

UNITY CHURCH OF OVERLAND PARK

Our Divine Legacy: We Are a Blessing to the World All Ages (*Special notes for older Unikids & Teens included*) 07/22/2017

This Week's Theme: The purpose of this lesson is to celebrate the Divine Goodness we see in each other and in ourselves. We bless and pray for others. We are blessings to our families, community, and the world through our thoughts, words, and actions. ***We affirm: God made me very, very good. I am holy.***

Teacher Insights: Our lesson today focuses on **Unity Principle #1: God is all Good and active in everything, everywhere.** We celebrate Divine Good in ourselves, in one another, and in the world! We believe the presence of God within us is holy. We believe:

The light of God surrounds us.
The love of God enfolds us.
The power of God protects us.
The presence of God watches over us.
Wherever we are, God is, and all is well. Amen

Unity Writings:

It is the childlike mind that finds the kingdom. – Charles Fillmore

Love is good will in action. It holds the universe together by its constructive, dynamic, unifying power. It is the great solvent of every limitation and every problem.

– Richard Lynch, *The Secret of Health*

Our use of God's gifts increases our ability to use and direct them. – Myrtle Fillmore

Scripture:

God said, "Let there be light" and there was light. God saw that the light was good.

– Genesis 1: 3-4

Jesus said to the people, "Let your light shine before others, that they may see your good deeds and glorify God."

– Matthew 5:16

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. I do and give my best by living the Truth I know. I make a difference!**

Greet Parents and Children. At the Sign-in table, remind parents/guardians to:

- Remind parents to CLEARLY PRINT each child's name and fill in all information.
- Ask parents/guardians if their child has any special needs.
- Remind parents/guardians to return to the classroom to pick up their child and "sign out" after services.

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Pre-session: Living the Empowered Life

Create a sacred space at the table in your room. Light the Christ candle to invite prayer.

Pre-Session Activity: Gratitude Banner

Materials: Strip of butcher paper, markers, crayons

As children arrive, invite them to draw or color people and things they believe are *good* and *holy*.

Read aloud **Unity Principle #1: God is all Good and active in everything, everywhere**

Sacred Circle: I am very, very good.

- **Affirmation:** Say together, **God made me very, very good. I am holy.**
- **Introductions/Affirmations:** Ask each child to (1) say their name and (2) **describe something that is very, very good.**
- **3 Ohms:** Invite children to sit in a circle and begin sacred circle with 3 *ohms*.

Opening Circle/Meditation:

Breathe in deeply and as you breathe out, say to yourself, "My feet are very, very good." As you breathe in and out, feel your body be still and quiet... Say to yourself, "My legs are very, very good." ... "My tummy is very, very good." ... "My heart is very, very good." ... "My arms are very, very good." ... "My head is very, very good." ... "I am very, very good." Say to yourself, "Thank you, God, for making me very, very good."

As we stand and open our eyes now, point to yourself and say, "**I am very, very good.**" (Pause). Point to someone else in the group and say, "**You are very, very good.**" (Pause) Point in any direction and say, "**The world is very, very good.**" (Repeat) Amen.

- **Love Offering:** Divine Love, Blesses and multiples, all that I have, all that I give and all that that I receive. And I am joy-filled and grateful.
- *Children may place other things in the love offering basket: joy, friendship, love, etc.*

Today's Lesson: We Are a Blessing to the World

Opening Activity:

Sing If You're Holy and You Know It, Sing Amen! (Sung to the tune of *If You're Happy & You Know It*) Song sheets will be available (see attached).

If you're holy and you know it, sing Amen! (Amen!)

If you're holy and you know it, sing Amen! (Amen!)

If you're holy and you know it, then your actions really show it.

If you're holy and you know it, sing Amen! (Amen!)

If you're holy and you know it, clap your hands (clap, clap) ...

If you're holy and you know it, say, "I'm good!" (I'm good!) ...

If you're holy and you know it, sing Amen! (Amen!).

Let's Talk (Opening Activity & Discussion):

- What does the word, **blessing**, mean? *Blessing* comes from a Greek word, *makarios* (*ma - car' - ee - ose*), meaning "holy."
- How do you offer a blessing in prayer? *Grace before meals, prayer before bedtime, etc.*
- What makes something **holy**? We recognize something is *holy* when it reminds us of the presence of God within ourselves, in others, and in the world.

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Let's Talk (Opening Activity & Discussion) – *continued*:

If we believe God is all-Good and active in everything, everywhere, we are respectful of the Divine Goodness in each other and in ourselves. We may not like how someone is acting (like a baby brother throwing a tantrum), but God is always in all things and in everyone.

