

The Power of Now

1st - 5th

8/1/2010

This Week's Theme: To learn the spiritual value of patience and focusing on the now moment.

Teacher Insights: This weeks "kernel" of wisdom comes from Eckhart Tolle's "The Power of Now". As much as we know that we should live in this moment, it is often difficult, especially when we are waiting for the next thing or moment in our lives. When we understand the value of patience in our lives, waiting becomes easier and we are able to focus more attention on the now. Patience is something that becomes easier when we trust God's good in each moment of our lives, instead of looking for our good in the future. When we enjoy the present moment we remain focused on the here and now. In today's lesson, we realize that what is happening right now has value, rather than projecting value onto something in the future. This is the gift of the present moment!

Unity Writings:

Sometimes we try to take in too much new truth too fast. Excited and enthused by our new discoveries, we try to force the natural order of change by cramming in too much that is too different from the old... [We need to] proceed at a peaceful and orderly pace.

- Richard and Mary-Alice Jafolla, The Quest

[Patience is] an attitude of mind characterized by poise, inner calmness, and quiet endurance, especially in the face of trying conditions. Patience has its foundations in faith, and it is perfected only in those who have unwavering faith in God.

- Charles Fillmore, The Revealing Word

Scripture:

I wait for the Lord, my soul waits,
and in his word I hope.

Psalm 130:5 (NRSV)

Unity Principles: (today's principle is highlighted)

- 1: God is all Good and active in everything, everywhere.
- 2: I am naturally good because God's Divinity is in me and in everyone.
- 3: I create my experiences by what I choose to think and what I feel and believe.
- 4: Through affirmative prayer and meditation, I connect with God and bring out the good in my life.
- 5: Practice, Practice, Practice. I do and give my best by living the Truth I know! I make a difference!

Pre-session: Art for the Moment

Make sure you create a sacred space at the tables in your rooms. You can do this by lighting the Christ candle and then placing sacred objects around it.

Greet Parents and Children. As much as possible try to greet parents at the sign-in table.

- At the Sign-in table ask:
 - Please print names
 - Does your child have a **registration form** filled out?
 - Any special needs that we should know about?

Pre-session Activity: Art for Now

Materials: Heavy Paper, Small "White Stone" Tiles, Paint Brushes, Cups of Water

When we are able to find joy in the present moment, our mind does not worry about what is coming in the future or what has already happened in the past. We are able to enjoy the gifts of the now rather than wishing for something that has not happened yet. Using a brush dipped in water, draw designs on the materials that are provided. Make sure to take the time to enjoy the beauty of each creation in the now moment before it evaporates! Then create something new in the next moment!

Sacred Circle: The Power of Now

- **3 Ohms:** In order to synchronize our energies, have the children sit in a circle and begin sacred circle with 3 ohms.
- **Who is Jesus for us in Unity?** Our way-shower, the great master of love.
- **Affirmation:** I trust God to bring my good at the perfect time.
- **Introductions/Affirmations:** In turn, have each student stand say their name and a characteristic they bring to the classroom. For example, "I am Brandon and I bring peace

to the circle today." All the children warm up their hands and put their hands in the prayer position, bow, and say, "Namaste' _____, you are _____!"

Namaste' means: "The light in me sees the light in you."

- **Heart Agreements:** Heart Agreements establish the boundaries of how everyone in the group agrees to "show up" in Sunday school. They are not being TOLD how they must show up; they are telling YOU how they have agreed to show up. During the course of the lesson, you may refer back to the Heart Agreements. For example, if a group of kids is perpetually talking while you are speaking, then you may say to the class as a whole, "What was our heart agreement about listening to speakers?" And let the kids tell you!

Our basic heart agreements are:

**Gentle Hands
Open Hearts
Walking Feet
Listening ears
Kind Words**

- **Love Offering:** Divine Love, Blesses and multiples, all that I have, all that I give and all that I receive. And I am joy-filled and grateful. FYI: students may place lots of things besides money in the love offering basket: joy, friendship, peace, love, etc.

Meditation:

We are learning ways to calm ourselves so that we can more easily practice patience. Patience helps us to enjoy God's good in every moment, rather than looking for it in the future.

Our bodies and minds experience what patience feels like when we sit very still and quiet, and slow down our breathing. This week we will increase our skills by seeing how we can pace our own breathing.

First, blow all the air out of your lungs. Then breathe in slowly and deeply; then bend forward and blow it all out again. Sit up as you breathe in slowly and deeply again, then just breathe out and in normally.

