

# Follow Your Dreams!

All Ages  
7/10/2016

**This Week's Theme:** The purpose of this lesson is support the children in recognizing and trusting the voice of God. The lesson will focus on encouraging the children to turn within for inner guidance as to what is theirs to do.

**Teacher Insights:** This Sunday our lesson will focus on identifying and following our dreams. We live in a world of outer direction, taking cues from parents, teachers, bosses, and other authority figures. This lesson will focus on encouraging the children to turn within for inner guidance and that may be a new concept for many people, but it is a central concept to Unity's teachings. In order to reinforce this point, when a child asks for guidance or advice, you may want to ask them what they think first. Encourage them to become quiet and to "listen within" before you offer a response. When they speak their answer, listen with respect and encourage them to "try it out" and see what happens. As spiritual educators we must remember our role is to encourage the children to turn within and trust their inner knowing!

## **Unity Writings:**

Although inner guidance may announce itself through the intellect, it operates through the "heart" - through your feelings. It comes to you not as a logical, calculated decision, but more as an insight or a feeling, and it always has with it a sense of rightness and joy.

- Richard and Mary-Alice Jafolla, The Quest

The "leading of the Spirit" is not something mysterious. When you open your mind to the wisdom of God in the silence, you should claim in faith that you have received, and trust that the Spirit does guide you.

- Charles Fillmore, Atom Smashing Power of Mind

## **Scripture:**

But whenever you pray, go into your room and shut the door and pray to your Father who is in secret; and your Father who sees in secret will reward you.

-Matthew 6:6 (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.

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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: Gifts from God

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: Gifts from God Worksheet**

**Materials:** Pre-printed sheet, pencils

The materials will be in your tubs for this activity. As your class arrives and are signed in, give them a pre-printed sheet and ask them to spend a few minutes in quiet reflection. During their reflection time, ask them to think about the following statement, "If God could give me a gift it would be \_\_\_\_\_". Once they have an idea of what God would give them, have them write what that gift is, and how they will use it in supporting the Perfect World we are creating. Be sure to allow enough time for them to share their gifts with the group before you begin Sacred Circle time!

### ***Sacred Circle: Following my Dreams We will go to room 215 for circle time***

- **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 trust God's loving voice within me!**
- **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

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neighbor on their left and then give them a hug. The child receiving the hug in turn repeats the greeting with their neighbor.

*Namaste' means: "The light in me sees the light in you."*

### WE WILL REVIEW OUR HEART AGREEMENTS

- **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.

## Meditation:

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

Close your eyes. Take a deep breath in... *Pause...* and out... *Pause...* Breathe in... *Pause...* and out... *Pause...*

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... *Pause...* What do you see around you?...*Pause...* What do you hear and smell? Spend some time feeling the peace and happiness of being in your special place...*Pause...*

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

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What is 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 special friend whispers something into your ear - it is a message from God. What is your friend saying?...*Pause...*

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 special friend whispered in your ear. *Pause for a few moments.*

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

## Assembly Creative Experience: What will you give to build our perfect world?

Today, we will briefly take more suggestions for naming our perfect world. Also, we want to come together and start figuring out what each child is willing to bring to the perfect world. Everyone will have a chance to share their creation from the pre-session, and tell/show the group what they can offer, to make our perfect world work. Who will be a Doctor? Who will have a store? Etc. **We will start mapping out our perfect world on paper**, and deciding, based on what was agreed upon, what should go where.

## Closing:

Our affirmation today is about trusting in the voice of God within. How do we know we are hearing the voice of God? One way to know is that God's voice is always loving and kind. We always get a good feeling when we are connected with God's voice within us. And when we have that good feeling of love, we know that we can trust the voice of God within. And that is our affirmation today, "I trust God's loving voice within me." Together: I trust God's loving voice within me. Thank you, God!

Let's stand and join hands for our closing prayer.

"Father/Mother God, thank you for this time together to learn about the still small voice, the voice of love, within. We know that when we are still and quiet and become centered in our heart space, that we can hear your voice and feel your presence, and that it is good. Thank you for all the gifts we receive when we quiet ourselves, listen to your voice and feel your presence. Thank you, God, and so it is. 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.