



**TODAY'S TOPIC:**  
Optical Illusions

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.

***Is God real?***

**Lesson**

| Materials  | Things to Prepare  | Today's Goal   |
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| <ul style="list-style-type: none"> <li>• Either print or online – pictures of optical illusions</li> <li>• Silverware and a piece of cloth</li> <li>• Optional activity- White poster board with words written in marker + piece of red cellophane</li> <li>• Optional activity: optical spinners (stick with two photos that work together when you spin it.</li> </ul> | <ul style="list-style-type: none"> <li>• Board with words written on it in different colors</li> <li>• Double layer of red cellophane</li> </ul> | <p>Know that sometimes our brain can trick us into how things are, but God is always real.</p> |

**ASK:** Who likes tricks? What kind of tricks do you like? Magic tricks? Sometimes magic tricks are called illusions.

What is an illusion? It's a trick. Your mind and your senses (sight, smell, taste, hearing, touch) trick you and tell you one thing but it's actually something else. This is how a lot of magic tricks – illusions - work.

**SAY:** There are many kinds of illusions that use your senses:

- Taste Example: There are little things called m-berries. They are a special berry made into a pill. You put one on your tongue and it tricks you into thinking foods taste different – super sweet. Tomatoes taste

like strawberries. Sour cream tastes like ice cream. (We don't have them, but some kids may have heard of them.)

- Touch Example: Silverware and a tablecloth The silverware feels colder than the cloth, but they are actually the same temperature.
- Optical illusions: Stacy showed us lots of illusions today.

**ASK:** Do you have to understand the trick to make it real? Do you think God is real or a trick? Are you part of God or separate from God? Do you sometime have to believe things that your brain is telling you are not real? Do you sometimes feel like things are not good, and your brain has trouble seeing that everything will be okay? Remember that it is trick. You are loved and it is good.

**SHOW:** Show the cellophane trick. Hold up the paper and make sure kids know what it says. Then hold the cellophane over the top. Now what does it say? Certain words will disappear.

**AFFIRMATION:** I know that God is real. Repeat 4x

**OPTIONAL ACTIVITY:** Make optical spinners.

**AFFIRMATION** – God is real. repeat 4X

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