?
- 4) Why were they sitting there?
- 5) Why were Lucy and Bobby sitting there all alone?
- 6) What were they worried about?
- 7) What did they want to have happen?
- 8) What did happen?
- 9) What did Lucy say to Bobby about being chosen?
- 10) YOUNGER CHILDREN:

Become still and go within. Decide to discover the value of who you are. By discovering your value, you'll know you have something unique to offer and you can develop the patience to wait till your time has come.

OLDER CHILDREN:

Unity youth principle #5 states, "I do and give my best by living the Truth that I know. I make a difference". Do you do and give your best? Do you know that by doing so you make a difference in every situation you are in?

(Reread The Last One)

- 11) Do you keep going when times get hard?
- 12) Do you have the patience to wait a situation out until the right time for you to act arrives?
- 13) Can you see that even if you "fail" at something you can turn it into a learning experience on how to do it better next time?
- 14) What do you want to be when you grow up?
- 15) Why do you want to be that?
- 16) Is the desire coming from within you?
- 17) Do you have the patience and courage to make it happen?
- 18) Do you believe in yourself?

YOUNGER CHILDREN:

Take several deep breaths and exhale each one slowly until you become still and quiet. When you aren't chosen first to do something do you know that is ok? Do you still give your best no matter where you are in line?

(PAUSE)

Who wants to share?

OLDER CHILDREN:

Breathe deeply and release each breath slowly. Go within and think of a situation where you were not chosen to do something you wanted to do. How did you react? Now use your Christ eyes within you and see yourself continuing to do your best no matter what happens. Do you feel a sense of confidence in yourself from doing that?

(PAUSE)

Who wants to share?

Example Statements: Read Aloud

I have what it takes

I believe in myself

I learn from my mistakes

I face my fears head on

The more I give, the more I receive

I am guided from within

I think the best with every thought

CREATIVE EXPERIENCE: Select the activity that focuses on what you want to emphasize from this lesson.

Younger Children's Activity:

Activity 1:

Supplies: lollipops, one for each child and an extra one

Spread out the lollipops on a flat surface and let each child pick one. Sit in a circle and let the children enjoy their treat. Hold the leftover lollipop in your hand and ask the

children if there is something wrong with this lollipop because no one choose it. Help them to realize that there is nothing wrong with it, it just wasn't chosen. Explain to them that sometimes in life they won't be chosen and that it is ok, it just wasn't their time yet.

Activity 2:

Supplies: plain lunch bags, colored pencils, crayons, lollipops

Have each child decorate a bag with their rendition of Bobby Bag. Share together afterwards their decorated bags. At the end of the sharing place a lollipop in each bag for the children to take home with them.

Older Children's Activity:

Activity 1

Supplies: a large paper bag and enough slips of paper so that each child gets one and there is one slip left over. Put an "A" on half of them and a "B" on the other half with one blank slip left over.

If there is an even number of students in the class leave out one "B" slip and substitute the blank slip for it and put them all in the bag. If there are an odd number in the class put all the slips in the bag, including the blank one. Have each child draw a slip from the bag and tell them to not tell anyone what is on their slip. After all the slips are drawn tell the "A" s to go to one side of the room and the "B" s to the other side. Have the child with the blank slip stand with you. Have them tell the class how they feel not being part of either the A team or the B team using the lessons they have learned from today's class. Put all the slips back in the bag and repeat the exercise. Do it as many times as time permits.

Activity 2:

Supplies: lined paper, pencils, pens, enough Example Statements printed out to give to each child

Give the children the challenge to write a brief scenario of 100 words or less of a situation where the best was left for last. Have them use one of the Example Statements as a theme for their essay. Then share the essays with one another.

THE CLOSING:

Sit or stand holding hands eyes closed. Read the closing prayer and then the Unity Prayer for Protection.

Dear God, I know I am created to be a unique expression of life. Help me to learn how to develop my gifts and talents with patience and to share them with the world. I open to Your guidance within and know that I have what it takes. Amen

Then the Unity 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.

Wherever we are God is and all is well.

TRUST

LEARNING INTENTION: This parable teaches the lesson that when we walk in God's light in faith and trust our lives are lived in a positive way. By trusting that things will work out for the best, you will see the good that your life has to offer you. Trusting life is a big step in living a life of peace and joy. Our attitude about something determines the experience we will have as we go through any experience. This trust is also called faith. It comes from within us. Gratitude is also an important attitude to develop. By being grateful we are seeing the good in all things. The more we see good the more good will come our way. All we need to do is trust.

- A) See the good in all things
- B) Be grateful for your experiences in life
- C) Unity youth principle #3 states, "I create my experiences by what I choose to think and what I feel."

BIBLE VERSE: Romans 12:12 "Rejoice in hope, patience in tribulation, continuing steadfastly in prayer."

