

 Mile Hi YOUTH + FAMILY EXPLORING POSITIVE SPIRITUALITY IN FUN WAYS! at Mile Hi Church	<u>TODAY'S TOPIC:</u> Spiritual Compass 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.
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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 do you know which way to go or what choice to make?

Lesson

Spiritual Compass

Materials	Things to Prepare	Today's Goal
- Compass visual - Two magnets if you have some - Visual of earth's magnetic poles	Visual aids: physical materials or images of them	You can trust in Spirit to show you what to do next.

ASK: What do you know about compasses? What are they used for? What do they do? How do they work?

EXPLAIN: Compasses were designed to help travelers find their way by helping them to keep track of their directions. In 1831, it was discovered that the earth has 2 opposite magnetic poles.

SHOW: You know how two magnets have one way that goes right together and another where they want to push apart? Our planet Earth is like that. (Show visual with magnetic poles visual) Note that there's one toward the top of the planet and one toward the bottom. Because magnets have special properties that cause them to attract and repel each other, we are able to use these magnetic poles to tell North from South. You can imagine a straight line between the North Pole and the South

Pole, just like you can imagine straight line between two magnets that are trying to latch onto each other. (Wooden magnetic trains are a great way to show this!)

IMAGINE: Compasses use these same principles. The pointed end of the needle is pulled toward the north pole and the other end is pulled by the south pole which means we can use or compass like an arrow to point us where we need to go. How neat is that?

DISCUSS: Connect back to the thinking job: How do you know which way to go or what choice to make?

ASK: Have you ever felt that way before? Like maybe you didn't know the right thing to do? What did you do to help you get back on track, so you weren't feeling lost anymore? (acknowledge when answers include asking for help, taking time alone and connecting within)

SHARE: A lot of people do things very similar to you, like asking for help, or taking some time to be alone and think quietly. For thousands of years, people all around the world have turned to God or Spirit inside, the thing that lives in our heart and our soul, to ask for help and guidance when they are feeling lost. It's kind of like there's a spiritual compass inside each one of us that is pulled like a magnet toward Spirit and when we remember to take a minute to find our center and connect, the right thing to do always becomes clearer.

AFFIRMATION – I can always find my way. repeat 4X

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