



TODAY'S TOPIC:

Altars

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 an altar?

Lesson

Altars

Materials	Things to Prepare	Today's Goal
•	•	Educate about altars and encourage kids to make their own

DISCUSS: Ask about altars. What is an altar? Why would someone have one? Do you have one?

- **What is an altar?** Table or flat space used as the space we have a personal encounter with God.
- **Why have an altar?** Dedicated space for spiritual focus and the things most important to you, to add beauty, to fill a space with your unique and creative spiritual energy, place to pray, meditate or talk to God, spot that gives you a spiritual connection and cheers you up.
- **Where should you put an altar?** Could be on a shelf or table or dresser, in a box, or on a tray. A spot where it will not be disturbed and items will not get lost or broken.
- **What goes on an altar?** Things that are special to you, things that you want to handle with honor and respect. (Specifics about items are in the bag for your activity). Altar items can come from a variety of places: around the house, the \$1 store, thrift stores. The important thing is that

the items speak to you spiritually and represent something important to you. *Note: kid altars tend to be simple, flexible, and maybe less “sacred” in their items and feeling than adult altars. As kids age, their altars evolve.*

The items can be random or they can follow a theme. Theme ideas: seasonal, the four elements, spiritual focus, goals, virtues (love, peace, joy), strength, nature, abundance.

- **Final advice:** choose 1-2 main things and add others around them. Keep the space clear and uncluttered. Bless your altar.

ACTIVITY: Altar Items Scavenger Hunt

Walk around outside, throughout your home, or in a shop to collect items and create your very own altar!

AFFIRMATION: I can create space to connect with Spirit. –repeat 4X

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