



**TODAY'S TOPIC:
Hidden Talents**

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 are some of my talents?

Lesson

Materials	Things to Prepare	Today's Goal
<ul style="list-style-type: none"> A frisbee if you have one. 	<ul style="list-style-type: none"> N/A 	To know everyone has gifts and talents, including you.

ASK: Do you know what a frisbee is? You might have seen or played with a frisbee before. But pretend for a moment you don't know what it is and that you have never seen one before. You might think it is a plate... or a hat.... or perhaps a tool for digging in the sand. It could be just about anything, and while you can use it for all those things, it is a Frisbee and the person who created the Frisbee created it for a purpose. The purpose of a Frisbee is to fly! But just by looking at it you might say it's purpose, it's talent, the thing it is meant to do, is hidden. Just by looking at it, you don't know that it's meant to fly. You don't necessarily see it's talent. But what does that mean, “talent”

EXPLAIN: Talents are things that you are naturally good at and it makes you happy when you do them. It's the thing when you say “I am good at...”

ASK: What are some examples of talents? Art, music, sports, writing, acting, cooking, games, learning, helping, kindness, being a good friend.

ASK: What are some of your talents? Say what some of your talents are.

EXPLAIN: Sometimes talents, the things that you are naturally good at or the things you are meant to do, are easy to see and know right away. But sometimes they are harder to discover. Sometimes they seem hidden, like the Frisbee's talent for flying.

What does it mean if something is hidden? Not easily seen. Hard to find. But I can tell you that Spirit gives everyone talents.

SAY: Here is what you need to know:

- Does everyone have a talent? YES! Everyone has talent and you probably have more than one.
- The things you like best to do or think are the most fun might be part of your talent.
- The older you get, the more talents you will discover.
- Being willing to try new things will help you find your talent.
- You can't compare talents – everyone's are different and no one talent is the best one.
- Reminder that Spirit gives everyone a talent.

AFFIRMATION – I am discovering all of my talents. 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> .