



TODAY'S TOPIC:

Unity

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.

How does it feel to work together?

Lesson

Unity

Materials	Things to Prepare	Today's Goal
<ul style="list-style-type: none"> • Puzzle (simple) • Medium size ball 	<ul style="list-style-type: none"> • 	To practice the power of working together.

ACTIVITY: Build a Puzzle

Use team work to build a puzzle together, make sure to include everyone.

ASK: Does a puzzle work when some pieces are missing? Is any one piece more important than another?

SHARE: Have you heard the word Unity before? Do you know what Unity is? Unity is when a group of small individuals come together and share themselves in order to create something bigger. Kind of like the puzzle, right? It takes every single piece to make it complete, to make it the best it can be.

ASK: Does the puzzle work if you turn some of the pieces upside down or try to switch the pieces around? Why not? (Allow for answers) So then, not only do you have to have all the pieces, but all of the pieces have to be in the right place.

ASK: Do you think this is true when we work as a team, too? Absolutely! Unity is feeling connected to everything and everyone. It is knowing every part and every person is important. It's understanding that we all have an important role to play and trusting that everyone is doing their best work to make the outcome the best that it can be. Another word for this is ONENESS.

ACTIVITY: One vs. Oneness challenge

Hold up one finger. ASK: How many fingers am I holding up? (one) **Now open your hand (just one) ASK:** Now, how many fingers am I holding up? (five) **ASK:** How many hands am I holding up? (one) **SAY:** Ah, so all my fingers together make one hand. **ASK:** Do you think that one finger can do all the same things a whole hand can do? (allow for answers) **SAY:** Alright, I have a challenge for us. We are going to pass this ball to each other. The only rules are that you can only use one hand and the ball can **not** touch the ground. No rolling, just passing. Okay here we go: **Start passing the ball after a few passes, SAY:** Great! How was that, pretty easy? Let's make it harder now. This time you can only use one finger to pass the ball. Go! **Allow a moment for trying. SAY:** Okay, that was very silly, but there's just no way to pass this ball with just one finger! Sometimes we have to work together to get the job done. The truth is that **no one** can do everything alone and we need each other to make our lives complete.

Have everyone hold up a single finger. SAY: That's one, that's you. **Have everyone hold up all their fingers and think of all the fingers they can – family, friends, everyone in church, everyone in their class, everyone in their school, everyone in the world. SAY:** That is oneness.

SAY: Let's say our affirmation together.

AFFIRMATION: I stand for unity and oneness. –repeat 4X

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