

## **“It’s What’s Inside that Counts”**

*Author Unknown*

### **Second Unity Principle: “God is individualized in each person as the Christ Consciousness”**

**Intention:** To realize that we are truly individualized expressions of God and our true nature is Divine. Within each of us is the “I AM” the Christ presence.

Resources, “The Quest” by Richard & Mary-Alice Jafolla, “Teens on the Quest” Association of Unity

**PreSession:** Have music playing such as “Leroy White’s “Dance Like a Lion”

**Points to Ponder:** For a visual, list following on board. (also Chinese Proverb at end of lesson)

- As a wave is part of the ocean, you are part of God.
- The words I Am are your spiritual self, the divine part of you, your true identity.
- I Am is the name of the Divine Potential in you.
- Whatever you attach to the words I Am is what you are claiming for yourself
- The creative energies of the universe are always ready to spring into action whenever you enter a claim.

**Bible Verse:** From the Gospel of John Chapter 6 “I Am the bread of Life Chapter 8 “I Am the light of the world” Chapter 10 “I Am the door of the sheep” Chapter 10 “I Am the son of God” Chapter 11 “I Am the resurrection and the life” chapter 14 “I Am the way, and the truth and the life” Chapter 15 “I Am the true vine”

**Affirmations:** “I Am as God created me. “I Am a spiritual being, having a human experience” “I Am is my true identity.” I Am grateful; I am wholeness; I Am peace; I Am joy; I Am abundance; I Am a child of God”

#### **Unity Statement of Being**

**God is All, both visible and invisible  
One presence, one mind, one power is All  
This One that is All,  
Is perfect Life, perfect Love and perfect Substance**

**I am an individualized expression of God  
I am ever one with this  
Perfect Life, perfect Love and perfect Substance**

#### **Daily Word**

**Opening Prayer:** “I am the light and love of God in expression. I feel God’s power flowing through me now, eager to help me become whatever I decide I AM. I choose my thoughts and words with care, and I connect them to the power of God with reverence and appreciation. Thank you, God, for your presence in me as the I AM of my being”.

#### **Introduction to Lesson: It’s What’s Inside That Counts**

Prepare two packages. One will be large and wrapped in beautiful paper with ribbons and glitter, etc. The other will be much small, wrapped in brown paper and tied up with plain string. Inside the fancy package will be “garbage”, i.e. wadded-up paper or whatever you find appropriate to symbolize garbage. Inside the plain package will be enough chocolate kisses or small crystals (whatever you choose) in bright gold paper to share with your group.

**Explanation:**

Have teens sit in an opening circle with the two packages in the middle. After opening prayer and introductions, tell the group that they can open one of the packages and invite them to come to a consensus on which to open. Then open the one they agree on. (Most likely, they will have second-guessed you and will decide for the smaller, plainer one! That’s okay) Regardless of what choice they have made, ask them what does this experience demonstrate:

- How does this experience happen in our world? In our lives?
- What does this experience tell us about people? How are we like these packages? How are we different?”
- Can we ever be beautiful on the outside and on the inside?
- What is often most important to you, the inside of a person or the outside of a person?

**Say to the group:**

Our last lesson was on the 1<sup>st</sup> Unity Principle, “There is only One Presence and One Power active as the universe and as my life, God the Good.” This Presence is in each of us as the “Christ” our Divine Essence, our Spiritual nature. From the story of Moses in the Bible, God gave to Moses the name of “I Am” as the “Name of God”. So the words ‘I Am’ represents the Christ presence in us. Whatever words you connect to “I Am” you are connecting to the power of God because you are created in the image and likeness of God. The image and likeness of God is our spiritual nature. We are essentially of the same substance as God. Even the body in which we exist is spiritual in essence. Matter and spirit are not two separate things opposed to one another.

They are the same thing in different rates and modes of vibration. When you use the words “I Am” you are connecting to the power of God so it is important to understand how you use your words. So when we use negative statements attached to the “I Am” such as I am tired, I am poor, I am stupid, I am so forgetful” we are giving our power away, we are claiming these negative statements for ourselves. Along with the words we say, it is important to be aware of the emotion and energy with which we use our words. So you can really put the 2<sup>nd</sup> Principle into use by starting to observe yourself and how you are using the words “I Am”.

**Bible Verse**

From the Gospel of John in seven different chapters the following statements are made by Jesus. People heard these statements but didn’t understand what Jesus was saying or meaning. He was making reference to the Christ, The Divinity within. The same Divinity, the Christ presence, the I AM in each of us. So as you listen to these statements hear them as the Divinity with you.

**How do we define ourselves?**

Quite often when we define ourselves, we are defining who we are from our human condition. As an example, ***have a volunteer stand up and ask them to define who they are*** (you might want to ask someone ahead of time to volunteer to do this). They may say, “My name is.....I am a Mom, I am a daughter, a wife, sister, cousin, friend, a nurse, a volunteer.....***Would you say you can change your roles?***

***Can you define for us what your personality is like.....***

***Would you say your personality is changeable?.....***

***Now can you define your spiritual self, the Christ presence that is in you?.....***

***Do you think your spiritual self is changeable like that of your personality or your roles?.....***

***As with Spiritual Principle, the Christ presence that is within each of us is not changeable.....***

***So of all of these definitions, which was the easiest to define? Which was the most difficult?***

### **How do we use “I Am Statements”?**

Quite often we use negative statements after “I Am” without even realizing what we are saying. After realizing what the “I Am” stands for we may want to change how we say things. (write statements on board such as: I am sick and tired, I am just plain stupid, I am not very good at math, I am always late, I am always getting lost, I am terrible at spelling, I am unlucky in relationships, they always end up in a mess, I am such a mess. After making the list, ask for statements on how these could be said different and write it next to the negative statement.

