

I Talk With God!

Unitots
8/30/2015

This Week's Theme: Exploring how talking to God and listening to God in prayer helps us feel safe and guided.

Teacher Insights: Our emphasis on this Sunday will be to provide the children with a better understanding of prayer, why we pray, ways to pray, and recognizing how prayers are answered. This particular lesson will use the story of Daniel and the lions to illustrate the point that we can always turn to God to help us feel safe when we are afraid or scared. 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: Lions!

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

Pre-session Activity: Lion puppets

Materials: paper sacks, template to color and mount to the sack of a lion head, markers, glue sticks, scissors

Activity: The children will create their own lion, which they will use during the story time portion of the hour. They can decorate their puppet lion any way they wish.



Sacred Circle: My Thoughts

- **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 talk with God and all is well!
- **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: God and I Talk Today

You will find the song on track 25 of the What a Wonderful World CD which will be in your tubs. The song is sung to the tune of Mary Had a Little Lamb.

God and I Talk Today
(Tune: Mary Had a Little Lamb)
God and I talk today
Talk today, talk today.
God and I talk today
Every time I pray.

Meditation:

Sometimes when we feel scared we feel all wiggly-jiggly inside. Let's act like that on the outside now: everybody shake your body all over and make sounds! OK, now - STOP!

It would be great to stop our wiggly-jiggly scared feelings that easily, wouldn't it? Well we are going to practice one way to do that Let's take a deep breath in and blow it all out, to get all that wiggly-jiggly feeling out of our bodies. Let's do it again.

Now we will lie down in a circle with our feet to the center and close our eyes (pause until all are settled.) Let's breathe in and out again,

nice deep breaths. Ahhh, it is great to quiet down after we have been all rattled. We can be quiet and calm because we know God's presence and protection is always with us.

Everytime we breathe out, let's picture a bubble that we are blowing around ourselves. We are right in the middle of that bubble. Everytime we blow out it gets bigger and bigger... It can get big enough to include this whole room without ever popping... It can get big enough to include this whole building. It can get big enough to include our whole world!

This is the bubble of God's love and protection. We can rest in this place in our imagination, any time we want. We are resting and floating in this bubble... While we are resting and floating here I am going to say our Prayer for Protection, which reminds us that God is always with us. If you know any of the words, you can speak them with me, or you can just listen.

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!

Now our bubble of God's protection floats us back to this room, and gently comes back inside of us, so we can blow it out around us whenever we want. Thank you, God, for always taking care of me. Now open your eyes and we can say that together: Thank you, God, for always taking care of me. Amen.

Story time: Daniel and the Lions

Today's story will be a participatory story. A puppet show actually. If you would like to look at the story as it is written in the Bible it may be found in Daniel 6. Daniel represents spiritual judgment. He is the part of ourselves that opens up to the wisdom and guidance of spirit. In this particular story we see Daniel rely on the power of God to protect him during the night. We know that we all have this power within us and simply need to open ourselves to that power. * As the story is read,

you, the teacher will have a puppet of Daniel, and the children play the part of the lions. Call upon them as you read the story to do the "roaring" of the lions.

Discussion Questions:

- Who is the main person in our story?
- Who else is in our story?
- What animals are in our story?
- What happened to Daniel?
- How do you think Daniel felt when he was with the lions?
- How would you feel if you were with big animals?
- What kinds of things are sad or scary for you?
- What did Daniel do when he was with the lions?
- How did he keep himself safe?
- What are some things you can do to help yourself feel safe when something scares you?

Creative Expressions:

Daniel in the Circle

Materials: The puppets the children made during pre-session

This week we will give them an opportunity to play Daniel and call on their God selves to help calm their fear. Create a circle on the floor and have the child that will be Daniel sit in the middle. Everyone else is going to play a lion. Have the lions walk around outside the circle and roar and act scary. Remind them that because the power of God is protecting Daniel they can't cross into the circle. Have Daniel point to a particular lion and say, "I talk with God and all is well!" Once Daniel speaks to a particular "lion," that lion becomes silent. When all the lions are quiet, another child rotates in as Daniel.

*At the end of the hour, we will gather together and practice the 'Prayer for Protection.'

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 your presence in my life. I know that wherever I go you are. I am grateful for your sacred presence in my life and I shine your light for all to see. 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.