

UNITY CHURCH OF OVERLAND PARK

I Am Patient

3's, 4's and K

8/1/2010

This Week's Theme: Encouraging our children to practice patience, knowing that God's good is unfolding as they wait.

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. As you are facilitating this lesson this week remember that patience is not a natural ability for this age. Their enthusiasm for life and their inability to grasp the value of patience means they will need experience practicing patience plus loving, gentle encouragement to do so.

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: Rainbow of Promise

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: Rainbow of Promise Art

Materials: Copies of Rainbows, Crayons, Cotton balls, glue

You will find the materials in your tubs this morning. Our story today will be about Noah and his family. As the children will hear at the end of the story Noah saw a rainbow and knew that this was God's promise of love for all of mankind. Today we will each make rainbows to remind us of God's love that is always with us.

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 am patient! I can wait, for my good will not be late!
- **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:

A good way to practice patience is to still our bodies and quiet our minds. Let's do that now by taking three sloooooow deep breaths in and out. As we take the first slow breath in, let's close our eyes... And as we blow that breath slowly out, let's feel our bodies relax and become still...

When we breathe our second slow breath in, we feel all the thoughts in our mind start to quiet down, and as we breathe that breath out our mind focuses on being quiet and peaceful...

With our third slow breath in, we picture ourselves standing in our home looking out a window... and as we let that breath slowly out, we look up at the sky from our window...

There are a lot of big fluffy clouds in the sky, and it looks like it might rain. As we watch the raindrops start to fall to the ground, and some roll down our window pane... As we look outside the window we see the water drops bouncing around in the water puddles. It looks like they are dancing! What fun it is to watch them... All the plants are happy to feel the rain, too...

Slowly the rain stops falling, and slowly the sun comes out again. Everything looks shiny and new after the rainfall. Everything had a lovely drink of water, and is

ready to do the next thing... We look up in the sky and see a beautiful rainbow stretching across the sky... Thank you, Rain, for bringing us the rainbow! Thank you, God, for bringing us the rain! I enjoyed watching it so much, now it is time for me to do the next thing, too!

As I bring my attention back to this room, I realize that I have been patiently sitting here for a long time! Let's all say, "Thank you, God, for my wonderful imagination!" (Repeat) Let's all say, "Thank you, God, for my patience." Amen

Story time: "Safe in the Boat"

You will find today's story on page 38 of The Rhyme Bible. The story actually begins on page 36, but for the purpose of today's lesson I would suggest you skip the first page of the story. The focus of today's lesson is on patience and waiting for our good, so we can focus on the now moment. Metaphysically, Noah represents rest. In the context of this story, one possible interpretation could be that the Noah (rest) aspect of our consciousness is what takes over when we make a shift to a deeper level of spiritual oneness. The rest element of our consciousness takes over as the flood of spirit washes clean past aspects of our lives that no longer serve us.

Discussion Questions:

- What is happening in this story?
- How would it feel to be made fun of for doing what God said to do?
- How long do you think it might have taken to build such a big boat?
- How long do you think Noah and his family had to wait in the boat?
- How did Noah and his family show patience?
- Has it ever rained when you wanted to go outside? What did you do instead? Were you patient or not?
- If it rained for a really long time, what could you do to show your patience?

Creative Expressions:

Patient Animals Game

Materials: None

In today's story each character (animals included) had to wait patiently for the rain to stop and the water to go down before they could leave the ark. To help the class practice patience, we are going to play a quiet game! In order to play this game, we are going to use our imaginations and pretend that we are animals on the ark waiting to be told we can go onto the land.

1. Have each child decide what animal they would like to be (it is okay to have more than one of an animal) and sit down.
2. You as the adult will start out by being "it/Noah" and will walk around and choose the animal that is being the quietest and most patient.
3. "It" will tap that animal on the shoulder and they will get to move to the "dry land" and become the next "it".
4. The new "it" then walks around and pick the next person who is the most still and quiet.
5. After a new "it" has been selected the previous one should return to their seat and pick a new animal to be.

As the game proceed, encourage the children to pick those who were not yet chosen, but are making the effort to be quiet!

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 joy of being patient. 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!