

UNITY CHURCH OF OVERLAND PARK

Anything is Possible! (Fall Faith Week 1)

3's, 4's and K
10/4/2015

This Week's Theme: The purpose of this lesson is to understand that we are at our essential state pure consciousness and one with all things.

Teacher Insights: This Sunday we will kick off our YFM Fall Faith series by exploring the truth that we are beings created out of pure consciousness. In his book, "On My Way to a Happy Life", author Deepak Chopra introduces children to the idea/principle that anything is possible because we come from the Source of everything, God. And we have been infused with gifts and potential to create anything we can dream.

From the Author:

When you discover your essential nature and know who you really are, *in that knowing itself* is the ability to fulfill any dream you have, because you are the eternal possibility, the immeasurable potential of all that was, is, and will be.

- Deepak Chopra, The Seven Spiritual Laws of Success

The gap (between thoughts) is your connection to the field of pure potentiality. It is that state of pure awareness, that silent space between your thoughts, that inner stillness that connects you to your true power.

- Deepak Chopra, The Seven Spiritual Laws of Success

Scripture:

"Be still, and know that I am God!"

-Psalm 46:10 (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.

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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: Heart Connections

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: I can do and be anything!

Materials: Large sheets of butcher paper (to outline each child's body)

As your class arrives and are signed in, have them pair up with a friend and have each child help trace around their friend's body as they lay on the butcher paper. After the tracing is complete, ask each child draw what they would look like if they knew they could do and be anything. The idea we want to have them leave this activity with is that God love's them and with the love of God within them anything is possible.

Sacred Circle: Anything is Possible

- **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 loves me and I can do anything!**
- **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

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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.

Introduction to Fall Faith

Before meditation, discuss with the children about Fall Faith. It is a time in the fall that our church studies a book and participates in reading and activities that increase our connection to God and each other. The adults have their book, and we have our own!

The book we will be reading is called, "On My Way to a Happy Life, Deepak Chopra, a very wise man.

Each week we will be exploring ways we can grow into greater connection with God, learning and playing games on how we can have a happy life. You get to practice these things during the week, just like your mom and dad, so you can understand the lesson. You can do anything!

WEEK 1-"Anything Is Possible." (Read this section of the book)

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Story Time: Remind the children of the phrase in the book- "There's something incredible inside of you. It's the power to make all your dreams come true."

Meditation:

Now let's practice listening to God... receiving what God has to give. Take out the bottle of bubbles and blow a few around the room. What am I blowing? I wonder what is inside the bubble? Let's pretend that these are heart bubbles and we are each sitting right in the middle of one of them. Let's be careful not to touch anyone else's bubble. Oh! I can see my bubble all around me. What does it feel like to be sitting in a heart bubble?!

Let's explore the space all around us. Let's all stand and reach high like a big tree and see if we can reach the top of our pretend bubble. Invite children to stretch high. Now let's all stretch our arms out wide... See if we can touch the sides of our pretend bubble. Now let's bend down and see if we can gently touch the bottom of our heart bubble. Now let's sit down and see how small we can get inside our heart bubbles... teeny tiny... Now let's just sit in our bubble, in our own very lovely space, and see how quiet we can be inside our heart bubbles. Let's close our eyes and just listen. Shhh... Let's listen to the Silence in our very own space. Let's listen for the sound of our heart beating. Allow the class to stay in the silence for 10-30 seconds or whatever is appropriate for your class.

Now let's unzip our heart bubbles and blow them away. We can make a new bubble whenever we want! Let's say, "Thank you God! Thank you, God! Amen."

**Story Time: "When Stella Was Very, Very, Small",
by Marie-Louise Gay**

Story Summary- Where does Stella get her wild ideas? How big is Stella's imagination? What did Stella look like when she was small? How did Stella come to be the big sister to Sam? When Stella was very small, she saw the world in

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her own unique way — with wonder, curiosity, and the sense that everything is possible. And when Sam, her brother came along, what could be more natural than to try to pass this sense of wonder on to him? A story of a lovely, tiny Stella, whose world is full of small adventures and slivers of magic.

Discussion Questions:

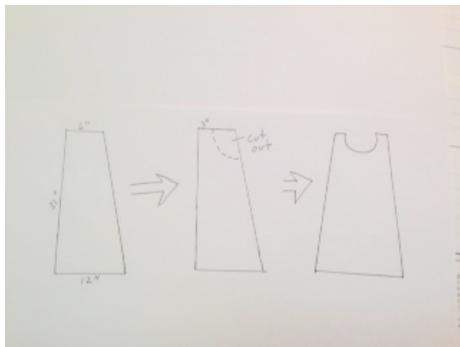
- What did Stella do as little girl?
- Was she scared?
- What kinds of things did she do?
- Have you ever felt like Stella? To be curious?
- Do you think you can do anything you set your mind to?
- Does God help us be brave? To try new things?
- Do we need to worry?

Creative Experiences:

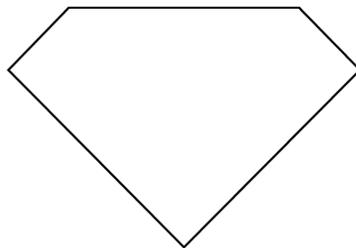
I'm a Super Hero!

Materials: Pre-cut Capes made of white butcher paper, markers, duct tape

Each child will receive a cape that has been pre-cut. They have the opportunity to create their most awesome, capable selves! They can create a persona of 'Anything is Possible' and put it on their cape. The duct tape is to reinforce the straps if need be. Tape one side to the other. There might be a lot of discussion about what they are capable, be prepared! You might need to make your own cape! At the end of the hour, they can wear their capes down to the sanctuary! Awesomeness!!



craft/drawing challenged



Template for the

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.

Take home cards

This week...

- Spend time in the silence each day. Try your best to be as quiet as you can for 1 minute. Have your parents help you.
- Take some time every day to be with nature and watch the animals or look at a flower. Or even the colors of the leaves that are changing.