

# **We Are One With God - Burning Bowl / White Stone Lesson**

**Grades 1 – 5**

**Sunday, January 7, 2018**

**This Week's Theme:** We celebrate our oneness with God and Divine Presence within us.

## **Teacher Insights:**

- We know God is always with us - and within us.
- There are many ways we can connect to God, including prayer and reflection.
- We are never alone because we are one with God and with one another.

## **Inspirational Writing:**

God is wisdom and intelligence. All the wisdom and intelligence we see in the universe is God - is wisdom projected through a visible form. To educate (from *educere* - to lead forth) never means to force into from the outside, but always means to draw out from within something already existing there. God as infinite wisdom lies within every human being, only waiting to be led forth into manifestation.

- Emilie Cady, *Lessons in Truth*

**Bible Verse:** Let anyone who has an ear listen to what the Spirit is saying to the churches. To everyone who conquers I will give some of the hidden manna, and I will give a white stone, and on the **white stone** is written a new name that no one knows except the one who receives it.

- Revelation 2:17 (NRSV)

**Unity Principle #1:** God is all Good and active in everything, everywhere.

**Unity Principle #2:** I am naturally good because God's Divinity is in me and in everyone.

**Affirmations:** I am one with God.

## **Pre-Activity: 10:45 a.m. – 11:00 a.m.**

**Younger Students:** \* "Jonah and the Whale" color sheets

**Older Students:** \* Community games  
\* Complete the **Good Character word search** puzzles

**Heart Agreements** describe ways we show respect for one another. We agree to have:

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

## **Sacred Circle 11:00 a.m. – 11:10 a.m.**

Invite children to say a word that reflects how they feel today: i.e.: "My name is \_\_\_\_\_. I feel \_\_\_\_\_." Affirms each child by saying, "(Name), you are \_\_\_\_\_." Continue until all are affirmed.

**Centering Breath** for prayer: Breathe deeply and place your hand on your heart. Feel **the love of God** in your heart. Breathe in **love**, breathe out **love** to the world.

**Affirmation (Say together):** I am one with God.

## **Lesson Introduction: 11:10 a.m. – 11:20 a.m.**

### **Build a Tower of the God Presence (for older children)**

The word, "Christ," means "anointed" in Greek. In Hebrew, "Christ" means "anointed one of God." When we tune into our Christ presence, we recognize holiness and presence of God in us.

Divide students into pairs or small groups. Invite them to create a tower or sculpture that represents the Christ presence within us using **plastic art chips** or **Jenga blocks**. Each chip or block represents our own individuality and Christ qualities in us.

Encourage students to explain what their towers represent.

### **Discussion:**

- What **qualities** do you think someone who believes that God's presence is within them possess? (kindness, justice, patience, compassion, friendliness, etc.)
- What kinds of things block our connection with God? (anger, jealousy, seeking revenge when someone does something mean to you, etc.)
- How do you reconnect with your God-light when you don't feel Godlike?

### **Today's Scripture Reading: Jonah & the Whale (Jonah 1-4)**

God spoke to Jonah's heart and wanted him to tell the people in a town called Nineveh that they needed to be good and kind to one another. Jonah did not want to listen to God, so he got on a ship to run away. There was a big storm in the sea. The people on the ship threw Jonah into the sea. The sea calmed, but a big whale swallowed Jonah. He prayed to God for 3 days inside the whale. The whale spit Jonah out and he went back to the city to tell the people how much God love them. Like Jonah, we can listen to or ignore the voice of Spirit.

Read aloud *The Story of Jonah*.

### **Discussion:**

- Where is God?
- Have you ever NOT wanted to listen to the voice of Spirit within you?
- What kind of "storms" do you have in your life?
- What things do you wish you could "get rid of" to become closer to God? (i.e.: temper outbursts, wanting to fight with my siblings or argue with my parents, impatience, etc.)

### **New Year Prayer & Meditation**

**Materials:** \* Candle in sand bowl \* Meditation CD \* Pencils \* Flash Paper \* White stones

#### **Part I – Burning Bowl**

Gather the children in a circle around the candle in the sand. Distribute small sheets of flash paper to the children. Ask them to write a word or a few words to express a behavior or thought they would like to "get rid of" this coming year.

Invite children to say the word/words they wish to release this year and light the tip of their flash paper with the candle. As each piece of flash paper ignites, encourage children to clap and chant, "Release! Release! Release, release, release!"

## **Part II – White Stone Ceremony**

Distribute white stones to children. Now that they've released what no longer serves them, encourage them to think of a word or a few words that express a divine intention for the year. For example, if a child released "impatience," their word of intention for the new year may be "patience" with themselves or others.

Before they write their word of intention on their white stone, **lead them in a meditation** (you may want to use the **meditation CD** in the CD player):

Focus your attention on your breathing. As you breathe in, feel the presence of God in your heart space.

As you breathe out, relax and see a picture of a big, blank white sheet of paper in your mind's eye. There is nothing written on the paper.

Ask God to help you choose your word for the New Year. What will happen for you this year?

Ask God to write the word on the paper in your mind's eye? Can you see it? Or can you hear it?

Is there a word you can hear within your heart?

**Write the word on the white stone.** Explain that this word of intention serves as a lamp to light your path throughout the year.

**Optional Activity:** Have markers & art materials available if children want to decorate their white stones.

### **Discussion:**

- What is your word of intention? (Children may choose not to respond.)
- Why did you choose your word of intention?
- How can thinking about this word of intention help you throughout the year?

### **Closing Prayer/Circle: 11:50 a.m. – 11:55 a.m.**

**Invite children to join you in the Prayer for Protection:**

The light of God surrounds us;  
The love of God enfolds us;  
The power of God protects us;  
The presence of God watches over us;  
Wherever we are, God is!

**Join everyone in the church for closing songs.  
We will return to classrooms after the blessing.**

### **Teacher Reminders: Please HELP**

- Encourage children to help tidy up the classroom.
- Remind parents and adults responsible for children to sign out before they take a child out the classroom.
- Return the teacher tub and all supplies to the Resource Room.