



**TODAY'S TOPIC:
Star Wars Spirituality**

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.

In Star Wars, they talk about The Force. What is The Force?

Lesson

Materials	Things to Prepare	Today's Goal
<ul style="list-style-type: none"> N/A 	<ul style="list-style-type: none"> N/A 	There is a power in the universe. You can call it The Force, or God, or Spirit, and you can use it for your own good.

SAY: Star Wars. Maybe you're seen the movies or the TV shows. Maybe you have a favorite character. And how cool would it be to be a jedi? What is a jedi? A Jedi is a person who can use this special thing called The Force. What are some things you need to be a jedi? Take suggestions.

SAY: 1 – The first and most important thing is THE FORCE. What do you think the force is? The force is that one thing, one energy shared by all, lives in all, and works for everybody. Some people might have other names for this like Spirit or God or Love or Light, but no matter what you call it, it is very real and everyone has it.

- In the Empire Strikes Back, Yoda said “You must feel the force around you, through you – me – the rock - the tree – everywhere.”
- Everyone has and is part of the force. In Rogue One, Chirrut Imwe said “I am one with the force and the force is with me.

SAY: 2 – The second thing to be a jedi is to BELIEVE the force can help you. At one point, Luke is trying to lift rocks and then Yoda lifts his spaceship out of the bottom of a lake and Luke says “I don't believe it” and Yoda says “That

is why you fail.” Or you have heard this one, Yoda says “Do or do not, there is no try.” That is another way to say you have to believe.

SAY: 3 – The third thing is you have to do is LISTEN to the force, to that voice inside you. The force or God or Spirit or whatever name you call it will tell you what you need to know and what you need to do. How can you listen to the force? Be still. Meditate.

SAY: 4 – Fourth, DON'T JUDGE ON HOW IT LOOKS. Wait and learn before you decide about something. Yoda says “Judge me by size, will you?” Yoda is small and old looks like he should be too weak to do anything. But he is one of the strongest of all! You can't tell the truth about something by what it looks like.

SAY: 5 – Last is the weapon of a jedi – the light saber. This is a way to USE THE FORCE. If we want to be like a jedi, we might use other things besides a light saber. Prayer and meditation are also ways to use the force. Prayer and meditation can do all the things you need to be a jedi. It can help you FEEL THE FORCE, it can help you BELIEVE IN THE FORCE, it can help you LISTEN TO THE FORCE, it can help you LOOK FOR THE FORCE IN OTHERS AND NOT JUDGE THEM BY THEIR LOOKS. And if it feels right for you, you can use the word God for the force. It can help you FEEL GOD, BELIEVE IN GOD, LISTEN TO GOD, AND SEE GOD IN OTHERS.

AFFIRMATION – God is with me on my quest. 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> .