

UNITY CHURCH OF OVERLAND PARK

God is With Me No Matter What!

3's and 4's - K

9/12/2010

This Week's Theme: Encouraging the understanding that God's presence is always with us, even in our difficulties.

Teacher Insights: Our emphasis on this Sunday will be to invite the children to see how God's presence is always there, even when they are facing difficulties. Often times when faced with a challenge it is fear that first creeps into our minds instead of looking toward the presence of God in our lives and in that situation. One of the key principles we want the kids to understand is that no matter what is going on outside of ourselves, God is always a constant present help!

Unity Writings:

The word universe means "turned into one, a whole"... A whole needs all of its component parts, and no one part is any more important than the other.

- *The Quest*, Richard and Mary Alice Jafolla

God as omnipresence is the only presence in the universe. This refers to the all-pervading presence of God, permeating the universe. God is everywhere present. There is no place where God is not. He is in all, through all, and around all.

- *Dynamics for Living*, Charles Fillmore

Scripture:

And remember, I am with you always, to the end of the age.

-Matthew 28:20 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: Where is God?

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 **yellow registration form** filled out?
 - Any special needs that we should know about?

Pre-session Activity: Where is God? Game

Materials: Copy of God Symbol

As the children arrive, share with them that while we are waiting for all of our friends to arrive, we are going to play a game. In your tubs you will find a piece of cardstock with a symbol printed on it (it looks like a star with three hearts on it). If the children would like to color the God symbol they may.

1. Have one child decide to be it.
2. The child that is "it" will cover their eyes (head down on the table will work well) and the rest of the class will hide the God symbol.
3. Prior to them looking for the symbol, share with the class that the light of God is always with them, they simply have to look for it.
4. The person who is "it" will then try to find the God symbol in the room while the rest of the class gives them hints by saying hotter as "it" gets closer and colder as "it" gets farther away.
5. The game will continue until the God light is found. Once the God symbol is found, "it" picks a new person to be "it" and the game can continue for as long as the class would like!

Sacred Circle: Is God Always with Me?

- **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:** God is all good and active everywhere
- **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:

First let's all lie down with our feet pointing toward the center of our circle, but not touching anyone. Let's take a slow breath in like we usually do in our quiet time, then blow it out slowly. Now do that again, in... and out.

Okay, now think about your feet, and feel them getting warm and cozy. Then feel that warmth spreading slowly up your legs... then up your body... then out your arms... then up your neck... then all through your head. Mmmmmmm, I'm feeling warm and toasty all over.

But God can also feel like a lot of energy in our bodies. Let's think about our feet again, but this time we feel God's sizzling energy in our feet... Wow! They feel like twitching! Let the twitch! Now that energy moves up our legs, and they feel like dancing! Let them dance! Now it moves up into our bodies and they feel like shaking! Let them shake! When it moves out of our arms, they feel like waving! Let them wave! And when it gets to our heads we feel like buzzing! Let's buzz!

BZZZZZZZZZZZZZZZZ! Our bodies are buzzing all over! (Allow a few moments for them to have fun with this.)

Okay, now let's make our bodies silent and still again, and see if you can still feel God buzzing through your bodies. Shhhh... Raise your hand quietly if you can still feel God buzzing in your body. .. Wow that feels just as good as the warmth, doesn't it? Let's thank God for all of that good energy: "Thank you, God." Now as we all sit up, I'm going to count to three; then we can all shout together: One, two, three: "Thank you, God!"

Story time: Daniel and the Lions

You will find today's story on page 186 of The Rhyme Bible. Although this is the same story our children heard a few weeks back, we will use a different version today to help them understand the story itself, but also the idea that even in difficult times God is there with us. Daniel represents spiritual judgment. He is the part of ourselves that opens up to the wisdom and guidance of spirit. In this particular story we see Daniel rely on the power of God to protect him during the night. We know that we all have this power within us and simply need to open ourselves to that power.

Discussion Questions:

- What happened in this story?
- What animals are in our story?
- What happened to Daniel?
- How do you think Daniel felt when he was with the lions?
- How would you feel if you were with big animals?
- What kinds of things are sad or scary for you?
- What did Daniel do when he was with the lions?
- How did he keep himself safe?
- What are some things you can do to help yourself feel safe when something scares you?
- Is God always with you?
- Where can you find God?

Creative Expression:

God is With Me as I Grow

Materials: Copies of Growing Sequences (bulb-flower; egg-chicken; and baby-adult), Crayons, Envelopes, tape

Give each child an envelope and invite them to put the three sequences together in order. They may wish to color the cards or tape them together. With each sequence make sure to ask if God is present in that part of the flower, chicken, and human's life. Remember that the key point we want this age group to understand is that God is always with us and within us at every part of our lives!

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. 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!