



TODAY'S TOPIC:  
The Four Directions

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 are the four directions?***

**Lesson**

Materials	Things to Prepare	Today's Goal
<ul style="list-style-type: none"> <li>• Medicine wheel</li> <li>• Candles – red, while, yellow, black.</li> <li>• Compass</li> </ul>	<ul style="list-style-type: none"> <li>•</li> </ul>	Know the Native American belief that nature and Spirit are connected.

**SAY:** What are some rituals – spiritual things we do over and over again – that we do on Sunday. Ideas: light candles, say a prayer, sing a song.

**SAY:** Native Americans have a cool ritual called “the sacred directions”.

**ASK:** November is Native American Heritage Month. Who knows who the Native Americans are? They are the people who lived in the United States (our country) first before new people came from other parts of the world. Native American teachings are grounded in nature and many of their prayers and rituals have something to do with nature. Do you think nature and Spirit are connected?

**SAY:** The sacred directions ritual blessing is used to start many special occasions. It is the regular way to start a ceremony. It is sometimes called the Four Directions or the Seven Directions. How many directions do you think there are? North, east, south, west. But you can also include the sky, the earth, and within.

**ASK:** Why do you think Native Americans would want to use the sacred directions? Honors nature, brings good energy, expresses gratitude.

**ASK:** Do you ever do things that honor nature, bring good energy, or express gratitude? What kinds of things do you do?

**SHOW:** Show the sacred directions symbol. (Circle with colors.) Each part of the circle has a color, an element, a season, a feeling, and an animal.

East: Yellow -Air-Spring-Eagle-Understanding and Wisdom

South: White-Fire-Winter-Bison-Growing

West: Black-Water-Fall-Bear

North: Red-Earth-Summer-Wolf

**ACTION:** Do a sacred directions ceremony

- Use the compass to find north.
- Set the candles so that the red candle faces north, the yellow candle faces east, the white candle faces south, and the black candle faces west.
- Stand and read the attached prayer. Be prepared to light the candle and turn each direction as you read the prayer.

**AFFIRMATION:** I am in harmony with everything.

AFFIRMATION –repeat 4X

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

