



TODAY'S TOPIC:

Feathers

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.

Are feathers spiritual and do they have anything to do with God?

Lesson

Materials	Things to Prepare	Today's Goal
- Examples of or pictures of real feathers. - Colored feathers for the game and for children to take home.	A plan for the game.	Know the spiritual symbolism of a feather.

GAME: *Can play at beginning or end of lesson, inside or outside. Everyone gets a feather. The goal is to keep the feather in the air as long as possible. You can also stop and start music but instead of dancing, you stop blowing.*

LESSON-

ASK: Show the real feathers and ask the class what it is. Where do feathers come from?

SAY: Cool things to know about feathers-

- Feathers can be used for healing – sweeping the air around you, speaking through it. (Can ask the class to picture their doctor waving a bunch of feathers over them.)
- Four elements (earth, water, air, fire) – feathers represent air.
- Feathers are a symbol of thanks and gratitude. (Can suggest they have feathers as part of their decorations for Thanksgiving.)

ASK: Has anyone ever found a feather? Native Americans say if you find a feather and you want to pick it up, you should give thanks to God first.

Finding a feather could mean:

- You should stop and give thanks and be grateful for the good stuff in your life.
- Don't be so serious – take a breath, relax, laugh and enjoy.
- Listen – be still and listen for God's message to you.
- Reminder you are loved by many people.

SAY: Many religions and cultures give special meaning to feathers, especially ones you find.

Meanings of feathers:

- Travel
- Message from God
- Message from a loved one
- Freedom
- Inspiration
- Take a “bird's eye view” and not be focused on one small thing Let go of things you no longer need.
- Truth.
- Speed.
- Flight.

AFFIRMATION –Feathers are a sign from God. repeat 4X

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