



TODAY'S TOPIC:
Spirit in My Backpack

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.

Can you control your emotions?

Materials (optional)	Things to Prepare	Today's Goal
<ul style="list-style-type: none"> • Backpack • Various school supplies 	<ul style="list-style-type: none"> • 	To anchor Spirit around school related stuff.

ASK: I know you carry a backpack for school or when we go certain places. What kinds of things do you keep in your backpack? (use kids ideas or choose age appropriate items: paper, pencils, crayons, books, lunchbox, water bottle, ruler, scissors, coat, phone) Why are those things important? (things you need for the day, things to help you learn, things that are necessary to have a good time at school)

ASK: Can Spirit/God go in your backpack? Does God fit? What size is God? All sizes – always with you, big enough, inside of you.

ASK: Can we give other meaning to the items in our backpacks so that they remind us of our connection to spirit? **For example: Pens/Pencils – because Spirit and I are writing my life story.** Do you have ideas for how other items might represent spirit? Hold up items one at a time and use the list below to prompt ideas as needed.

- ❖ Highlighter – so I can highlight all the good things I want to remember.
- ❖ Ruler – So I can measure how I'm doing and know that Spirit says it's okay to make mistakes.
- ❖ School books like spelling, vocabulary, dictionaries (books that have to do with words) – to remind me of the power of my words, what they mean, and the effect they have on others.
- ❖ Glue – Spirit keeps my life together.

- ❖ Notebook – Because God and I are writing my life story, and we’re making it a best seller just like “Harry Potter”.
- ❖ Water bottle – to remind me I’m always in the flow of Spirit.

ASK: Are there only school related items in your backpack or are there other things sometimes too? What kinds of other things do you keep in your backpack? Why? How do they represent spirit? Refer to list below for additional ideas.

- ❖ A wand – because Spirit is always working magic in my life.
- ❖ Music – Just as I can choose what music to listen to, I have the choice what to listen to at school. Teacher – yes! People being negative - no!
- ❖ A rock – because Spirit is solid and dependable like a rock.
- ❖ Tissues – because I am allowed my feelings, even if they are mad, bad or sad. Crying lets me release my feelings.
- ❖ Batteries – Spirit lets me recharge.
- ❖ Band Aid – because sometimes life hurts but Spirit helps me heal.
- ❖ Flashlight – because Spirit always shows me the way.
- ❖ Cell phone – because I can always call on Spirit.
- ❖ Candle – because when I shine my light it lets others shine theirs.
- ❖ Angels – I’m grateful for the angels god sends to me.
- ❖ Teddy Bear – Spirit holds me just like I can hold a cuddly teddy bear.

AFFIRMATION – God is always with me. repeat 4X

Note: Printable affirmations and coloring sheets for this lesson are available at <https://www.milehichurch.org/youth-family/> .