



What the World Needs Now

1st - 5th

11/13/2016

This Week's Theme: How can I use the Christ presence within me to make a difference in my world?

Teacher Insights: This Sunday we will explore how we can use our knowledge of being 'love for no reason' to make a difference in the world. We will spend our class time looking at some of the tools we have and how we can use those tools to make a difference for our world. This lesson will focus on allowing the children to practice using the tools of prayer, meditation and affirmations to make a difference for their world. This week we will really focus on the 5th Unity principle which states, "I do and give my best by living the Truth I know! I make a difference!"

Inspirational Thoughts:

We must not, in trying to think about how we can make a big difference, ignore the small daily differences we can make which, over time, add up to big differences that we often cannot foresee.

-Marian Wright Edelman

No act of kindness, no matter how small, is ever wasted.

- Aesop

Scripture:

How very good and pleasant it is
when kindred live together in unity!

-Psalm 133:1 (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: Making a Difference

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: Making a Difference Collage

Materials: Magazines, Markers/Crayons, Glue, Scissors

As your class arrives have them look through the magazines and see how many pictures they can find of either a way to make a difference in someone's life or a picture of someone making a difference in the world. When the collage is complete take time to look at all of the different ways to make a difference that they found.

Sacred Circle: I AM Love for No Reason

- **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 am a pure channel of Divine Love.
- **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:

In our story and creative time today we will be exploring different ways you can make a difference in your world. One of the greatest tools we have for making a difference is prayer, our ability to speak to God and to listen to God. One of the best prayers to remind us that God helps us make a difference is the Prayer for Protection. Let's say that together as we begin our sacred circle time!

The light of God surrounds me.
The love of God enfolds me.
The power of God protects me.
The presence of God watches over me.
Wherever I am, God is



And all is well!

We will have a longer time of meditation later, but let's go ahead and hear what Jesus taught about how to make a difference.

Story: The Sermon on the Mount

You will find today's story on pages 214-215 of The Children's Illustrated Bible. This weekend we will look at Jesus teachings in the Sermon on the Mount and his teachings on how to be peaceful. In your tubs you will find paper and pencils/pens. As you read the story, have your class listen for the qualities that Jesus taught for living peacefully. Have them write down as many as they can and then after the story take time to look at the qualities and how they see them in their lives.

Discussion Questions: * Not all questions need to be asked

- What was happening on the mountainside? Who was there?
- What does it mean to be blessed?
- Jesus was naming personal qualities that help a person create a happy and peaceful life. What kind of qualities does he mention? Who does Jesus say is blessed?
- Who do you know that is gentle? Who would like to share a time when you have been gentle?
- Who do you know who is merciful - which means kind and forgiving? Who would like to share a time when they were kind? When you forgave someone?
- Who do you know who is pure of heart- which means loving? What are some ways that you show your love?
- The qualities that Jesus named are the qualities of a difference maker. How do we know when someone is being a difference maker? What do they do? How do they act?
- Would someone like to share a quality they wrote down? Would you like to tell us about how you share that with others?



Creative Expression: Ripples of Peace Mandalas

Materials: sheets of paper, various sizes and shapes of cardstock to trace, pencils, markers/crayons

We will begin this activity with a meditation and then move from the meditation into a time of creativity.

Explain what is a Mandala below:

What is a Mandala? The word Mandala (pronunciation) means "circle". A Mandala represents wholeness, a cosmic diagram reminding us of our relation to infinity, extending beyond and within our bodies and minds.

Meditation:

Let's imagine for a moment that we are in a boat at the center of a great ocean. Gently close your eyes to help you see this scene on the inside. Feel the gentle rocking of the waves. Think of something that has been worrying you lately or something that you are afraid of doing or saying... Feel the sea around you begin to churn. The waves get bigger and higher. The boat is rocking with the waves. As you notice your worry and your fear, say to yourself, "Peace be still." Repeat it as often as you would like. Peace, be still...

Notice that the waves are getting smaller, the wind is dying down and your fears are lessening, too... Eventually, the water becomes absolutely still and the boat is still, too. Feel the sun shining on your face. And you say to yourself, "Peace, I am still." "Peace, I am safe."

Now imagine you are sending this peace out from your heart, into the water around you... Your perfect peace spreads out, ripple upon ripple of peace in circles around you... Soon the whole ocean is peaceful... Soon the whole world feels peace, the peace that began with you. And it is so.

Now let's create a circular picture of these ripples of peace, adding any images or words that come to us. A circular picture such as this is often called a mandala. At the center of your mandala, draw something that expresses your own peaceful center. Then allow your mind to rest and think about any peaceful images or words that come to you. Trust what comes and draw it on your mandala.



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 faith and how we always have faith in our lives and the wonderful moments when we can connect with you. 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

- 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.