



TODAY'S TOPIC:

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 kinds of things do you think of as treasure?

Lesson

Materials	Things to Prepare	Today's Goal
Hand mirror	Have the hand mirror out in the room, perhaps on a shelf with toys.	Know that the word “treasure” can mean you – your thoughts, your skills, your body, your spirit.

ACTIVITY: As kids are arriving, explain there is a treasure in the room, and they can look around and see if they can find it. It is out in plain sight, not hidden, so no need to open drawers and cabinets or look behind furniture. It is easily picked up and does not look like a regular treasure. Explain there is a treasure in the room and ask them to find it. If they ask what it looks like, say “look around and tell when you find something that looks like a treasure.” You will tell them what the treasure is once you do your lesson circle. (It is a hand mirror, but do not tell them that!)

LESSON:

ACTIVITY: Once you are in your circle, select one or two people to do hot and cold to find the treasure (hand mirror) and bring it back to the circle to put on the altar.

ASK: What do you normally think of for treasure? (gold coins, jewels, money?) Do you think this mirror was a good treasure? Why not? What do you see when you look in the mirror? You! Do

you think you are a treasure?

SAY: *The definition of treasure: something of great worth or value, a precious or valuable object.*

That is YOU! You are precious and valuable and of great worth. Who says so? I do and God does. God created you to be a treasure.

ASK: What are some things about you that make you a treasure?

YOUR THOUGHTS: Help you with new ideas. Able to change them. They can help you do amazing things. Thoughts are powerful! Here is a quick true story.

A pilot was flying a small plane by himself when the plane went down in a rugged, snowy spot in the mountains. Everywhere he looked, the way was blocked by rocks and lots of snow. He slowly made his way down the mountain working hard to walk through the snow only to find his way hopelessly blocked by a wide and deep crack in the earth. It was snowy and icy, and too far to get across. The pilot decided he had three choices: (1) give up and die in the snow from the cold (2) make an attempt to jump across the crack, knowing it was impossible to do and he would fall and die (3) use his thoughts to convince himself that he could jump across and make it to the other side and he would be okay. The choice was clear – he would have to jump. So he backed away a few yards, closed his eyes and imagined making it across. then, loudly shouting, “I can! I can!” he ran and jumped and barely reached safety on the other side. Trudging off down the mountain, he was finally found and saved.

YOUR FEELINGS AND EMOTIONS: How you feel can help you figure out if there are things that you love or things that you want to change or things that are right for you.

YOUR BODY: What a very remarkable creation your body is! How does it know to grow hair and nails, beat your heart, breathe. Some say it is the temple for our spirit. It truly deserves that you honor it with your treasuring.

YOUR SPIRIT: If God is everywhere and God is inside you, God is always with you and God’s love, wisdom and strength are your wisdom and strength. You can always potentially draw upon the love and wisdom of your spirit in times of both difficulty and fun.

AFFIRMATION: I am a treasure. Repeat 4x

Today’s Affirmation: I am a treasure. X4

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