



TODAY'S TOPIC:

The Law of Attraction

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.

Do your thoughts matter?

Lesson

The Law of Attraction

Materials	Things to Prepare	Today's Goal
•	•	Paying attention to our thoughts.

SAY: I want to start today by sharing a little poem with you: (read twice)

Your mind is a garden.

Your thoughts are the seeds.

You can grow flowers or you can grow weeds.

ASK: What do you think this poem means? What is it trying to tell us? What are the flowers and the weeds?

SAY: Yes! It's telling us that we have the power to choose what we are thinking about and that **what** we are thinking about **matters**. We call this the Law of Attraction. The law says that what you put your attention on grows.

ASK: If I am planting a garden and I decide I want to grow strawberries, what kind of seeds do I have to plant? (strawberry seeds) Why? What will happen if I plant pea seeds instead? (you'll grow peas) So then, if your mind is like a garden and the seeds you plant are what grows, what kind of seeds do you want to be planting? (positive thoughts)

ASK: Do seeds need to be taken care of to grow or do you just stick them in the dirt and forget about them? They need constant care. They need to be watered! How often? Yeah, pretty much every day.

ASK: So what does that mean for your thoughts? How can you water your positive thought seeds? (repeating them every day, telling other people about them, writing them down, etc)

SAY: Sometimes, even though I don't mean to, some negative thoughts go through my mind and I think things like "that was stupid". Does that happen to you too?

ASK: What can you do after you have those thoughts to keep weeds from growing? Some Ideas:

pull them out; say "that's not true!"

replace them with a more positive thought

don't water it; stop thinking about it, distract yourself from it

ACTIVITY: Mind Gardening!

SAY: Let's practice our mind gardening a bit. We are going to use what we know about the law of attraction to help out our fictional friend Jamie. Jamie has always been very shy. Sometimes, she feels so shy she can hardly speak! Jamie wants to have more confidence (or be braver) so that she can make some new friends. Jamie wrote down some of the thoughts she has about herself and we are going to help her determine which ones are helping her grow flowers and which ones are growing weeds. (Read each thought, pausing in between to discuss and decide what type of thought it is.)

Jamie's Thoughts

"I would be a good friend to have because I am really caring and kind."

"What if I wave hello and they don't wave back?"

"I can't believe I just said that. I'm so bad at talking to other kids"

"I know I have a nice smile, maybe I can make friends by smiling"

"They probably think I'm a baby for always being so scared"

“I shouldn’t even try to talk to them. They are so much cooler than me.”

“I am going to try to make a friend today by saying hi to someone new.”

“What if I say my joke but no one laughs? That would be so embarrassing.”

“They probably don’t even care what I think.”

“I wish I wasn’t such a weirdo.”

ASK: What did you notice about Jamie’s thoughts? Did you notice there were a lot more weed thoughts than there were flower thoughts?

SAY: Now that we’ve helped Jamie pull out all her weed thoughts, she wants to know how to keep her garden clear of weeds. What ideas do you have for her?

SAY: Do you remember the name of the law we’ve been talking about? The Law of Attraction, that’s right! Let’s say our affirmation.

AFFIRMATION: What I do, say, and think comes back to me even bigger! X4

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