

# Every Time You Wish or Want, You Plant a Seed! (Fall Faith Week 4)

3's, 4's, and K  
11/1/2015

**This Week's Theme:** The purpose of this lesson is to understand the third Unity principle: That I create my experiences by what I choose to think and what I feel and believe. There is great power in setting an intention and it will always show up later in our lives! If we think thoughts to manifest in our life, we must do our best to choose the good ones!

**Teacher Insights:** This Sunday we will continue our YFM Fall Faith series by exploring the law of intention and desire. We know from our teachings that the things we focus our attention on are what we bring more of into our lives. It is through realizing and understanding the power of attention and intention that we are able to fully realize the power of our divinity. As before, we have been given several activities to assist us with putting this law into practice. Those activities are: (Have parents read these to their children and explain anything that they don't understand)

- Make a list of all your desires. Carry this list with you wherever you go and try to look at it frequently to remind you of what you want.
- Release your desires into the "womb of creation" trusting that the divine presence within me always guides me toward the best possible place for me in each moment.
- Remind yourself to stay aware of the present moment in all moments, refusing to let obstacles distract you. Accepting the present as is, and then manifest the future through your intentions and desires.

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## From the Author:

Whatever you put your attention on will grow stronger in your life. Whatever you take your attention away from will wither, disintegrate, and disappear.

- Deepak Chopra

Intention is the real power behind desire. Intent alone is very powerful, because intent is desire without attachment to the outcome.

- Deepak Chopra

Thoughts become things. Choose the good ones! - Mike Dooley, TUT- The Universe

## Scripture:

Other seed fell into good soil and brought forth grain, growing up and increasing and yielding thirty and sixty and a hundredfold.

-Mark 4:8 (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: Happy Thoughts

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?

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- Can we have your email address for updates?

### **Pre-session Activity: Happy Thoughts**

**Materials:** Paper, a variety of toys, blocks

The materials will be in your tubs for this activity. As your class arrives and is signed in, give them a piece of paper and ask them to think about their happiest thought. They may draw things that make them happy or if they would like to play in the room instead have them play with something that makes them happy!

## **Sacred Circle: Planting the Seeds**

- **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 create my world!**
- **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**

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- **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:

*Have the children stay standing as you begin to speak today's meditation. Speak Quietly: With my hands I can do so many loving things. I can wave "hello."*

*Demonstrate to invite the children to do what you do. I can pray. Hands together. I can draw in the air. Draw in the air. I can hold hands. Invite the children to hold hands with someone next to them. I can give myself a big hug! Demonstrate.*

*With my feet I can do so many wonderful things. I can dance. Dance with feet. I can hop. Demonstrate. I can turn myself around. Demonstrate.*

*Sometimes, I make my hands and feet get real quiet, so I can listen to God inside of me. Let's sit down now, not touching anyone else. Let's rest our feet and put our hands quietly in our laps. Let's try not to move our bodies at all and listen to how quiet it can get inside us. Allow the children to stay in the silence for 10 - 30 seconds or however long is appropriate. Thank you God, for our bodies.....bodies that can move with your love.....bodies that can be still with your love. Invite the children to repeat after you: Thank you, God*

### Story Time: Week-4 "Growing What You Want" (Read this section of the book- "On My Way to a Happy Life.")

#### Discussion Questions:

- What happened in the story?
- What is your desire?
- What do you do to nurture your desire?
- What happens when we focus our attention on something we want?
- What can you do care for your desires?
- Who can help you fulfill your desires? Does it take effort?

**Story # 2 (If need be, or just skip to the activity))**

## **Story Time: Draw me a Star by Eric Carle**

You will find the book in your tubs. This is a wonderful story about our power to create the world around us by using our minds to create pictures. As you read the story feel free to ask the questions during the story as you feel lead.

### **Discussion Questions:**

- What do you think the artist will create next, after he takes a ride on his star?
- I wonder how the artist changed as he created his world. Flip though the book showing them the artist aging as the story goes on.
- I wonder in what ways you have changed since you were born. In what ways do you look different since you were a baby?
- What are some of the things that you can do now, that you couldn't do when you were a baby?

## **Creative Experiences: Sing-a-long- "With My Own Two Hands", by Ben Harper**

This is a wonderful Sing-A-Long style song where the children create a world of they're making, "with my own two hands". There will be a sheet of the lyrics at the end of the lesson and, there are supplemental verses you can add on as children love to add things into a song. Encourage them to act out the actions in the song with each other. Kelly will play along with her ukulele!

## 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.

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# With My Own Two Hands, by Ben Harper

I can change the world, with my own two hands  
Make a better place, with my own two hands  
Make a kinder place, oh with my, oh with my own two hands  
With my own, with my own two hands  
With my own, with my own two hands

I can make peace on earth, with my own two hands  
And I can clean up the earth, oh with my own two hands  
And I can reach out to you, with my own two hands  
With my own, with my own two hands  
Oh, with my own, oh with my own two hands

I'm gonna make it a brighter place, (With my own)  
I'm gonna make it a safer place, (With my own)  
I'm gonna help the human race, (With my own)  
(With my own two hands)

Now I can hold you, in my own two hands  
And I can comfort you, with my own two hands  
But you got to use, use your own two hands  
Use your own, use your own two hands

Use your own two hands  
And with our own two hands  
With our, with our, with our own two hands  
With my own, with my own two hands

I'm gonna make it a brighter place, (With my own)  
I'm gonna make it a safer place, (With my own)  
I'm gonna help the human race, (With my own)  
Oh, make it a brighter place (With my own)  
I can hold you (With my own)  
And I can comfort you (With my own)

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But you got, you got, you got, you got, you got, you got, you got to use  
Oh, use your own  
Oh, use your own, Lord

But you got, you got, you got, you got, you got to use, use  
Use your own,  
Use your own, use your own, use your own, use your own,  
Use your own

EXTRAS: Plant a garden, feed the people, build a house, shelter the people...