Accepting others’ opinions of us and attaching our I AM to these assessments is as harmful as initiating our own negative opinions of ourselves. We take someone’s “your are” and make it our “I Am”.

**Example:** All of his life, Jimmy heard from his mother, “Poor Jim, you are such a slow learner,” It made perfect sense to him to think, I am Jimmy, I am a slow learner.

**Example:** Judy grew up skinny and not very pretty. Now she is quite attractive. But the message she heard throughout her childhood and the one she still believes is: “Judy, you are so scrawny. You will never be as pretty as your sister.” “I am Judy, I am ugly.

What messages of others have you adopted as your own? Ask for examples and possible list on board.

**Example:** You are such a scatterbrain, you are just so sickly, It runs in the family so you will probably get it too, you are just disorganized, you will never be able to do it.

### ***What words and statements can we substitute for these words and messages?***

If you are presently using your “I Am” statements with negative, all you have to do is replace the words you link your “I Am” to words that mirror your Christ essence.

**Have everyone stand up and ask them to fold their arms, once everyone has, then ask them to reverse and fold their arms in the opposite way. You will notice it feels strange at first but if you made a conscious effort to continue to fold your arms the different way, in a matter of a short time it would not longer feel uncomfortable. So it is with changing a habit. We get into the habit of using our “I Am” in a negative way but we can change it with conscious effort.**

**Pass out an index card and pencil and have everyone write down negative “I am” statements they use On the opposite side of the card, create a positive “I am” statement and say these three times a day, post it on your mirror and any place else that will remind you to use this positive statement**

### **Movie Clip**

Here you can show a clip from a movie or TV sitcom and invite the teens to watch 5-10 minutes and pay attention to the “I Am” statements they hear and also any “You are” statements the characters make. Also, the energy and emotion that are placed in the words. The video clip used here is from the movie “Overboard” with Goldie Hawn & Kurt Russell.

- How would you describe the character that Goldie Hawn is playing?
- What was she placing her identity in?
- How would you describe the character Kurt Russell was playing?
- What was he placing his identity in?
- Can you describe her attitude?
- Can you describe his attitude?
- Could you feel the power and energy of their words.
- How is this clip similar to our everyday life –
  - how we treat each other; the words we use; the power & energy of our words
- If each person were to recognize the Christ potential in themselves and in others what differences Would we see in the world.

### **Meditation**

I invite you to become relaxed in your chair and close your eyes and bring your focus within. Take in a deep breath and let it out, take in another breath and as you let it out just become more relaxed with your focus in this present moment. All of the outside world just melts away and you are just relaxed in this moment.....

Bring your attention to your eyes now bring your attention to the center of your forehead just above your eyes, and this is the place called the single eye which represents our single focus on God. When we keep this single focus, then we are attuned to Divine Mind and the source of our wisdom.....

As you continue to focus your attention in this place, continue to relax your body.....feel a calm peace enter from the crown of your head and floating down through your entire body.

Now allow the question, "What am I?" to float its way down from your head and into your heart space.....

.....and in this space allow it to float, as if suspended in air.....for the next few moments of silence, breathe deeply with the question resting within you, "What am I".....allow any images, thoughts or feelings to come that want to come.....bless the question.

(Allow time for silent meditation) I am God expressing.....I am made in the image and likeness of God.

I am peace.....I am joy.....I am love.....it is the Christ presence that guides me that

Inspires me and is always there for me.....all I have to do is bring my awareness to this place within

and know that infinite wisdom is there.....Thank you God for the awareness of who and what I am. I

am awake to your Living Spirit of Truth.....Amen

### **Mirror Activity**

Input: In Matthew 19:19 it says "Love thy neighbor as thyself". We are often mirrors for one another, for what we express is often reflected by other people. When we choose to express anger, we receive anger in return, yet when we express kindness we often receive kindness and compassion in return. When we see Christ in ourselves, we see the Christ in others.

**Direction:** Invite everyone to find a partner and sit facing each other. Invite them to look at the person they have chosen as if they were looking in the mirror and seeing themselves. Ask them to really see themselves in their partner, in their image, just as we all are made in the image and likeness of God. Give them a moment to connect this way. Now invite them to listen to each of the following affirmation and repeat them to themselves in the mirror:

I am you.....You are me.....I see the Christ in your eyes..... I am God's beloved child.....

I am a good friend.....I have inner peace.....I am lovable.....I am worthy.....

I am creative.....I am wise.....I am compassionate.....I am a channel of God's expression.....

I am more than I see.....I am Spirit.....Now looking in the mirror, give yourself a hug!!!

**Closing Circle** (at end pass out affirmation cards)

Chinese proverb: (could also have this written on board)

If there is light in the soul, There will be beauty in the person  
If there is beauty in the person, There will be harmony in the house  
If there is harmony in the house, There will be order in the nation  
If there is order in the nation, There will be peace in the world

**Print out affirmations and pass out**

**“I Am” a Divine Child of God**

**“I Am” is my true identity**

**I acknowledge my oneness with God and choose to live from that Christ essence.**

**“I Am” a spiritual being having a human experience**

**I behold the Christ in you, I behold the Christ in myself**

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