

Growing Faith Unit

Unit Overview

Unit Focus:

- This unit explores faith and invites us to consider what it is that we have faith in.

Unit Outcomes:

 By the end of the Unit learners will be able to:

- Distinguish between blind faith and true faith
- Identify what they have faith in
- Explore how faith helps us to grow in Spiritual understanding
- Use tools designed to strengthen faith

Unit Weekly Themes:

- Growing Faith Through Trust
- From Hoping to Knowing
- Growing Faith Workout
- Faith in Action

Affirmations

- I have faith that even when things are hard, God is there.
- I focus on God and I am filled with faith.
- I grow each day in my awareness of God's presence in my life.
- God says yes to what I focus on, so I focus on the good!

Bible Quotes

- Faith is the assurance of things hoped for, the evidence of things not seen. Hebrews 11:1
- By faith we understand that the world was created by the word of God, so that what is seen was made out of things which do not appear. Hebrews 11:3
- According to your faith let it be done to you. Matthew 9:29
- If you have faith the size of a mustard seed, you will say to this mountain, 'Move from here to there,' and it will move; and nothing will be impossible for you. Matthew 17:20

Unity/Fillmore Quotes

- **Teach Us to Pray p28**
Faith draws upon substance. Dynamic, creative, transforming power is roused to spiritual action when man affirms his unity with Almightyness and his undaunted faith in its Power.
- **Revealing Word p67**
Faith is a deep inner knowing that that which is sought is already ours for the taking.
- **Revealing Word p68**
A close analysis shows that faith is the foundation of all that man does.
- **Christina Healing p90**

Faith is ever active, and it should be made the truth substance of every idea. We should have faith in our own power, capacity, and ability; if we are to have this faith our thoughts must be centered in the great universal Mind. Success lies in God.

Children's Lessons

#1 - "Growing Faith Through Trust"

Opening Experience

In this lesson, Growing Faith Through Trust, we will explore what it means to trust.

I wonder who you trust. Not everyone I know is trustworthy. Some people do not do what they agreed to do or they make poor choices over and over. They are not trustworthy. There are people around me who do the right thing and always seem to be near. I trust them. God is all good and active in everything, everywhere. I wonder if we can trust God

Activity Choices

- Finding Joy <https://www.gonoodle.com/videos/eYxKMw/find-joy-1>
 - God is all good and active in everything, everywhere. Remember this as you seek joy right where you are.
- Flash Cards <https://quizlet.com/636901519/growing-faith-through-trusting-flash-cards/?x=1qqt>
 - Use the flashcards to learn words about trust.
- The 5 Principles <https://youtu.be/wGSn3KfBan4>
 - Children learn a quick and easy way to memorize the 5 principles in a way that serves as a good base for more specific knowledge being added to it as they go further in their spiritual journeys.

Meditation Zone

- Zen Session Meditation: <https://www.youtube.com/watch?v=EcIoqDshVxY>
- Prayer for Protection:
 - Help the children learn the Prayer for Protection
 - The Light of God surrounds me
 - The Love of God enfolds me
 - The Power of God protects me
 - The Presence of God watches over me
 - Wherever I Am, God is and all is well
- Sacred Table Activity:
 - Set up your sacred table. Begin by finding an electric candle

Media

Today we will watch the video:

- *How Do You Know Who to Trust* <https://www.youtube.com/watch?v=aTfat5TZyI8&t=230s>

Reflection Questions

- What does the video suggest we use to help us choose to trust an authority?
- Name three people who (have a good track record) nearly always treat you kindly?
- Can you trust them?
- Who has a good track record of caring for you when you are sick?
- Who can you count on to cheer you up when you are sad?
- Think about a person in authority: a teacher, a parent, an older sister or brother, What is their track record in being kind? Keeping you safe? Helping you?
- Can you trust them?
- What is your track record in being kind? In doing the right thing?
- Can you be trusted?
- Think about God being all good active in everything and everywhere.
- How often is God good? How often is God with us? What is God's Track Record?
- Can you trust God?

Creation Station Activities

- Create Your Own Track Record
 - Supplies: two containers (they can be anything that will hold your tokens: two cleaned out soup cans, two bags, or even two socks!) 30 to 40 tokens (these can be any objects that will fit into your containers: slips of recycled paper, small sticks, cheerios, or a mixture of things.)
 - Directions: Let's say you want to know if you can trust being with God to improve how you feel. Using meditation to be with God, record if you feel better after you meditate. Keep recording simple. After you meditate, put a token in one of two containers. One container for the times you feel better after meditating, and another for when you do not. After many, many times of meditating say 30 or 40 times see which container has the most tokens. If the container for when you feel better after meditation has the most tokens than you can trust being with God thru meditation to help you feel better.
 - Repeat the process with anything you want to know if you can trust.
- Singing & Dancing: <https://youtu.be/hwTwt4oIW3U>
 - Sing and Dance along with the kids in the video as they sing, I'm Trusting you. <https://www.youtube.com/watch?v=0VDpHibftHs>
 - Afterwards Roar!
 - Record your roar. Send it to a friend inviting them to do this lesson.
 - The words in the songs are "Wherever you lead me I'm gonna follow. I'm trusting you God. You are good. Life will get crazy, wild and amazing." Imagine the crazy, wild and amazing things that will happen in your life trusting God.

