

# Discover the Power

**For ages 5 to 14 years**

**Exploring Unity Spiritual principles and how to create an empowered life.**

Writer/Editor: Reverend Diane Venzera

642 N. Harvey Ave.  
Oak Park, IL 60302  
708-785-7566

dvenzera@gmail.com  
www.dianevenzera.com

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### Lesson Intention

The intention of this lesson is to understand that forgiveness and letting go are what truly sets us free.

### Spiritual Principles

- As we learn to apologize and seek forgiveness when we do what we know to be wrong, we open ourselves to great good in our lives.
- Holding on to hurt and anger only hurts ourselves.
- Forgiveness is what sets us free.

### Affirmation

I am free and unlimited.

### Prayer Focus

“For if you forgive others their trespasses, your heavenly Father will also forgive you.” Matthew 6:14

Supplies...

Younger Children	All Ages	Older Children
<b><u>Forgiveness Bubbles</u></b>	<b><u>Forgiveness Toss</u></b>	<b><u>What Am I Carrying With Me?</u></b>
<ul style="list-style-type: none"> <li>• Bubbles, 1 container/child</li> </ul>	<ul style="list-style-type: none"> <li>• Papers</li> <li>• Pencils</li> </ul>	<p><b>Begin this activity as soon as the children arrive.</b></p> <ul style="list-style-type: none"> <li>• Rocks</li> <li>• Notecards</li> <li>• Pens</li> <li>• Markers</li> </ul>

# Sacred Circle

## Unite

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### **Transition**

Use a song and/or musical instruments to transition the children from the opening activities into the circle time

### **Affirm**

Invite one of the children to create an affirmation that affirms how they are feeling, for example: My name is \_\_\_\_\_. I am \_\_\_\_\_. The rest of the circle then affirms the first child by saying, "(Name), you are \_\_\_\_\_." Continue until all have been affirmed.

## Center

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### **Centering Breath Choices**

- Breathe through your heart: image your breath is going in and out through your heart.
- Be a Balloon: pump up like a balloon and then release
- Be a Drain: tighten all muscles, hold and then release

### **Prayer**

Once centered, teach the children a prayer of your choice or lead a brief meditation.

## Connect

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### **Prayer Requests**

Invite the children to share a prayer request. When all have shared affirm that Spirit is always present making the way clear for answered prayers.

### **Celebrations**

Invite the children to share something they would like to celebrate. Use noise makers or pom-poms to cheer after each celebration.

## Commit

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### **Love Offering**

Lead the children in blessing the love offering by inviting them to hold their offering in their hand (their offering can be money or anything they would like to bless the world with, such as: love, joy, peace) and pray the blessing of your choice. Then pass the basket and invite each child to add their offering.

### **Affirmation**

Share the affirmation of the day and invite the children to commit to it for the week.

"I am free and unlimited."



# Week #12 Story Younger Children

## **“God Intended It for Good,” Genesis 50:15-21**

When Joseph was young his brothers, who were jealous of him, sold him into slavery. Many years passed and Joseph had overcome many hardships and was in a position of power. His brothers were in need and came to ask for help. Joseph had a choice – he could forgive his brothers or not...

### **Story Focus:**

No matter what the appearance, God intends it for good so when we are willing to forgive others we heal ourselves and our relationships.

### **Discussion**

- What happening in the story?
- What did Joseph’s brothers say to Joseph?
- What did they all do next?
- What did the brothers offer to be?
- How did Joseph respond?
- What good came out of this?
- Tell me about a time when you were either forgiving or were forgiven?
- How did that experience turn out?



# Week #12 Story

## Older Children

### **“How Many Times Do We Forgive,” Matthew 18:21-22**

In this parable, Jesus tells us the importance of forgiveness.

#### **Story Focus:**

Forgiveness is a continuous process. It is what frees our heart.

#### **Discussion**

- What does Peter ask Jesus?
- How does Jesus respond?
- What story did Jesus tell Peter?
- What did the lord do for the slave?
- Then what did the slave do to his fellow slave?
- How did the lord respond to that?
- What is the moral of this story?
- Tell me of a time when you had to forgive or had to be forgiven?
- How does forgiveness free our hearts?
- “Do not mistreat foreigners who are living in your land. Treat them as you would an Israelite, and love them as you love yourselves. Remember that you were once foreigners in the land of Egypt. I am the Lord your God.”

Lesson  
#12

Younger  
Children



## “Forgiveness Bubbles”

The intention of this activity is give the children an opportunity to let go of something.

