

# Spirit Calms My Mind

3's, 4's, and K  
10/9/2016

**This Week's Theme:** The purpose of this lesson is to understand that we have the power to choose which part of us we will listen to. Our inner higher self can say No!, to limiting thoughts, and seek a happier place in our mind..

**Teacher Insights:** This Sunday our lesson will focus on the idea of Spirit living inside us. Many people believe that humanity is comprised of three elements. Those elements are:

- Spirit: This is the "real" you, the inner higher self. It is the unchangeable you that knows and understands its connection to God.
- Soul: This aspect of you is constantly changing. It is made up of your thoughts and feelings and everything else in your mind. The soul can make choices either based on experiences it has in the material world or from the Christ within.
- Body: This is the physical you, the tangible you. It is how we move around in the world.

## **Unity Writings:**

God is Spirit, or the creative energy that is the cause of all visible things. God as Spirit is the invisible life and intelligence underlying all physical things. There could be no body, or visible part, to anything unless there was first Spirit as creative cause.

- H. Emilie Cady, Lessons in Truth

*Spiritus* The Latin word from which we get our word 'spirit' comes from a root that means 'to breathe, to blow, to blow life' ~~Spirit~~ *then*, is the the divine breath that God is breathing out as humanity and the Universe

- Eric Butterworth, Discover the Power Within You

## **Scripture:**

So I tell you: Live by following the Spirit.

- Galatians 5:16

## **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.

## UNITY CHURCH OF OVERLAND PARK

5: Practice, Practice, Practice. I do and give my best by living the Truth I know! I make a difference!

### Pre-session: Spirit Within

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: God is in Me!**

**Materials:** Paper, Watercolors, Paintbrushes, water cans, rags

Give each child a piece of paper, and invite them to paint a picture of God in them. This could be anything from a page of their favorite colors, to a self-portrait, to what they think God looks like. As they paint, the paper will reveal a message (this will be done for you already).

### Sacred Circle: Praying Together

- **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 choose to have a caring heart.
- **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!

## UNITY CHURCH OF OVERLAND PARK

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:**

Now it is time to sit down and get really quiet for our special time with God! Now let's take a slow deep breath in... and let it slowly and quietly out. Today we are talking about God in us. There are lots of things inside us: love, thoughts, and even giggles! All of these things are God expressing through us. Let's say a prayer now, I'll read each line and you repeat it:

I never have to look too far,  
I don't have to wish upon a star,  
Because God lives inside me!

All I have to do is pray,  
Everything will be okay,  
Because God lives inside me!

Let's all take a minute now, to be quiet and think about God in us.  
Now, let's read a story about listening and talking with God.

### **Story Time: Samuel Listens**

You'll find this story on page 138 of the Rhyme Bible.

Remind the kids that they can talk or listen to God anytime too, because God lives in them!

### **Wiggle Time: Dancing**

**Materials: Unite With Me in Song CD**

Let the children express God in them by dancing, jumping, or just wiggling.

## Creative Expressions: I Am the Light

**Materials: Paper Stars, Crayons, Markers**

Let the kids decorate stars, several if they'd like, to demonstrate how God's light shines through them, and they are the Light of the World! They can then be cut out and used in the classroom.

## Closing Prayer:

Father Mother God, thank you for this time together to learn about how you live in us. In this moment we choose to create, together, 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

- 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.