

UNITY CHURCH OF OVERLAND PARK

Patience

(Session 2)

3's and 4's

3/7/2010

This Week's Theme: Encouraging the children to practice patience, knowing that God's good is unfolding as they wait.

Teacher Insights: This weekend we will continue a lesson series for our youngest age groups on being patient and knowing that God's good is unfolding for us in our lives. As you likely already have observed, patience is not a natural ability for this young age. Their enthusiasm for life and their inability to grasp the value of patience means they will need experience in practicing patience plus loving, gentle encouragement to do show. This lesson focuses on patience through the story of Noah and his family. The creative expressions will allow time for both practice as well as reinforcement of various parts of the story so the children can experience what patience is like.

Unity Quotes and Writings:

Sometimes we try to take in too much new truth too fast. Excited and enthused by our new discoveries, we try to force the natural order of change by cramming in too much that is too different from the old...[We need to] proceed at a peaceful and orderly pace.

-The Quest, Richard and Mary-Alice Jafolla

[Patience is] an attitude of mind characterized by poise, inner calmness, and quiet endurance, especially in the face of trying conditions. Patience has found its faith, and it is perfected only in those who have unwavering faith in God.

- *The Revealing Word*, 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: Rainbow of Promise

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: Rainbow of Promise

Materials: copies of rainbow sheet, cotton balls, glue, crayons

You will find the materials in your tubs. As the children arrive, invite them to color in the rainbow in whatever colors they wish. They may glue the cotton balls onto the ends of the rainbow to indicate clouds. Encourage them to draw animals on the ground, family, friends, etc.

Sacred Circle: I Am Patience

- **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 patient. I can wait, for my good will not be late.
- **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 Am Patient"
(Sung to "Twinkle, Twinkle, Little Star")
(Track 27 on What a Wonderful World)

*I am patient; I can wait
For my good will not be late.
Yes, I know that good will come
Because in God it's already done.
I am patient; I can wait
For my good will not be late.*

Meditation:

That was certainly a song that can help us remember what to do when we want to become quiet. Let's all stand up in a row to sing it. I will sing one line, then you can sing it after me, then we can all sing it together.

*I am patient; I can wait
For my good will not be late.
Yes, I know that good will come
Because in God it's already done.
I am patient; I can wait
For my good will not be late.*

(At the final singing of the song, repeat the last line several times, making it softer and slower each time until you are just mouthing the words. Then continue on with the meditation.)

You are doing a terrific job of being still and quiet. Now let's see if we can continue that while we walk quietly around the room. We will walk as slowly as we can, putting each foot down slo-o-o-wly. We will still not make any noise or bump into anything or anybody in the room. I'll lead the way, and then you can follow me in a line, beginning at this end of our row. (Proceed around the room with exaggeratedly slow movements in a follow-the-leader fashion. When you complete the circuit of the room, quietly join hands in a circle, still maintaining the quiet.)

You each showed an amazing amount of patience to take so much time walking around the room, when you are used to going so fast. You have so much patience inside you! Let's say "Thank you, God, for my patience." (Repeat.) Amen.

Now let's wiggle all over, and then quiet our bodies again. Now we can all take a big breath in and let it out with a loud "AHHHHHH" as we sink to the floor to hear our story.

Story time: Noah's Ark and the Flood (Genesis 6-9)

You will find a folder containing the script in your tubs. Last week we used the story box figures to help tell the story of Noah. This week we will use a very similar script, but instead of using story box figure we will have the children act out the parts of the story as you read. The script is about four pages long for this story, but it is filled with motion and opportunities for the children to stay active and engaged in the story. Noah means rest and in today's story we see an example of how he has to be patient as he waits for the water to subside. The story of the flood (like the other stories of the Bible) has a deeper metaphysical meaning than the surface story shows. The story of Noah is representative of the cleansing and refocusing of humans to the spiritual nature of their lives. Although this meaning exists within the story, today's focus will be on the patience Noah demonstrated as he built and lived in the ark.

Discussion Questions:

- Why do you think Noah was building a boat when no one else was?
- Why was Noah able to hear God tell him what to do?

- How do you think it felt to have people make fun of Noah for doing what God said to do?
- How did Noah and Mrs. Noah show patience? How did the children? How did the animals?
- Did it ever rain when you wanted to go outside and play? What did you do instead? Were you patient or not?
- What are some other times when you need to be patient?
- What is the affirmation or special words we have been saying to help us remember to be patient?

Creative Expressions:

The Noisy Ark Game

Materials: Basket, Animal figures from story time

Invite the children to play a game making animal sounds.

1. One child will be Noah's wife.
2. Each child draws an animal from the basket and makes the sound of that animal (several children may be the same animal).
3. Noah's wife asks, "How noisy was it on the ark?" and the animals will all make their noises at the same time.
4. When Noah's wife calls "Patience!" the animals all stop.
5. Take turns being Noah's wife and different animals as long as children are interested.

Questions:

- How does it feel when it is so noisy?
- How does it feel when Noah's wife calls for patience?
- How does it feel when everything is quiet?

The Crowded Ark

Materials: Chairs

Invite the children to play another game where we will all fit into a small space.

1. Depending on the size of your class, use the chairs in your room to create a defined small space for them to all fit into.
2. One child can be Noah and the rest are animals.
3. Pretend the boat is rocking by gently swaying together.
4. Noah can pretend to send the dove that doesn't return.
5. It is up to Noah to tell the others be Noah when they can get off the ark.
6. Repeat as often as someone wants a turn to be Noah.

Questions:

- How many animals will fit onto the ark?

- How does it feel to be so crowded?
- How does it feel to be on a rocking ark?
- How does it feel to be free?

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.