

Surrender and Shine!

(Fall Faith Week 4)

1st - 5th

10/23/2016

This Week's Theme: This week we will explore how we can use forgiveness to surrender our difficult feelings towards someone over to God, and we are guided to live our lives in a way that lets us feel love for ourselves and others, even if we have been hurt.

Teacher Insights: This week we will continue our Fall Faith Celebration, and as we do, we will be exploring the concept of surrendering to the voice of God, and navigating difficult situations. We will be exploring the power of forgiving those who may have hurt us. Forgiving others can be a very difficult thing to do, especially if we have been hurt emotionally or physically. The difficulty comes from times when we may not understand why someone hurt us, but we still forgive them because we value our relationship more than what was done to us. Sometimes, in difficult situations, we forget there is a lesson to be learned. If we have trouble with forgiveness, or we can't somehow speak up for ourselves, if we only listen to the inner voice of God, the answers and courage are there, just waiting. God always provides us what we need to grow. When we forgive, we take ourselves off the hook as well. And we can turn our attention back to what brings us joy. There are four aspects of forgiveness that we will emphasize with today's lesson: 1) it is a choice to forgive; 2) it is something you do for your own benefit; 3) it is a great release; 4) it is a celebration. Ultimately we know that no matter what, we can turn our fears and upset feelings over to God and our lesson today will reinforce that truth!

Unity Quotes and Writings:

*to what is. Say "yes" to life — and see how life suddenly starts working
er than against you.*

- Eckhart Tolle

*to let go, to give up, to make room for the things we have prayed
d.*

- Charles Fillmore

Scripture

"Where can I go from your spirit? Or where can I flee from your presence? If I ascend to heaven, you are there; if I make my bed in Sheol, you are there. If I

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take the wings of the morning and settle at the farthest limits of the sea, even there your hand shall lead me, and your right hand shall hold me fast."

- Psalm 139: 7-10 (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: God Can!

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.

o 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? Allergies?
- Can we have your email address for updates?

Pre-session Activity: A Heart Filled with Love

Materials: Construction paper, hearts, a special envelope, Glue, Scissors, confetti/ words of love and forgiveness

As the children arrive, invite them to decorate a paper heart. Next, encourage them to take some confetti, or the words, and place them inside the special envelope. This is then glued down on the center of the heart. Suggest to them that they take their Heart home and put it in a special place where they can see it whenever they are feeling that they want some Love from God. This can be an excellent tool for reminding them to release those painful thoughts, and remember the love that is always inside them.

Sacred Circle: What Am I Making This Mean?

- **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.

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- **Affirmation:** I forgive now, fully and freely!
- **NEW Introductions/Namaste/Hugs:** In turns, have each student stand and, one at a time in a circle say "Namaste" and put their hands in a prayer position, bowing to their neighbor on their left and then give them a hug. The child receiving the hug in turn repeats the greeting with their neighbor.
: "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 multiplies, 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:

Today we are going to learn about and experience the power of forgiveness in our lives. The third Unity principle states, "I create my experiences by what I choose to think and what I feel and believe." This principle helps us understand how even though we may be angry with someone, we can choose to forgive them - to give love to them for something they did, even if we feel they don't deserve love.

Forgiveness is a gift of love, to others, and to ourselves and to the whole world.

When we have feelings and situations that we don't know how to handle, God can help us handle them. Some days are happy days while some days we are just not so happy! But we can give our sad, uncomfortable and upset feelings to God. Today we made God Cans to help us remember this. What can we put in our God Can? (let the class tell you some of the things they could put in their God Can) Why do you think it is called a God Can? Because when we feel that there are things in our lives that we cannot handle, God can! God can handle everything!

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Take a moment here in the room to get comfortable where you are at and close your outer eyes. Take a deep breath in, and slowly breathe out. Take another deep breath in and slowly breathe out and let your mind or heart tell you or show you someone whom you've felt hurt by in the past. It could be a friend, someone in your family, or someone at school. It could be a friend, someone in your family, or someone at school. It could be something they said or did that you felt hurt by. It could be a big hurt like a lion's roar, or a little hurt like a pin prick. Just let your mind or heart show you what you would like to heal. Let yourself feel those feelings of anger or hurt.

Now you find yourself outside in an open field. You see a huge beautiful hot air balloon touch down nearby. Notice how it is decorated. There is a person in the balloon who you may or may not know. You know this person is safe to be with and you get up and walk toward that person. It could be an angel, a spirit guide, or perhaps Jesus.

Picture in your hand a photograph of the person that you are angry with. You hand the photograph to the person in the balloon. They thank you for letting go of it. You watch as the balloon takes off into the sky. As the balloon rises you let go of any upset you had with that person. You forgive them. You feel a sense of peace and lightness as you watch the balloon disappear in the distant sky. You breathe a sigh of relief. Feel the lightness and relief.

When you are ready, wiggle your toes and fingers. Bring your attention back to this room and open your eyes.

Story time: Let It Go!

Today our story is about two brothers who didn't always get along. We will read the first part of the story and then discuss it before we read the last part of the story. We will be looking at the concept of forgiveness as it is told in the story of Esau and Jacob. Remember in Unity we look at these stories a little bit differently than other people in the world may look at them. We read these stories and try to find the meaning that may exist beyond what is written for us to read. This story could represent the conflict within us between our spiritual selves and our human selves. It seems to be telling us that forgiving our human self is the best way to express our spiritual nature. You will find "Esau and Jacob" (the first part this story) on pages 46-48 of The Children's Illustrated Bible.

Discussion Questions for Part One:

- Who are the characters in this story? What do we know about them?
- How did Jacob and Rebekah trick the father?
- What did Jacob gain by tricking the father?
- Think of a time when someone tricked you or a friend. What happened?
- Think of a time when someone lied to you or a friend. What happened?

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You will find Jacob's Return (the second part of the story) on pages 54-55.

Discussion Questions for Part Two:

- What happened when Jacob saw Esau and his 400 men?
- How do you think the brothers felt when they finally hugged?
- Do you think Esau forgave Jacob for tricking him? Why do you think so?
- What is forgiveness? How do you do it?
- What do you feel like after you have forgiven someone?

Creative Expressions:

Resentment Confetti

Materials: $\frac{1}{4}$ sheets of different colored paper, pens/markers, Unite with Me in Song CD

Today we are going to give the class an opportunity to release and let go of things that they may need to release! I have typed out a "script" for this activity, but feel free to adapt this for your class!

Say: Think about two or three resentments that you have toward someone else. It could be a friend at school, a teacher, or a family member. Choose those whom you are ready to forgive. Write their name and the reason you feel hurt by that person on a piece of colored paper.

Say: We're going to rip up our paper into little pieces, like confetti. As we rip them up, say, "I let you go, I let you go." After everyone has created their confetti, we will have a resentment confetti celebration and release all of our resentments to God. Anytime we let go of negative feelings it is a time to celebrate!

Play some music from the Unite with me in Song CD in your tubs and let the class have fun ripping and throwing their confetti to God in celebration of letting go. Together, clean up the confetti before the Peace Song.

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

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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

- o Return the teacher tub and all supplies to the Resource Room
- o Sign out by writing the number of children you had on the Teacher Sign-In Sheet.
- o At 11 put the sign-in sheets in your supply tubs.
- o Put the love offering in the envelope in your tubs.