### Supplies

- Bubbles, 1 container/child

### Action

- Forgiveness is about letting go of hurts, disappointments, misunderstandings, etc... It is necessary for us to let go of these things in order to move on with our lives and to heal ourselves.
- Invite the children to sit in a circle and ask each one to name some things that people in general need to forgive. You can then move them into naming things more specific to their lives.
- Explain to them that letting something go is like imagining that what needs to be forgiven is captured inside of the bubble. (They can create this by thinking about what they want to forgive as they blow into the bubble wand).
- Then, as it is released from the wand, floats away from them and then pops, they can imagine that the hurt has been released.
- Although it appears to be easy to let it go, in realty it sometimes takes more effort than that but this can be a beginning of forgiveness.

After the activity invite them to share how the process was for them.

**Lesson  
#12**

**All Ages**



# Movement & Games

## “Forgiveness Toss”

The intention of this activity is to explore the power of forgiveness.

### **Supplies**

- Paper
- Pencils
- Markers

### **Action**

- Invite the children to think about something they would like to forgive.
- Ask them to write or draw what happened and how it made them feel.
- In order to let go of the hurt, do one of the following...
- Write on a piece of paper what happened and how that made
  - ◇ Tear the paper into tiny pieces and throw it away
  - ◇ Let it soak in water for a few minutes and then squeeze it into a tiny ball. Throw it away by trying to make basketball shots into a waste basket.
  - ◇ Bury it in the garden (in a secret place)
  - ◇ Brainstorm for other unusual way to destroy it.
- Do a meditation that connects you to your inner secret place and know that by releasing and forgiving this is an act of kindness and will help you feel better sooner.
- Remember, forgiving is something you do for yourself. It helps to release the hurt and set your mind free. The other person doesn't need to do anything, and he doesn't owe you a favor in return. In fact, the other person might not even be sorry!

### **Discussion**

- Invite the children to share their experience.
- Ask them if they notice any difference in how they feel.

# Lesson #12

## Older Children



# The Unfolding Truth

## “What Am I Carrying With Me?”

The intention of this activity is to invite the children to explore what it feels like to carry unforgiveness around with them.

### Supplies

- Rocks, 1/child
- Notecards
- Pens
- Markers

### Action #1

- This is an activity that will last through the whole lesson. It invites the child to think about all the “stuff” they are carrying around with them. is an object lesson about the power of faith.
- As the students arrive, hand each one a rock that is large enough that it is uncomfortable to hold and will get in the way of normal activity.
- Tell them that they cannot put their rocks down or lay them on the floor beside them. They must hold them constantly on their own and can't rest them on anything else.
- Begin the Sacred Circle...and include some movement activities, like the ball toss where they have to hold their rock and try to catch the ball...

### Action #2

- Ask them how they are feeling about the rocks they have been carrying around.
- What would it be like if they carried them with them everyday?
- What if they had to hold on to them while they were using the restroom? Playing sports? Sleeping?
- What do you think the rock symbolizes and what is the lesson to be learned here?
  - ◇ Application: The rock is symbolic of holding grudges, or withholding our forgiveness from other people. When we hold a grudge, or harbor bitter feelings toward someone else, who does it affect? When we withhold our forgiveness we are only hurting ourselves

### Discussion

- What are some of the “rocks” that you are currently carrying around?
- What are some things you can do to release them?

### Action

- Invite the teens to take their rocks and go outside, (Find a location when the rocks can be placed that will not disturb the landscaping.)
- Invite them to sit or stand and led them in a cleansing breath and then brief meditation.
- Invite them to think about what they want to forgive or release and then invite them to compose an affirmation that speaks to their power to do so.
- Then encourage them to release their rock back into the wilds.
- Talk about what they gained from this experience.
- When they go back inside, they can write out their affirmation to remind them that they have the power to forgive and let go

# Closing Celebration

## **Quick Tips...**

- Each Youth Ministry program is unique as to how the morning is closed. Some programs end with the students joining the adults in the Sanctuary and some close on their own,
- No matter how your program is designed, offering a closing to the students helps them find completion with the lessons, helps them create a bridge to next week and gives them an opportunity to share what they have experienced.

## **Reconnecting Activity**

- Create a ritual that invites the students back into the circle. You might use a song, ring a bell, or create a clap.

## **Closing Song**

- Using a song of your choice, invite the students to sing together. The purpose is to assist them in bringing their attention back to the circle.

## **Random Acts of Kindness**

- Share all the kindness expressed today.

## **Sacred Sharing**

- Invite the students to share what the day's experience meant to them.

## **Sacred Breath**

- Close with a centering breath or a brief meditation.

## **Closing Commitment:**

- Invite the class to close with the class motto or a "Yea, God!"