



TODAY'S TOPIC:
Spiritual Practice in the Car
 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 are some things I do while riding in the car?

Lesson

Materials	Things to Prepare	Today's Goal
Toy car for visual aid	n/a	Know that you can connect to Spirit anywhere, including the car. Plus, dedicating time to talk to God (like a regular time you are in the car) is a good thing.

ASK: What are some things you might practice? A sport, an instrument, writing? Here's a question – have you ever heard of spiritual practice? Just like you practice other things, you can practice talking to, listening to, being with God or Spirit. There are a lot of cool spiritual practices. Some of them are about talking to God or listening to God or practicing a God quality like kindness or creativity.

EXPLAIN: There is a spiritual practice you can do in the car. (Can show toy car.)

IMAGINE: Picture yourself in the car. Are you in the front seat or back seat? Who is driving? Do you always sit in the same spot? What kinds of things do you do while you are in the car? (look out the window, read a book, eat a snack, sing a song). Here are some things you can try:

- BE STILL** – Use all your senses to notice what's going on around you and how you feel. (TRY THIS NOW IN THE CLASSROOM. TELL THE KIDS TO THINK

ABOUT WHAT THEY SEE, SMELL, HEAR, AND TOUCH. HAVE 30 SECONDS OF SILENCE AND STILLNESS SO THEY CAN NOTICE THESE THINGS. HAVE A FEW PEOPLE SHARE.)

- **BE GRATEFUL** - Get an attitude of gratitude. Think of 5 things that you are grateful for. (HAVE THE CLASS GIVE EXAMPLES OF 5 THINGS YOU CAN BE GRATEFUL FOR.)
- **SAY A PRAYER AND AFFIRMATION** – Prayer is powerful. I can say a quick prayer about things I am concerned about or how I want the day to go today. I can make up an affirmation for how I want it to be. You can make up a prayer and say the same one every day (like you might say grace before a meal). (GIVE AN EXAMPLE: I WILL FIND JOY WITH EVERYONE I MEET TODAY.)
- **BE THE LIGHT** – USE YOUR IMAGINATION FOR THIS VISUALIZATION. Picture yourself in your car. A beam of light comes straight from space and pours over your car and fills you up with light. It makes everything yucky go away and fills you with good thoughts. Then this good light blasts out of you and out of the car to everyone around you.
- **VIBE HIGH** – Bring up your positive energy! Jam out to favorite happy songs, sing loud, wiggle around and dance in your seat, laugh out loud.

AFFIRMATION – I practice connecting to Spirit. repeat 4X

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