In a moment I will ask you to breathe slowly again. This time while we are breathing, we will count each breath for about one minute. Go slowly and at your own pace. Don't hold your breath! Ready? Begin. (Watch the clock in your room, when about one minute has passed, continue on.)

Raise your hand if you would like to quietly tell us how many breathes you breathed in.

We will repeat this activity. See if you can slow the pace of your breathing down a little bit more, without holding your breath. Count your breaths again. Ready? Begin. (Watch the clock in your room, when about one minute has passed, continue on.)

Raise your hand quietly if you took in fewer breaths this time than last time.

We will repeat this activity one last time. Again, see if you can slow the pace of your breathing down a little more without holding your breath. Count your breaths again. Ready? Begin. (Watch the clock in your room, when about one minute has passed, continue on.)

Raise your hand quietly if you took in fewer breaths this time than last time.

You may have thought from the beginning that you were already breathing very slowly. But we each have a lot more control of ourselves than we think. We can use this self control and slow breathing to help ourselves become more patient whenever we need to.

Story time: Abram's Journey

You will find today's story on page 32 of The Children's Illustrated Bible. The story that the children will hear this Sunday is based on the story of Abram which can be found in Genesis 12-13 and 15. There are many different ways to look at the story of Abram (who became Abraham, considered to be the father of the Jewish people) since his story encompasses so many wonderful spiritual ideals. The faith in things unseen is a key quality in this story, as is the patience demonstrated as Abram and Sarai waited for their child. The underlying theme of the story appears to be that when we trust in God and have patience our good is comes to us. One of the things that we can notice in the story is Abram willingness to live in each moment and to trust God's guidance for him.

Discussion Questions:

- **What is happening in this story?**
- **Who needed patience in this story? Why?**
- **Do you think Abram and Sarai were ever unhappy when they were traveling? Does that mean God abandoned them?**

- Abram and Sarai had to wait a long time to get to their land and have a child. Do you think they were happy during that time? Why?
- What would their lives be like if they focused all of their time on why they had to keep traveling and why they had no child?
- Would someone like to tell us about a time they had to wait for something and had a good time waiting?
- Is God always present in your experiences? How?
- What can you do to have fun while waiting?

Say: One thing that Abram and Sarai's story teaches us is that we can be happy in the present moment, even if we do not have exactly what we want or what we asked for. Every moment is a gift and holds the possibility of joy. Sometimes the blessings we want from God take a long time to arrive, but we can trust that God still loves us in every moment.

Creative Expressions:

Walk Through Life Activity

Materials: Cardstock footprints, Scissors, Unite with me in Song, Flip Chart or Dry Erase Board or Blackboard, tape

1. Give the class a set of footprints to cut out.
2. While they are doing that have a discussion about the various stages of life.
3. Share: Often times (especially when we are younger) we really want to be like the older kids for a variety of different reasons, but at each stage of life there are plenty of good aspects for us to enjoy. Let's name some of those aspects now.
4. As a class name some of those aspects. What are some good aspects of being a baby, a toddler, a child, a teen, and an adult? (Make a list on the board in your room).
5. Write one of those aspects on each one of the footprints they have cut out and then give the completed footprints to a child to tape onto the floor. The final pattern that is laid out with the footprints should be circular.
6. Have everyone step on a footprint.
7. Play the music and have everyone walk around the circle.
8. Stop the music and have them look at the footprint they are standing on and then raise their hand if they would like to pantomime it.
9. The rest of the class will try to guess what it is and what stage of life it is from.
10. After they have guessed, turn the music back on and continue around the circle again.

Closing Prayer:

Let us pause for a moment in silence. We send thoughts of love to everyone in the world. Pause.

Father Mother God, thank you for this time together to learn about the power of finding joy in each moment. In this moment we choose to create a wonderful world for all. We allow our Christ light to shine out for the world to see and speak words of love and peace into our world. We are grateful. Thank you God! Amen.

Teacher Reminders: Please HELP

- Return the teacher tub and all supplies to the Resource Room
- Sign out by writing the number of children you had on the Teacher Sign-In Sheet.
- At 11 put the sign-in sheets in your supply tubs.
- Put the love offering in the envelope in your tubs.
- Feel out the "Hums and Areas for Improvement" sheet found behind your curriculum in your tub. Leave the completed sheet in the tub for Brandon to collect after Sunday!