

UNITY CHURCH OF OVERLAND PARK

Why Pray?

All Ages
3/5/2017

This Week's Theme: Understanding the power and activity of prayer is how we actively listen to God.

Teacher Insights: Our emphasis on this Sunday is all about listening to God when we pray. The children will have a better understanding of prayer, why we pray, listening when we pray, and recognizing how prayers are answered. Unity was founded on the basis of affirmative prayer and with this lesson we want to really ground our children in how and why we pray!

Unity Writings: Prayers are not to impress God. They are to impress us, to raise us to the level of consciousness where we realize that, because we are one with God, every good for us already exists.

The Quest - , Richard and Mary Alice Jafolla

The good always exists in Divine Mind as ideas, and we bring it into manifestation through the prayer of faith, affirmation, praise and acknowledgement.

-Charles Fillmore

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: Answered Prayer

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

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- 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 My prayers are answered!

Materials: White Paper, Crayons, Markers

As the children arrive, give them a sheet of drawing paper and ask them to draw a picture of how they look when they are listening to God. Is it their bedroom? Are they outside in nature? What are they praying for? Encourage them to put as much detail in their drawing as possible. They will share them later in the hour.

Sacred Circle: Why Do We Pray?

- **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:** Through prayer, I listen, and realize that God and I are one!
- **Introductions/Namaste/Hugs: 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 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.

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Song: Our Thoughts Are Prayers by Lucille Olson

You will find the song on track 19 of the Unite with Me in Song CD which will be in your tubs. *Use this song to lead into the meditation time.

Meditation:

We are all dreamers. Whether or not we remember our dreams, we all have them. We can have dreams during the day or during the night. We can have dreams while we are awake or while we are asleep. The spirit of God talks to us in our dreams. Meditation is like a waking dream. Let's have a waking dream now!

Close your outer eyes. Take a deep breath in... ... and out... ... Breathe in...
and out... And one more time, breathe in... and out

Imagine that you are in your favorite spot. It could be inside or outside. It could be near your home or far away. Take some time to get a picture of your favorite spot where you feel peaceful and safe... What do you see around you?
... what do you hear and smell? Spend some time feeling the peace and happiness of being in your special place

Now you hear someone coming. This is the person you expected. It is someone who loves you very much, and someone you love very much. And that person has a present for you! It is a box wrapped in shiny gold paper and tied with a gold bow! See yourself receiving the present. You untie the bow and open the box.

What's inside? It is a present just for you. It is your gift from God. Full of joy you say thank you to your special friend. You feel the happiness and love grow warm in your heart. You pick up your treasure and hold it close to your heart, and know that it is a gift that can never be taken away. Your friend whispers something in your ear- it is a message from God. What is your friend saying?
Your friend hugs you goodbye and walks away. You hold your gift, your dream symbol, and feel the love radiate from your heart and warm your body. Now think about what your friend whispered to you.

Still hugging your gift, gently bring yourself back to this room. Wiggle your fingers and toes. When you are ready, open your eyes. Stretch and remember the special gift you got today, your special gift from God.

Story time: Samuel is called to Serve God

The story is in The Illustrated Bible on page 108. The story is based on the bible passage **I Samuel 3:10**.

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We will also explore the later passage, **I Samuel 3:19**.

These passages will support the importance of listening to God at all times, and when we do, we create peace, not drama.

Discussion Questions:

- What are some of the things that God said were important about praying?
- How do the things that God said were important help us feel connected to God?
- How did Samuel feel connected to God?
- How do you feel connected to God?
- What are some other things that we know about prayer?
- How do we benefit from praying?
- What ways do you like to pray?
- In Unity we often say that our thoughts are prayers. In what ways do you think your thoughts are prayers? When do you take time to pray?
- Do you actively listen and then act on your prayers?

Creative Expression

Don't Let God's Words Fall on the Ground Game

Give each child a paper plate and a paddle handle. Give each child a copy of the bible passage to glue to the center of the plate. Then they can decorate the margins of the plate with markers.

Game!

Have the children stand in a circle on the floor with plenty of room between each child. They have to stay where they are, and not move. There will be music to play during this game. Start the music, and then toss a balloon into the circle. Using their paddles they made, the children bop the balloon up in the air, trying not to let it fall to the ground. If it does, they can't use that balloon. Keep trying to add balloons until they all stay up. Remind the children that when we listen to God's words, we are truly keeping the ultimate promise.

Closing Prayer:

Let us pause for a moment in silence. We send thoughts of love to everyone in the world. Pause.

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Father Mother God, thank you for this time together. 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.