**This Week’s Theme:** The purpose of this lesson is to understand that if you want something, you need to give what you want to get, and to also understand that our actions and thoughts have a creative power in our world.

**Teacher Insights:** This Sunday will be a busy one! We are combining chapters 2 and 3 from our book, "On My Way to a Happy Life, by Deepak Chopra. We will continue our YFM Fall Faith series by combining and exploring the similar concepts of giving and getting, and Karma. We live in a dynamic universe. The universe operates through dynamic exchange. Everything in our lives, from our bodies to our minds to the energy that exists within us all is in a dynamic and constant exchange with the body and spirit of the universe. The very concept of living in the flow speaks to this concept of giving and receiving. When we truly are in the flow of life nothing is static, we are constantly giving and receiving. It is important to remember that the law of giving and receiving applies to more than just finances; when we give love we receive love. The truth of this spiritual law is that whatever we give is what we receive. Secondly, what we put out in our sayings and doings affect our experiences. Our actions and thoughts have a creative power in our world. This week there are a number of activities you can put into practice to utilize these two laws in your life. Those activities are: These will be on a card to send home with the children.

**Giving and Getting:**

- Each day, make a commitment that wherever you go and whoever you encounter, bring them a gift. The gift does not need to be anything more than a compliment or even a prayer. This will begin your process of circulating joy, wealth and affluence in your life and the lives of others.
Unity Church of Overland Park

- Each day agree to gratefully receive all of the gifts life has to offer to you. Always remember that these gifts may not always be material in nature, but may be as simple as the sunlight or the songs of the birds in the morning.
- Make a commitment to keep wealth circulating in your life by giving and receiving life's many gifts. Gifts such as caring, affection, appreciation and love. Each time you meet someone silently wish them happiness, joy and laughter. Through doing this, you participating in the law of giving and receiving. You are paving the way to your own blessing.

The Law of Cause and Effect:

- Each day pay attention to the choice you make (including how you react to a situation). Through witnessing your choices you bring them into your conscious awareness.
- When confronted with a choice ask two questions. 1) What are the consequences of this choice? And 2) Will this choice bring fulfillment and happiness to me and also to those affected by this choice?
- I will ask my heart for guidance. The guidance received may be in the form of a feeling of comfort or discomfort. These feelings will help to make more informed choices in your life!

Scripture:
Give, and it will be given to you. A good measure, pressed down, shaken together, running over, will be put into your lap; for the measure you give will be the measure you get back. —Luke 6:38 (NRSV)

Overhearing what they said, Jesus said to the leader of the synagogue, "Do not fear, only believe." —Mark 5:36 (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: Prosperity Checklist

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?
  - Can we have your email address for updates?

Pre-session Activity #1: Prosperity Checklist

Materials: Everyone should have journal from the week before. Puzzle pieces for "Giving and Getting" and "What You Do Comes Back To you."

Activity- As the children arrive, give them the puzzle pieces for week two and three entitled, "Giving and Getting", and "What You Do Comes Back To You", respectively. They can color them and attach to the cover of their journal, in the spots numbered 2 & 3. As they look inside their journal to week two, have them brainstorm and begin writing ideas of what they want in their life on the left side of the page, and then what can they do to get it on the right side. This is a good activity for the children to actually see what they are saying to themselves, and to think deeply about what they truly want.

Pre-session Activity #2: The Law of Cause and Effect

Teacher- You can read the following to the children after they have completed activity #2

A little boy’s experience of Karma

One mother told the story of her little boy. He had done something very naughty and was mean to his sister. He pushed her down and she skinned her knee. Then he
went off to play with his friends. Next thing you know, he fell down and hurt his own knee!

He came in to tell his mother. He said, "Mommy! I hurt my sister and then I got my karma back!" She listened to him and explained that she was glad he understood that what he did was wrong and asked him to apologize to his sister. She knew he had already learned his lesson. **Have you ever thought about this when something happened to you?** (Pause and let children reflect and respond)

The law of karma is the law of love. God loves you so much He wants you to learn from what happens to you so you will not make the same mistake again.