TRUST



Charlie and Rob were seven years old and best friends. They lived next door to one another in Florida. They played together every day. They became good friends when Rob and his family moved into the house next door. The two friends were in class together at school and they were inseparable when not in class. Within each other they had found a true friend. They could trust each other to be there for one another and to have a good time. Then one day in late June, after the school year was over, Rob came over to Charlie's house with the news that he was going to Michigan to his grandparent's farm for the summer. He would return home to Florida before school started up again. Charlie was devastated. *What would he do without his friend to play with all summer long?* Rob reassured him he'd be back in September and they would start the new school year together.

All summer long Charlie remembered those words whenever Rob came into his mind and he realized how much he missed him. He trusted his friend would come back

and thought about all the fun things they'd do together when Rob returned in September. Then it was the beginning of September and sure enough Rob returned from his summer with his grandparents just in time to begin the new school year. Charlie learned that trusting works out when one is unsure of the outcome of something.

Open your heart and mind to trusting that things will work out for the best. Even if it turns out that it is not what you wished for, trust life and find the good in what does happen.

DISCUSSION WITH QUESTIONS:

- 1) Who were Charlie and Rob?
- 2) Where did they live?
- 3) What had they found in one another?
- 4) What two things could they trust about each other?
- 5) Where did Rob go for the summer?
- 6) When would he be back home?
- 7) How did Charlie feel about Rob going away for the summer?
- 8) What did Rob promise Charlie?
- 9) What did Charlie trust that Rob would do?
- 10) Did Rob come back home?
- 11) What did Charlie open his mind and heart to?

12) **YOUNGER CHILDREN:**

Go inside and become still. Think of a time you trusted a friend to do something and they did it and how good it made you feel.

OLDER CHILDREN:

Unity youth principle #3 states, “I create my experiences by what I choose to think and what I feel and believe”. By learning to believe in trusting the good of life to appear will help bring it forth.

(Reread Trust)

- 13) Do you think you are a trusting person?
- 14) If so, can you give an example of your trusting nature?
- 15) If you are not a trusting person do you know why?
- 16) Who is someone in your life that you trust?
- 17) Why do you trust them?
- 18) Can people trust you?
- 19) Do they trust you?
- 20) Do you understand what it means to find the good in what happens?

YOUNGER CHILDREN:

Take three deep breaths and release them slowly to quiet your body and mind. In this quiet space think of something in your life you are waiting to happen. Can you trust that things will work out for the best? Are you open to seeing the good in whatever happens?

(PAUSE)

Who would like to share?

OLDER CHILDREN:

Let's take three deep breathes and release them slowly and become still in our minds and bodies. Think about a time you wanted something to happen and it didn't.

How did you feel? Where you able to see the good in what did happen? If not, can you see the good in it now?

(PAUSE)

Who wants to share?

Example Statements: Read Aloud

I am confident that good will happen in my life

I am faithful to seeing the good

I am flexible

I am patient

I am steadfast

I am thankful for the good in my life

I am trusting

CREATIVE EXPERIENCE: Select the activity that focuses on what you want to emphasize from this lesson.

Younger Children's Activity:

Activity 1:

Supplies: paper, colored pencils, crayons

Have each child draw a picture of something in their life that is no longer there and they hope will someday come back to them. An example could be an animal, a friend, a personal item, something they are missing right now. Then sit around and let each child show their drawing to the rest of the class and tell what it is and why they are missing it.

Activity 2:

Sit together and play a game of “Positive Answers ONLY”. Below is a list of situations that aren’t considered pleasant. One by one present a situation and tell the class you only want a positive response to what they would do if it happened to them. Add your own ideas to the list.

- 1) lost favorite toy
- 2) spilled a drink all over you
- 3) are not allowed to go to a friend’s birthday party
- 4) don’t like what is served for dinner
- 5) failed a test
- 6) missed the school bus

Older Children’s Activity:

Activity 1:

Supplies: Print out enough Example Statements, one for each child

Sit in a circle and hand out the Example Statements. Have a conversation about how to trust God in a challenging situation. Before answering a situation such as one of the ones listed below, have the children read the Example Statements to themselves and select one to demonstrate in their answer. Remind them of the last line of the Unity

Prayer for Protection “Wherever I am God is and all is well.”

- 1) being lost
- 2) forgetting to finish a task that you were given
- 3) not passing into the next grade at school
- 4) moving away from friends
- 5) not knowing what to do in a challenging situation

6) being refused something you want

Activity 2:

Sit quietly together and have the children think of something that is pending in their lives that they are apprehensive about. In a few minutes have the children, one by one, share what it is that they are apprehensive about. Have the other children help them to see a positive outcome for the situation so they don't have to be scared of the pending event. After the sharing discuss how much nicer it is to think positively about things and to trust all will turn out for the better.

THE CLOSING:

Sit or stand holding hands eyes closed. Read the closing prayer and then the Unity Prayer for Protection.

Dear God, please help me to see the good in any situation I find myself in. Help me to open my heart and mind to trust that things will work out for the best. May my faith grow stronger as I grow older. Amen

Then the Unity 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.

Wherever we are God is and all is well.