



TODAY'S TOPIC:

Spiritual Laws and Power

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 is a law?

Lesson

Spiritual Laws and Power

Materials	Things to Prepare	Today's Goal
<ul style="list-style-type: none"> Rock or other item that will fall when dropped 	<ul style="list-style-type: none"> none 	Discover some laws of nature

ACTIVITY: Gravity Experiment

SAY: Okay, I have a rock here and I'm going to drop it. What do you think will happen? (allow for answers) Drop the rock.

SAY: It fell down! It fell straight back to the ground. Now, let's see what happens if you drop the rock. (allow them to drop the rock)

SAY: The same thing happened again! It fell down. Now I have a challenge for you: let's stand up. Now, jump up! Perfect! This time try to jump up and **stay** up.

SAY: Why aren't you floating right now? I told you to stay in the air! (allow for responses)

ASK: Why couldn't you stay in the air? (allow for answers)

SHARE: Gravity is an invisible force that pulls objects toward each other. It's what keeps you from being able to stay in the air. So when you jump up, the gravity of the earth pulls you back down. And this works the same for everyone. We call this the Law of Gravity.

ASK: What about electricity? That's what makes things we plug in work. I can turn on and off this light. Do the switches work for everyone or just me? Electricity works for everybody.

ASK: Is breathing a law? Take a deep breath. Think about how you breathe every day and every night. Do you have to think about breathing? No. If you did, how would you be able to sleep at night? Your body just knows what to do and this is true for everybody. You don't have to think about how it works, it just does.

SAY: Okay, one more. If you mix yellow and blue, you get green. No matter who tries this, yellow and blue always make green. It works for everyone. These are all examples of scientific laws and principles – that is things that work for everyone and work the same every time.

ASK: Do you think spiritual laws work the same way? Of course they do! They are true for everyone and work for everyone. Here are some spiritual laws –

- Oneness – We are all connected to each other and to God. God is a part of you and you are a part of God.
- Attraction – What you put out comes back to you.
- Creation – You get to choose and create what you want in life.

SAY: So here are some spiritual laws you can depend on:

Where is God? Everywhere!

When is God here for us? All the time!

Who can talk to God? Everyone!

Who is in charge of your thoughts? You are!

AFFIRMATION – Spiritual laws work for everyone. repeat 4X

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