**Ask the children to recount an experience where they made a decision to do something that might not have been the right thing to do and it came back to teach them a lesson. Have them write this down in their journal in the third week about “What You Do Comes Back to You.”**

**Sacred Circle: As I Give...**

- **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 freely give and I receive plenty in return!
- **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:**

*Materials:* Fragrant items (cinnamon sticks, bay leaves, cloves, pine needles, lavender, etc.) 1 item in a bowl, arranged in the center of the circle.

The materials for this meditation will be in your tubs. Begin by having each child select a bowl. Have them prepare for meditation.

*Say,*

We are going to still our bodies and quiet our minds for meditation now. It helps to close our eyes so we can focus on God inside of us. Let’s close our eyes now. It also helps to take a few deep breaths to relax, and to picture peace and calm being pulled into our bodies along with the air. Let’s take three slow breaths in and out now, as we picture God’s love and light going all through our bodies just like the wonderful aroma of this fragrance…

We know that this scent is one of the many gifts from God, just as we are each a gift from God. The aroma of this fragrance goes all around the room and is shared by everyone… In the same way, we can send our love out around this room to be shared by everyone… That is a treasure we have, to give to everyone… And it is one of the ways in which we are one of God’s many gifts…

We breathe in and breathe out the fragrance… and we breathe in and breathe out God’s love… We give and receive at the same time…
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When we return our attention back to this room and open our eyes, we let the mix of fragrances remind us of all the gifts that we can give and receive, flowing in and out of our lives constantly.

Thank you, God. Amen

We can now place all of our fragrances back into the center of the circle.

**Story Time:** Announce that we are going to cover two chapters in the book this week-week 2 and 3.
Say- “They are similar but you will understand the differences after we explore them.”

**WEEK 2-“Giving and Getting.”** (Read this section of the book)

Say- “This idea is based on a quote from the bible,
Give, and it will be given to you. A good measure, pressed down, shaken together, running over, will be put into your lap; for the measure you give will be the measure you get back.  -Luke 6:38 (NRSV)

**Story Time:** Remind the children of the phrase in the book-
“Do you want more friends, more fun, more of just… whatever? There’s an easy way to get it- it really is quite clever.”

**Questions:**

• Do you recall what some of those things were in the story?
• If you want more love in your life, what could you give?
• Can Love look different when we give it? Describe some ways you could show love.
• Does a gift have to be something you actually wrap up and give?
• What can you give as gift that you would like to receive?

*Invite the children to share their journal page.
WEEK 3-“What You Do Comes Back to You.” (Read this section of the book)

Questions:
- What is Karma?
- Can we make our own Karma? How?
- What can we do to change our Karma?
- How does “Karma” follow us around?
- What does, “Listen to your gut” mean? Is it like intuition?
- How can we create good Karma for ourselves?
- Who can describe the difference between the two concepts we talked about today?

Creative Experience #1:
Paving the way with Love.

Materials- Pre-cut hearts, markers, fancy scissors.

Activity: The children can decorate and otherwise “fancify” the hearts. Make lots of them! They will carry them down to the sanctuary and hand them out as they come in. This action will support the lesson of giving and getting, with immediate results. Who can’t smile or say thank you when they have received love??

Creative Experience #2:
Cause and Effect Toss/Improv

Materials: Tennis Ball

Activity: Today we are going to play a version of an improv game that will allow the class to think about both what thoughts and feelings they are sending out, but what is coming back to them. The game is played as follows:

1. The players sit in a large circle.

2. The first player holds the ball and says the first part of a cause-and-effect sentence.

For example: (You can make up your own as well)
- When the lights went out I was scared...
- I was excited for Christmas...
I sent thoughts of love to the people around me...
When Dad said he was proud of me...

3. The player then tosses the ball to another player in the circle. The player who catches the ball must complete the sentence.

4. If the player completes the sentence, he or she starts a new sentence and tosses the ball to another player. If the player can’t complete the sentence or drops the ball, the ball goes back to the person who tossed it. That player restates the beginning of the sentence and tosses the ball to another player in the circle.

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 your presence in our lives and how we always have access to that power in our lives. 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.