

ALL TOGETHER NOW

"THE POWER OF THOUGHT: AFFIRMATIONS"

(ELEMENTARY/TWEENS)

LESSON INTENTION

We claim God's good by affirming positive truths for ourselves.

SPIRITUAL PRINCIPLES: FOR BACKGROUND INFORMATION

- Last week we learned that denials can free our minds from mistaken beliefs about ourselves and our world.
- We use affirmations to re-train our minds into ways of thinking that serve our Christ nature and enhance our experiences in the world.
- Affirmations are positive "I" statements in the present tense. They help us align our thoughts with God-thought, to bring about the good that is already ours to receive.
- Heart-Centered Metaphysics states, "There are two uses or purposes for affirmations. One is to educate our thinking; the other is to bring Divine Ideas from the invisible to the visible.
- Affirmations that identify oneself with the Christ serve to raise personal consciousness, yet they also indirectly raise collective consciousness and demonstrate the Christ Mind to the world." (p. 21)

AFFIRMATION

I claim God's good by affirming my real nature.

BIBLE QUOTE

[Spirit says,] “I will give some of the hidden manna to everyone who wins the victory. I will also give to each one who wins the victory a white stone with a new name written on it. No one knows this new name except the one who receives it.” —Revelation 2:17

SACRED CIRCLE

Bell Ringer

Rings the bell to signal transitions or to call for centering when needed.

Circle Transformation

Set up the sacred circle items and puts them away when the circle is over.

Candle Lighter

Turn on your light as we focus on the light within us.

Connection Leader

Chooses from the following:

- My name is _____. I am _____. The class affirms the child by repeating the statement.
- My name is _____. My favorite _____ is.... Fill in the blank...

Heart Agreement Angel

Leads the group in reading the heart agreements.

Blessing Angel

Invites the children to send a Wish You Well Blessing to all those here and not with us today.

Sacred Breath Leader

Leads the group in a centering activity: Breath Choices: DRAIN; BALLOON; PRETZEL....

Heart Lock-In

Relax & Breathe; Focus on your heart; Send feeling of love/appreciation to self and others.

Prayer Angel

Invites everyone to place their prayer stick into the sand. Invite the rest of the children to do the same. Share the **PRAYER FOR PROTECTION**.

Love Offering Angel

Leads the children in blessing the love offering and then passes the basket.

Celebration Leader

Passes out the shakers and invites the children to share something they would like to celebrate.

Affirmation Leader

Shares the affirmation of the day. Teacher leads a discussion about what it might mean. Invite the children to commit to it for the week. **“I am a child of God.”**

Closing Prayer

Focus on the candle again. Pray: *"God, make my life a little light within the world to glow. A little flame burning bright wherever I may go. Candle, candle burning bright, thank you for your loving and radiant light."* Candle lighter then turns off candle as all affirm God's presence in our lives.

Closing Affirmation Leader

Shares the affirmation of the day. Teacher leads a discussion about what it might mean. Invite the children to commit to it for the week. ***"I claim God's good by affirming my real nature."***

STORY

Snack Helper

Passes out the snacks and then leads children in a short meal blessing before the story begins.

"Lazarus Lives" John 11:38-44; The Children's Illustrated Bible, pp. 236-237

Jesus was friends with two sisters, Mary and Martha, and their brother Lazarus. He visited them often. One time after a visit, something happened that upset the whole family.

Story Focus/Interpretation

As Jesus demonstrated in the raising of Lazarus, we use affirmations regardless of outer appearances or previous beliefs or attitudes. In so doing, we strengthen and empower the divine capacities within ourselves and others. We call new and vibrant life into the world.

Beginning with the 3rd paragraph, read... "The two sisters had a brother called Lazarus...."

Discussion Questions

- Who were the people in this family, and how were they related to each other?
- What happened in this story?
- Did Jesus believe what everyone else did? How do you know?
- What did Jesus do?
- Jesus was affirming the power of something. What was it?
- I wonder what Jesus knew about Lazarus that the others didn't?
- I wonder if you have ever forgotten about the power of good within you.
- Have you ever felt sick or unhappy for several days? How did that feel? How did it feel when you got better?
- I wonder how affirmations can help us feel better or be nicer.
- How can affirmations help us remember the truth about ourselves?
- What do you do to remind yourself that the power of good is within you?

CREATIVE EXPERIENCE CHOICES

Affirmation Cards

Supplies

- Affirmation Cards

Action

- Invite each child to draw an affirmation card.
- Ask each to read them and comment on what the affirmation means to them.

Note: The game can be made more challenging for older children by asking them to not only say the simple affirmation, but to name some action they would do to demonstrate the affirmation. For example: "I am peaceful. I work out problems with my friends."

Build Strong Activity

Supplies

- Twelve 4" x 6" index cards, in 2 colors if possible
- Popcorn
- Bouillon or sugar cubes
- Cardstock, 1 sheet per person
- Watch or clock with second-hand

Prepare Ahead

- On 6 cards of one color, write 1 each of the following statements:
 - I am unlovable.
 - I am stupid.
 - I am weak.
 - I am unkind.
 - I am selfish.
 - I am unattractive.
- On 6 cards of another color, write 1 each of the following statements:
 - I am kind.
 - I am smart.

- I am helpful.
- I am healthy.
- I am peaceful.
- I am forgiving.

Action

- We will work together as a group to build 2 buildings. I will time you to see how fast you can build each one.
- Here are the building materials for the first building. **(Set out popcorn and index cards with negative statements.)** You will place 4 pieces of popcorn in a square so that the 4 corners of the first index card will rest on them.
- Then place the card.
- Then place 4 more pieces of popcorn above the others, then another card for the second story of our building, then more popcorn in the corners and more cards until you have a 6-story building. Ready? Begin!
 - **(When the building is finished, note the amount of time it took to build it, then proceed to the next building.)**
- Now we are going to build another 6-story building. This time, we will use bouillon/sugar cubes and these other index cards. **(Set out cards and cubes.)**
- I will time you again, as you build another 6-story building, using the sugar cubes in the places where you used the popcorn before. Ready? Begin!
 - **(When the building is finished, note the amount of time it took to build it, then lead the following discussion.)**

Discussion/Sharing

- Which building was easier to build? I wonder why.
- I wonder which building will stand longer. Why?
- If we hold these thoughts in our minds, I wonder if they would make us feel stronger or weaker inside. I wonder why.
- Now let's blow on our second building and see what happens. **(Proceed as indicated, then read the affirmations from the cards in this building.)**
- I wonder why this building was harder to blow down.
- If we hold these thoughts in our minds, I wonder if they would make us feel stronger or weaker inside. I wonder why.
- These statements are called "affirmations." They are statements about our true self, our Christ self.
- They are true possibilities for us, even if we do not show them on the outside yet. If we say these positive statements over and over again, we can begin to change our thoughts and our behavior, until we remember the truth about ourselves and see it happening on the outside.
- Sometimes we believe negative things to be true that are not true at all. Sometimes it seems impossible to believe that good things can happen, or that we can change to be better. Jesus taught us that even seemingly impossible things can happen, if we believe in God's power inside of us. God's power within us is always good.

CLOSING CIRCLE

Closing circle can be done before we go into the sanctuary if time allows.

Gather all children together again in a closing circle.

Invite children to do any of the following:

- Share any creations from today.
- Share one thing they learned today.
- Say what they might do differently this week as a result of what they learned today.
- Repeat today's affirmation.
- Speak today's Bible scripture.
- Say the Affirmative Prayer for Protection or the Prayer of Faith
- Close with prayer of gratitude for something in the day or something in their lives: "I am grateful, God, for _____."