



TODAY'S TOPIC:
Spiritual Laws

You are welcome to use this lesson to inspire spiritual conversation in your family or youth classroom. It is written for elementary age, but could be adjusted as needed.

THINKING JOB: Ask a “thinking job question” to get everyone thinking about something pertinent to the lesson. This could be asked moments or hours before your conversation.

What is gravity?

Lesson

Materials	Things to Prepare	Today's Goal
<ul style="list-style-type: none"> Rock or object you can drop. Access to something you can turn on (light switch, something with batteries) 	<ul style="list-style-type: none"> N/A 	Know that spiritual laws work just like scientific laws – all the time and the same for everyone.

SHOW - I have a rock here and I'm going to drop it and what do think will happen? (It will fall down.) Pass the rock to a few people and see if it falls down for them.

MOVE: Okay, stand up. Now jump up one time. What happened? You came back down. Now this time jump up and stay up. Were you able to do it? No. That's because of gravity. Gravity is an invisible force that pulls objects toward each other. So when you jump up, the gravity of the earth pulls you back down. And this works the same for everyone.

ASK: What about electricity? Choose someone to go to the light switch (or your alternative) and turn the light switch off and on. Now choose a different person to do the same thing. Did it work the same for both? Yes. Picture in your own home, do the switches work for everyone in your family? Electricity works the same for everyone.

SAY: I have another good one – breathing! Take a deep breath. You breathe every day and every night. Do you have to think about breathing? No. If you did, how would you be able to sleep at night? Your body just knows what to do and this is true for everybody. You don't have to think about how it works, it just does.

SAY: These are all examples of scientific laws and principles – that is things that work for everyone and work the same every time.

SAY: Spiritual laws work the same way. They are true for everyone and work for everyone. Some spiritual laws –

- Oneness – We are all connected to each other and to God. God is a part of you and you are a part of God.
- Attraction – What you put out comes back to you.
- Creation – You get to choose and create what you want in life.

SAY: So here are some spiritual laws you can depend on: Where is God? Everywhere! When is God here for us? All the time! Who can talk to God? Everyone! Who is in charge of your thoughts? You are!

AFFIRMATION: Gravity, electricity and God, they work for everyone. Repeat 4x

AFFIRMATION – God is everywhere, God is inside of me. repeat 4X

Note: Printable affirmations and coloring sheets for this lesson are available at <https://www.milehichurch.org/youth-family/> . A video to support this lesson is available on our MHC Y+F Positive Family Spirituality YouTube channel https://www.youtube.com/channel/UCUc3XHlHB9TF4FENneYoO_Q. An audio conversation of this lesson appropriate for children can be found at <https://insighttimer.com/milehichurch>.