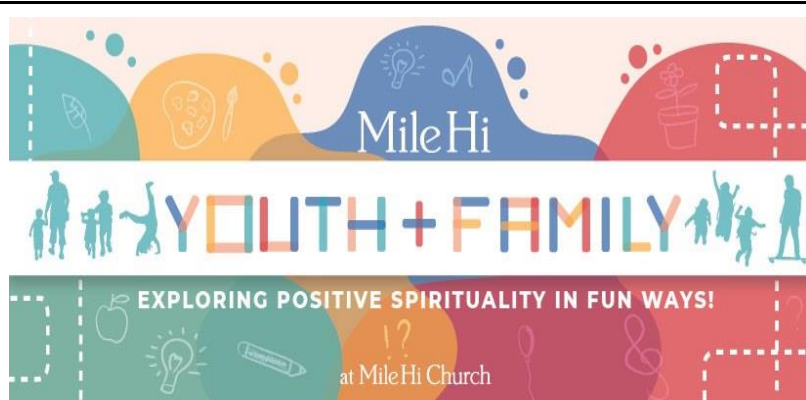




TODAY'S TOPIC:
Amazing, Spiritual YOU!
Inspired by "This Thing Called You" by Ernest Holmes

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 does "LIFE" mean?

Lesson

Materials	Things to Prepare	Today's Goal
• Bowl • Small glass that fits inside the bowl • Water	• n/a	Know that you are an amazing manifestation of spiritual Life energy, and that same energy is in, around, and available to you all the time.

SAY: (*Gush over your class.*) You are amazing. Just incredible. I mean "wow"! You are the best you I ever met! You are wonderful. You have so many outstanding gifts. It's so cool all the fantastic things you can do. I love hanging out with you.

ASK: Did you know you are so fantastic? In fact, you were born this way.

EXPLAIN: Every person is born with Life. That means you are alive, of course. But also, that you ARE Life. And Life is amazing, incredible, and fantastic! There are many examples everywhere in nature of this power called Life. Most times we do not understand how nature works and use the word 'instinct' instead.

EXAMPLES:

- A snow fox has brown fur in the summer that changes to white fur in the winter so he cannot be seen in the snow by predators.
- Birds fly south in the winter and north in the summer.
- A caterpillar cocoons and emerges as a butterfly.

ASK: Can we explain how nature knows what to do? No, most times we cannot explain how this Life power makes things happen.

SAY: You have instincts too. You have tools and guidance to keep you healthy and safe. If you need water, you feel thirsty. If you need sleep, you feel tired. This is also Life making things happen.

SHOW: Bowl with water and small glass inside. The water is everywhere in the bowl but also inside the small glass. Life is everywhere but also inside you.

ASK: Life surrounds you and it is inside of you. Life protects you and guides you. Life is a power that is always here, every moment of every day. Life is always in you. Do you think it is cool or weird that Life is here making things happen?

ASK: What do you think this Life power is? It has many names. Some people call it God or Spirit. It has so many names – but you can call it by whatever name feels right for you. That might be God, Spirit, Jesus, Allah, Brahman, Yahweh, All Reality. Or you can make up your own name. Life is your friend and you can use one of these names or you can make up your own name.

ASK: What name do you like? God? Spirit? Jason? Marybeth? All names = Life.

SAY: Your job is to make friends with this power of Life. It wants you to share your gifts with others in all your words and actions. Show the world your amazing self! It wants you to know there is always good available for you.

SUMMARY: You are amazing! Incredible! So many great gifts! You are created by a cool, spiritual energy called Life (or whatever name you give it) that is in, around, and available to you all the time. It is your friend!

AFFIRMATION – I am friends with Life. repeat 4X

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