



TODAY'S TOPIC:
One God, Many Paths

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 religion?

Lesson

Materials	Things to Prepare	Today's Goal
<ul style="list-style-type: none"> Items or pictures from different religions 	<ul style="list-style-type: none"> N/A 	Know that I can choose my religion, my beliefs, and my name for God. There are many paths, but one great power.

SHOW: I have some cool things to show you – rosary, Ganesh, Buddha, feather, angel, etc.

ASK: What do all these things have in common? They are important to different religions. So “religion” is an interesting word. What do you think that means? I think the word “religion” means a way to connect to Spirit or to God. Different religions have different names and might have different names for Spirit.

- Christians call it God
- Islam calls it Allah
- Hinduism calls it Brahman or All Reality
- Judaism calls it Yahweh
- Native American traditions call it Spirit

But guess what? Even though they have different names and different beliefs, there is one thing that all religions have in common and that is they believe in a power. That's right **power**. (Have everyone make strong arms.) They know that there is a power that is bigger than any one person and it is the source of life and no matter what name you give it, this power is real, this power is love, and it is everywhere and is for everyone.

ASK: If you wanted to learn about different religions, what could you do? There have been many people who traveled all over the world asking questions and learning, and they discovered that even though each religion was different, they also had some things that were the same. A belief in spiritual power, something bigger than you and me, was one of these things.

ASK: Do you think that is true? That there is a great loving spiritual power in the universe that is everywhere and inside of everything and everyone? Can you see it? If this POWER is in everyone everywhere, it is inside of you. You have personal POWER to make choices and decide what to think and what to do, how to treat others and to be kind to yourself. You also have the power to learn about different religions decide what is best for you.

SAY: January 16, 2022 is World Religion Day which is a day we can celebrate all the cool religions in the world. There are 4,300 different religions! Sometimes we call a religion a path to God or Spirit. And even though there are many paths and many religions, there is one Spirit. Where you live in the world, what your family believes, what is allowed in your culture are all reasons you might choose a particular religion. Fortunately, where we live, we have a lot of choice about what religion we can choose, or even to choose more than one.

AFFIRMATION – I can always find God on any path. 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>.