

Be Open to Life!! (Fall Faith Week 5)

Unitots

11/8/2015

This Week's Theme: The purpose of this lesson is to understand that there are a number of ways to look at everything in life and we need to keep our eyes open to the blessings within our reach.

Teacher Insights: This Sunday we will continue our YFM Fall Faith series by exploring the law of detachment. The main theme for this lesson is to not be attached to the way things will look. Ultimately this is an act of trust. We set our intention, and then must set aside our attachment to what it looks like. We may have a wonderful plan, but it needs to include spirit! And when we trust in spirit, we can reach a goal, but the path may look different on the way to getting there. As before, we have been given several activities to assist us with putting this law into practice. Those activities are:

- Today, make a choice to commit yourself to detachment. Allow those around you to be as they are. Choose to accept things as they occur and not to impose your idea of the way things should be on them.
- Relish the uncertain! It is out of uncertainty and the unknown that the all creation becomes manifest. The field of unlimited possibility exists in uncertainty.
- Step into the field of unlimited possibilities and remain open to the excitement that can occur when you remain open to an infinity of choices.

From the Author:

You don't give up your intention, and you don't give up the desire. You give up your attachment to the result.

- Deepak Chopra

Relinquish your attachment to the known, step into the unknown, and you will step into the field of all possibilities.

- Deepak Chopra

Scripture:

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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: Let It Dough!

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 **yellow registration form** filled out?
- Any special needs that we should know about?

Pre-session Activity: Let It Dough!

Materials: Play dough

You will find the play dough tubs in your rooms. As the children arrive, invite them to use the play dough to create something that they want. After they have completed their creation, have them set it aside to use when everyone (as much young attention spans will allow) is done. Once enough people are done, have them place their creation in front of them and tell them that we are now going to pretend that we are God in us. Say together, "I let it go" and then have everyone "release their desires" by smashing them back down to dough!

Sacred Circle: Enjoy the Journey

- **3 Ohms:** In order to synchronize our energies, have the children sit in a circle and begin sacred circle with 3 ohms.

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- **Who is Jesus for us in Unity?** Our way-shower, the great master of love.
- **Affirmation: I know anything is possible.**
- **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**

- **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.

Song:

"I Choose"

(What a Wonderful World Track 6)

(Sung to "If You're Happy and You Know It")

Words by Judith Huffman

When I feel sad and all alone
I ask for hugs! (Hug self)
When I feel sad and all alone
I ask for hugs! (Hug self)
When I feel sad and all alone
I choose a great big hug! (Hug Self)
When I feel sad and all alone
I ask for hugs! (Hug self)

When I feel angry and real mad

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I ask for space! (Spread arms wide)
When I feel angry and real mad
I ask for space! (Spread arms wide)
When I feel angry and real mad
I choose a great big space! (Spread arms wide)
When I feel angry and real mad
I ask for space! (Spread arms wide)

When I feel hurt and start to cry
I ask for a lap! (Pat your lap)
When I feel hurt and start to cry
I ask for a lap! (Pat your lap)
When I feel hurt and start to cry
I choose my parents loving lap! (Pat your lap)
When I feel hurt and start to cry
I ask for a lap! (Pat your lap)

When I feel afraid and want to hide
I ask for friends! (Hold hands in the circle)
When I feel afraid and want to hide
I ask for friends! (Still holding hands, swing arms gently)
When I feel afraid and want to hide
I choose a friend to hold my hand! (Still holding hands, raise hands up)
When I feel afraid and want to hide
I ask for friends! (Give a friend a hug)

Meditation:

Isn't that a wonderful song? And now it's time to sit down and get real quiet for our meditation. Now let's take a slow deep breath in.... and slowly and quietly let it out.

I invite you to place your hands on your heart, like this; close your eyes... and say, "I care for myself in my heart." *Invite them to say this with you several times.* Now let's say "I am filled with a loving heart." *Repeat several times.*

If we sit really, really still, we might be able to feel the beating of our hearts under our hands. *Pause in the silence for 10-30 seconds, or as long as the group remains centered.* Thank you, God. Let's say that together: Thank you, God.

Story Time: Story Time: Week 5 Read the chapter from the book "On My Way to a Happy Life." *Be Open To Life*

Discussion Questions:

- What happens when your mind is open to all possibilities?
- What is more important, winning or having fun? Why?
- Where do your feelings come from?
- What Unity teaching talks about creating your experience?
- What are some ways we can tap into spirit to help us keep our mind open to a different way of doing things?
- Do our plans have to be the only way to do something?
- Have you ever found that you needed to change the way you solved a problem?

Creative Experiences:

"Give it to God" Box

Materials: box, construction paper, and decorative materials

One of the best ways to practice detachment is by physically giving something to God. Today we will create something for your room that will let the kids do just that. Each week this box will be in your rooms for the children to place prayers or wants into! You will find a box, construction paper, and materials to decorate the prayer box in your tubs. Have the children work together to use those materials (including the crayons that you have in your rooms) to create a prayer box for the classroom.

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.

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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.