



TODAY'S TOPIC:
Joy and Glimmers

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 made you smile today?

Lesson

Materials	Things to Prepare	Today's Goal
<ul style="list-style-type: none"> • Candle • Lighter 	<ul style="list-style-type: none"> • 	Know what a glimmer is and ways to find them.

ASK: What made you smile today? Particularly notice the small things that made you smile.

ACTION: Light a candle.

EXPLAIN: Some people say this candle glimmers. **What do you think glimmer means?** Glimmer means a light that glows faintly or flickeringly. It also means a small moment that makes you feel:

- Joy and happiness
- Peaceful and relaxed
- Safe and calm

Kind of like that thing that made you smile today.

ASK: What does a glimmer feel like? Glimmers will feel a little bit different in everyone's bodies, but it's like a warm-and-fuzzy feeling where you feel cozy, safe, and happy. **Have you ever felt like that?** Here's what is happening: Your body tells your brain about the feeling. The brain says “hey, this makes me feel good, safe, happy, peaceful”. Then the brain uses the vagus nerve to send that feeling through your body. **Touch the base of their skull/brain stem and trace a path up and over your ears, down your throat, through their heart to their belly.** That is the vagus nerve.

EXAMPLES: Glimmers can be different for each person. They can be found in different places. They might be about your different senses: a certain color, smell, or how something feels. **Do you know what a glimmer might be for you?** Some examples:

- Nature: Outside, flowers, leaves, stars in the sky, warmth of the sun, seeing a rainbow
- Smile: When someone smiles at you.
- Pets: Your furry friends
- Music: Your favorite song, pleasant sounds
- Food: Your favorites

QUESTION: Do you think that glimmer feeling might be God or Spirit?

QUESTION: Is it okay to find glimmers and have good feelings when things might be sad or mad or not good for you or for someone else? What if your friend is really sad and you find a glimmer that makes you happy? Yes!

Glimmers are tiny things that remind us that things will be okay. Finding moments of happiness are what help us move on from the sad, bad thing. You being happy does not mean that you don't care about your friend.

GLIMMER HUNTING: Good news! You are a Glimmer Hunter. Glimmers are all around us, all the time, we just have to look and notice. Glimmers can be found in different places. They might affect your different senses.

What do you see/hear/smell/touch right now that might be a glimmer?

Remember they can be different for each person! Once you start, you begin to look for more. When you find more, you feel better, which makes you look for even more. You may decide "I'm going to look for one glimmer before lunch." Or "I'm going to find three glimmers today."

AFFIRMATION – I find the glimmer! repeat 4X

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