



TODAY'S TOPIC:  
**The Secret in the Buttermilk**  
 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.

***Where does butter come from?***

**Lesson**

Materials	Things to Prepare	Today's Goal
<ul style="list-style-type: none"> <li>● Glass jar</li> <li>● Heavy Cream</li> <li>● Spoons to taske</li> </ul>	<ul style="list-style-type: none"> <li>● Check internet to learn how to make heavy cream into butter.</li> </ul>	<p>Know that Spirit is in everything, everywhere.</p>

**ACTIVITY:** While listening to the story, pass around jars of cream and each person will take a turn to shake it 10 times then pass to the next person. Keep passing it until it changes into something else. (*This will take 5-20 minutes but most likely 10 minutes.*)

- Fill the jar half-way with heavy cream. Pop the lid on and start shaking.
- When the sloshing sounds stop, remove the lid, and check for whipped cream!
- Pop the lid back on, and continue to shake until you hear sloshing again and the mixture separates into buttermilk and butter.
- Use the small wooden spoons for tasting the butter.

**NOTE -** This story suggests a slightly different way to make butter than we are using but has a great visual description.

**STORY PREP:** This is a Hindu story. Does anyone know what Hinduism is? A religion, one of the world's oldest religions, mostly in India and Nepal but also all over the world. Hindu's believe in the Oneness of God – what does that mean to you? God is everywhere, in all things, all paths

lead to God, God is in every person. This is a Hindu story about God being everywhere in all things.

**STORY:** Read through the attached story a couple of times and then try and tell the story instead of reading it word for word.

Parable of Butter Hidden in Milk from [Parables of Sivananda](#)

- A young girl had gone to visit her family in the country. At night before going to bed, her grandmother opened a pot in which there was good cow's milk and poured in a little buttermilk.
- The girl asked, "Grandmother, that was butter milk. And why have you mixed it with milk? The milk may get ruined!"
- "Child!" answered the grandmother, "that is the way to prepare the milk in order that we might get butter out of it."
- "But I don't see butter anywhere in it, grandmother!"
- "It is in every drop of the milk, dear; but you can't see it now. I will show you in the morning."
- In the morning the girl saw that what was milk the night before had become a solid called "curd" overnight. The grandmother put a large wooden spoon called a churning rod into it and started moving it up and down very fast.
- Butter began to float on the surface of the curd! Then the grandmother scooped it out and showed it to the very surprised girl.
- The grandmother explained: "When we add the buttermilk, the milk is changed into curd. Then you have to churn it. The shaking and stirring gets the butter out that was in every drop of milk. At first you were not able to see it; it was hidden."
- "You understand now that it was there all the time. It needed to be shaken to show itself to your great joy." The girl tried to mix in the buttermilk and churn and it worked for her, too!

**QUESTIONS:**

- Could you see the butter in the jar before we started shaking it?

- Can you see God in yourself and in other people? Sometimes it is hard to see God in certain people, but like the butter in the cream, God is there. God is in everything and everyone, just like the butter in the milk
- Do we have to get shaken up sometimes to see things a new way?

**AFFIRMATION** –My foundation is strong. repeat 4X

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