



**TODAY'S TOPIC:
Be Still And Know
Buddhism Basics**

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.

How does it feel to wake up after a really good sleep?

Lesson

Materials	Things to Prepare	Today's Goal
<ul style="list-style-type: none"> If you have any Buddha statues. 	<ul style="list-style-type: none"> N/A 	Know a bit about Buddhism and that meditation and mindfulness are good ways to get quiet and still.

ASK: How does it feel to wake up after a really good sleep? Good, happy.

SAY: The word “Buddha” means “awakened” to the truth. You feel good when you wake up after a good sleep and you feel good when you wake up to things that are true for you.

ASK: What are some things that are true for you? Examples: “I am” statements (I am kind. I am creative.) God is inside of me. God is everywhere. My thoughts have power. ASK: Can anyone see the truth for themselves? Yes!

SAY: This idea of waking up to truth inspired an entire religion called Buddhism and started with one person – the Buddha. **SEARCH FOR IMAGES.** Many people have been the Buddha but who was the first Buddha that started the religion of Buddhism?

STORY: THE STORY OF SIDDHARTHA:

The Buddha was a man, a very rich prince, named Siddhartha who lived in India over 2,500 years ago. From the time he was a little boy, Siddhartha was always bothered when he saw someone suffering with pain from age or sickness or being

poor. When he got older, he decided one of the best ways to help was to become a Buddha – a holy man, an awakened one – so he would have wisdom and power to help those who were suffering. But the people in the kingdom wanted him to stay and so he got married. But he still wanted to be a Buddha. So Siddhartha told his mom and dad he was leaving to become a Buddha. His dad said “no” and surrounded him with music and dancing and food and excitement and gifts to try and keep him at home. But Siddhartha figured out that none of these things would actually take away suffering. So one night the prince escaped the castle to go to the forest to meditate. He got rid of all his fancy clothes and cut his hair and became a monk – a person who studies and works to become awakened. He studied for 6 years, then went into the forest to meditate under the bodhi tree. After sitting under the tree for seven days, he became a completely perfect and fully enlightened Buddha, a person who has great compassion and the wish to end the suffering of every single living being. He spent the rest of his life helping others understand how to become free from suffering. This kind of thought spread throughout the Eastern world and eventually world-wide and is known as Buddhism.

ASK: Is Siddhartha the only Buddha? No there have been many.

SAY: Buddhism has some really cool beliefs.

- There is a Basic Goodness or Buddha nature within every living being.
- What is true for you is already inside of you. You just need to find it.
- Love and loving-kindness are in every person’s heart.
- It is important to respect other people and their beliefs even if they are different than your own.
- Pay attention to how we think and act. You have control over how you think and act. Don’t think so much about your stuff, but instead on your thoughts and actions
- Karma - that everything has a cause and affect.

SAY: One of the best and most important ways that you can embrace these Buddhist ideas is with mindfulness and meditation. Meditation has a lot to do with our thoughts. It lets you clear away thoughts you don’t want, hear the thoughts you need to hear, and control our thoughts to find love, kindness, and

truth. And there are a lot of fun ways to meditate. Guided, walking, creating, being still. Example: Saying Ohm. PRACTICE SAYING OHM.

AFFIRMATION – I am basic goodness. 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/UCUc3XHIHB9TF4FENneYoO_Q . An audio conversation of this lesson appropriate for children can be found at <https://insighttimer.com/milehichurch> .