For older kids & teens: When Jesus was alive, the people believed the only ones who were “blessed” and “holy” were very rich and powerful. The people loved to hear Jesus speak to them because he told stories and reminded them they were holy, too.

Bible Story: Adapted from Matthew 5: 1-11, 14-16 (*New Living Translation*)

When Jesus saw the crowds who came to hear him speak, he said to them:
“Blessed are you when you are humble, the kingdom of heaven belongs to you.
Blessed are you when you feel sad. You will be comforted.
Blessed are you when you try to do what is right because you will be satisfied.
Blessed are you when you forgive because you will find forgiveness, too.
Blessed are you when you have a kind heart because you will see God.
Blessed are you when you are a peacemaker. You will be called sons and daughters of God.
Blesses are you when others make fun of you for doing the right thing. Your reward will be great in heaven.
You are the light of the world. Let your light shine so others can see God in you and see God in themselves.”

Discussion:

If you believe the Light of God is in you, how can this belief:

- Comfort you when you feel sad?
- Calm you down when you feel angry?
- Help you be kind to others when you don't want to be caring?
- Remind you to look for good in others and in the world?

For older kids & teens:

If you believe God is within you, how does this Presence remind you that you are very, very good?
How do you see good in yourself when:

- You think you have disappointed someone?
- You disappointed yourself?
- You feel embarrassed?
- You think everyone is good at something but you?

How can you remind yourself that you are very, very good every day?

How can you remind others that they are very, very good?

We bless and pray for others. We are blessings to our families, community, and the world through our words and actions. **We affirm: God made me very, very good. I am holy.**

Creative Exploration Activity #1: Make *Blessing Notes*

Materials: STAR Blessing Notes (see attached master sheet); crayons, markers, pens, pencils

- Ask the children, “Who is a blessing in your life?”
- Ask, “Who in your life needs a blessing?”

Distribute *STAR Blessing Notes*. Invite children to make and give *Blessing Notes* to others (including parents, grandparents, teacher, friend, neighbor, etc.).

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Younger children: Color each blessing note. Draw happy images on the notes (rainbows, smiley faces, etc.). Stickers are available in the YFM Resource Room (Room 202).

Older kids & teens: Use markers or crayons to decorate the front of *STAR Blessing Notes*. Youth can create their own message inside blank cards for special people in their lives.

Say together this affirmation: ***God made me very, very good. I am holy.***

Invite youth to point to each other and say: ***God made YOU very, very good. YOU are holy.***

Creative Exploration Activity #2 (Optional): Sing “We Love You” Blessing Song (see attached song sheet)

The words of the “We Love You” Blessing Song is in the primary children’s Blessing Note. The word, “we,” in the note is replaced with the word “I.”

We love you. We bless you. We truly, truly appreciate you. We behold the Christ in you.

Large-Group Prayer: Church Blessing

All children meet in Room 210. Dr. Julie Connor will meet Uniteens and Y.O.U. youth downstairs and join the children in Room 210.

Children, teens, teachers, and youth leaders will bless Unikid classrooms (2nd floor) and say, **“God made you very, very good. You are holy.”** Even though no one is in the classrooms as we bless them, we bless the holy presence of everyone who enters the rooms.

Children, teens, and adults will go downstairs to walk through Harmony Halls, bless the rooms, and say, **“God made you very, very good. You are holy.”** Go to the Uniteen and Y.O.U. youth room and bless the rooms.

An usher will notify youth and adults when it is time to meet in the lobby before the close of the service. When children and adults are gathered in the lobby, bless the church, those in the church, and everyone who has entered and will enter the church. Say, **“God made you very, very good. You are holy”** before everyone sings, *We Are Walking as the Light*.

Reaffirm when we reach the platform: **God made me very, very good. I am holy.** Add **God made YOU very, very good. YOU are holy.**

Dismissal:

Children and adults will immediately return to classrooms after they leave the church. Remind children and teens to give their *STAR Blessing Notes* to others. Encourage them to make more blessing notes for others.

Teacher Reminders:

- Tell children to sit *inside the classroom* and wait for parents and guardians to pick them up.
- Remind parents to sign out before they leave the classroom with their child.
- Sign out by writing the number of children present on the *Teacher Sign-In Sheet* on the table in Room 202.
- Keep the classroom sign-in sheets in the white supply tub.
- Put the love offering in the envelope in your tub.
- Return the teacher tub and all supplies to the Resource Room

Thank you for your service! We are fortunate to be blessed by the loving example you share with our children.

