



TODAY'S TOPIC:

Law of Attraction

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.

Does it matter what you are thinking about?

Lesson

Materials	Things to Prepare	Today's Goal
• Magic wand • Magnets	•	Know what the “Law of Attraction” is, and that you have the power to notice and change your thoughts and feelings.

ACTIVITY: Show the magic wand. Talk about how one use for magic wands is to grant wishes. Pass around the magic wand having each person wave the wand and say one wish they want for the world. (Some ideas to get started: love, kindness, peace, more nature, clean oceans.)

SAY: This magic wand uses “magical attraction” to pull in what we want. What do you think the word “attraction” means? It is like a physical force that pulls things together. Magnets are a good example. (Show how magnets pull together.)

SAY: Your good feelings and thoughts are also like a “magic magnet” in your brain. This magic in your mind grants wishes through positive thinking. When you focus on good things, positive thoughts, and happy emotions, your “magic mind magnet” will bring you more of those things. BUT the same thing is true if you are focused on things that are unkind and unhealthy. Then you will get more of those things. So, if I am joyful, I will have more joy, and if I am worried, I will have more worries. Whatever you are feeling, whatever you are thinking about, it will grow.

ASK: Another name for this “magic mind magnet” is the “law of attraction”. What are

some ways you can use the “law of attraction”?

- **Notice your thoughts and feelings.** (Ask for some sharing of how people feel today. Take all answers.) Knowing how you feel is important. All of your feelings are okay, but if you are having a feeling you want to change, you need to be able to name it. You can ask yourself, “Does this feeling make me feel or stronger or smaller?”
- **Imagine what you want.** If I want to change the way I feel, or if I want more of something, I can picture it in my head. Example: I am bad at reading. What ways can I picture myself as good at reading? What would it look like? What would it feel like?
- **Say what you want.** You can use words to say what you want as if it is already done. Example: I want more friends. What words can you use to attract more friends? Have them start with “I am...”. What happens if you always think, “No one likes me?”.
- **Be thankful.** Notice and be grateful for the thing you already have. Maybe I struggle with reading, but I am good at math. Maybe I already have one good friend who is kind to me.
- **Take action.** What are ways you can get the thing you want? Practice, plan, and keep at it.
- **Know what to do when negative thoughts creep in.** Examples: I can’t do it. That was stupid of me. I can’t do anything right. That will never happen. If this happens, you can say “Cancel! Cancel! Cancel!” and picture a big red “X”. You can say “That’s not true.” You can imagine the opposite thing.

ACTIVITY: Ask if anyone wants to use the magic wand again to make an affirmation for what they want.

AFFIRMATION – What I do and say comes back to me multiplied. Repeat 4X

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

