

EarthCare (Teens): ZEAL

Power Points for Facilitators & Teen Leaders:

- God is all good and active in everything, everywhere.
- I influence my experiences by what I choose to think and what I feel and believe.
- I do my best by living the Truth I know. I make a difference!
- Classroom facilitators are here to draw out our youth, teens lead the direction of our conversations and facilitators are guides along the way.

Zeal as spiritual power / for the Teachers:

Building on the introduction to the idea of our 12 spiritual powers, now explore the spiritual power of Zeal, also understood as enthusiasm and energy. Working with an awareness of spiritual Power greater than one's own self is a meaningful beginning point because we often feel powerless to do anything about the problems on earth. And, we can feel more fear when we don't think we have power to do anything meaningful. Explain: Divine Power isn't power like that of SuperHeroes subduing and dominating others; rather Divine Power is like soft power, an energy which is sourced from within one's own self. Power and energy can be experienced as Zeal. Zeal is energy; we FEEL ZEAL! It is an enthusiasm that gets us going to do that which is to be done by us. We have many ideas of ways to take care of the earth but learning how to follow through on our enthusiasm, and sustain our energy, is something to be explored, understood and matured. Often feeling love and caring for a creature, or trees, or favorite places in nature, helps tremendously to connect us with the power of Zeal. Our well known affirmation from Charles Fillmore, the co-founder of Unity, written in his 90's: "I fairly sizzle with zeal and enthusiasm and spring forth to do a mighty faith to do the things that are to be done by me today."

Opening Prayer / Inspiration Reading

Prayerfully, I remember: I am one with the power of Divine Zeal, energizing me to care for creation through my choices, words, and actions. The truth of God is at the center of my being, and all things, revealing spiritual power to help me live my life and care for others. The Christ within guides me in wise decisions and actions. I am the power of zeal to lead with my ideas and help the earth.

Opening Affirmation

I Am energized to do what my love for creation is encouraging me to do.

Check In

What is your energy level today? Is it like a stagnated pond, or, a flowing river, or, thunderous waterfall?

What rank order of importance do you give to these 3 environmental issues:

- plastic pollution
- deforestation
- overfishing

What is your energy level when you think about each of the environmental issues? On a scale of 1-10. 1=the least amount of energy. 10= the most amount of energy.

Joy Song/Video

Planting Seeds by Nimo & Daniel Nahmod: https://youtu.be/5AmqYcWjBmc?si=YbC5F_1DgkEPrMU0
(This is a get up and dance song that inspires all to keep on keeping on!)

Possible songs from the unity.org Zeal article playlist. These do have a cost.
<https://www.unity.org/article/zeal-ignites-me>

Lesson – ZEAL

“Igniting your zeal is about listening to what makes your heart sing, even if it’s a very quiet song to start.”

from Unity article: The Energetic Power of Zeal By Rev. DeeAnn Weir Morency at
<https://www.unity.org/article/energetic-power-zeal>

Questions:

Think about our earth home. What do we know about our home Earth? What are our feelings about our earth home (love, fear, etc.) Ask: What changes have you noticed? Be prepared for responses that include fear about the future.

Explore:

What is Zeal? Divine Zeal is our God power to take action and do things.

We are learning about our God powers, what Unity calls the 12 Spiritual Powers, as sacred humans and spiritual beings. These powers assist us in living and creating solutions to our problems. This can help us help the earth. We build our lives and our world with divine help and power as we mature our use of spiritual power. Spiritual power is always the power to help all, not just for some or a few. It is evident we are working with spiritual power when we have a sense of possibility, an increasing peace, and power and zeal to follow through with ideas.

Zeal Question: Think again about the environmental issues that are important to you. Affirm that you are one with the power of the universe, the power of that which is called God. Quietly ask: What is mine to do for the earth, or for the earth’s creatures, water and air? Write down any ideas. Listen to each other's ideas.

Review again, Do you feel the energy to do this? Rate your energy on a scale from 1-10. There is no right or wrong or better answer. This experience helps all begin to notice divine ideas and energy. (These questions are ideal for meditation and quiet listening. Not everyone will 'hear' answers, but some will have ideas, feel hope, notice energy—this is what we can 'listen' for.)

Meditation/ Centering/ Mindful Moment

Use the questions in the Lesson portion for meditation.

Creative Experience

Consider what it is like to lead an idea with zeal and enthusiasm? To share enthusiasm enlivens you and others to take action. The following video is three minutes but gives many pointers on leadership. Zeal is the enthusiastic energy to start projects to care for the earth and its creatures, or to create recycling at school, or to reduce eating so much meat; all of these require the power of Zeal and leadership.

[First Follower: Leadership Lessons from Dancing Guy](#)

What earth care projects are you a part of? How has your zeal for the cause made (or could make) a difference?

Are there earth care projects you know about and would like to join? What, if anything, is being done at your school?

Are you interested in starting a project?

Reading

Read the article on the Power of Zeal, 12 Powers For Our Planet:

<https://www.unity.org/article/power-zeal>

Or, read Unity writings on the energetic power of zeal: <https://www.unity.org/article/energetic-power-zeal>

5 Basic Unity Principles

God is all good and active in everything, everywhere.

I am naturally good because God's Divinity is in me and in everyone.

I create my experiences by what I choose to think and what I feel and believe.

Through affirmative prayer and meditation, I connect with God and bring out the good in my life.

I do and give my best.