#2 - “Growing Faith from Hoping to Knowing”

Opening Experience

This week, Growing Faith From Hoping to Knowing ..., we will examine how we can move from hoping God will be there for us to knowing God cares and is always there time and time again. Think about Unity’s Principle 3: I create my experiences by what I choose to think and what I feel and believe; as you explore all the activities in this lesson,

Activity Choices

- Sing and Dance: <https://www.gonoodle.com/videos/QXBrZX/kidz-bop-kids-sunday-best>
 - Sing and dance along with the children in the video
- Countdown Timer: <https://toytheater.com/classroom-timer/>
 - Set a countdown timer for 40 seconds. Start the timer. Say “I know God cares for me in all ways.” Over and over until the timer goes off.
- Mindfulness Activity: <https://www.gonoodle.com/videos/W2gvKX/weather-the-storm>
 - Watch the video and complete the activity.

Meditation Zone

- How Do I Know God Cares For Me Meditation: https://youtu.be/WSYHddy4I_8
- Sacred Table Activity: Gratitude Jar. <http://www.thegratitudejar.com/>
 - Find an object that you once wished for but now have. If you can put the object on or near your sacred table. If it is not possible do so maybe you can put a part of it on your table. If not use your imagination to see it near your table.
- Prayer for Protection:
 - Help the children learn the Prayer for Protection
 - The Light of God surrounds me
 - The Love of God enfolds me
 - The Power of God protects me
 - The Presence of God watches over me
 - Wherever I Am, God is and all is well

Media

- *God’s Wilderness Story*
 - <https://www.youtube.com/watch?v=IzN1ijiFnIA>

Reflection Questions

- When the people hoped they would be freed from slavery in Egypt what happened?
- When the people complained and wanted water what did they get?
- When they were hungry and wished for food what did they receive?
- Was there anything the people needed that God did not provide?
- How long did God care for the Israelites in the wilderness?
- Where did they end up?
- I wonder what the Israelites thought and believed about God when they were stuck in Egypt as slaves. What do you think they thought and believed about God when they were stuck in Egypt as slaves?

- I wonder what the Israelites learned about God as they traveled in the wilderness. What do you think they thought and believed about God as they traveled in the wilderness?
- What do you think what the Israelites thought and believed about God once they were in the promise land?
- I imagine they went from hoping God was going to help them, protect them and care for them to absolutely knowing God was there for them.
- What other stories have you heard about God caring for people?
- What have you seen God do for people you know? Tell about a time God cared for your family, a friend or yourself?
- What statement best matches your thoughts and beliefs?
 - Most of the time I hope/wish God will care for me.
 - Sometimes I hope and other times I know God cares for me.
 - I almost always know God cares for me.
 - I know God cares for me always.
- I wonder how does that change how you pray? Think of a situation you want some help with.
- How might you pray if you were hoping God would help? What would you say? How would you feel?
- How might you pray if you were sure God would help? What would you say? How would you feel?
- What is the same? What is different?

Creation Station Activities

- How Long is 40 Years?
 - The Israelites wandered in the wilderness for 40 years before they settled in Cannon, the promise land. 40 is used by storytellers to mean as long as it takes, and to mark an important time period. Noah was in the ark 40 days and nights. Jesus fasted 40 days. Changes sometime happen in an instant, other times it takes a long time. It may take a long time to change your mind from hoping God will care for you to knowing God always cares for you, or it may happen in an instance.
 - Let's see how long 40 is for you.
 - Start a stopwatch. There is one in this room for you to use. Do jumping jacks until you are tired. Stop the stopwatch. Write down the time. Reset the stopwatch.
 - Repeat the activity this time running in place.
 - Were your times the same or different? Was either time actual 40 minutes?
- Sketchpad: <https://sketch.io/sketchpad-v5.1/>
 - Use Sketchpad, (or if you prefer paper and markers etc.) to draw a picture of the point in the story where you think the Israelites knew for sure God would always take care of them.
 - Or draw a picture for one of the other stories have you heard about God caring for people.
 - Or draw a picture about the time God cared for someone you knew, your family, a friend or yourself.
- Feather Game:
 - https://www.youtube.com/watch?v=Ae3SaYMc0KE&list=RDCMUCJtwux8JyjcqxIUvGRpQhCw&start_radio=1&rv=Ae3SaYMc0KE&t=0
 - Watch the video and playing along

#3 - "Growing Faith Workout"

Opening Experience

This week, Growing Faith Workout, we will learn to use the 12 powers and prayer to help build up our faith. Growing Faith is like getting better at a skill to do so practice is necessary. To become a better a soccer player one does more than play soccer. Practice includes running, weight lifting, stretches, and exercises. Faith practice includes prayer, 12 Power exercises, noticing, and the activity of God.

Two Unity Principles apply to the lesson. Principle 3: I create my experiences by what I choose to think and what I feel and believe. Principle 4: Through affirmative prayer and meditation, I connect with God and bring out the good in my life.

Activity Choices

- Prayer of Faith: <https://www.youtube.com/watch?v=AekkgroKlf4>
 - Listen as Myrtle Fillmore prays the Prayer of Faith.
- 12 Powers: <https://www.youtube.com/watch?v=GHORRG8xRbY>
 - Look at the *My 12-Power poster* video. Notice the names of the power, their color and their location in the body.

Meditation Zone

- Five Step Prayer Meditation: <https://youtu.be/WFH85TpzQxU>
- Sacred Table Activity:
 - Add something to our sacred table that can remind us of a skill you are practicing to get better at. Here are a few examples: a book for reading, a ball for a sport, an emoji for knowing how you feel.

Media

- *Amazing Grace* Video
<https://www.youtube.com/watch?v=DY0fKypLWmk>
- Reflection Questions
 - Who are the people in the story?
 - What happen when Grace told her classmates she wanted to be Peter Pan?
 - Who encouraged Grace? How did they show her they believed she could be Peter Pan?
 - What did Grace do that some people thought she could not do?
 - What had Grace done in the past that helped her reach her goals in the story?
 - What have you done that some people thought you could not do? Who and what helped you do it?

Creation Station Activities

- Memory Match: <https://matchthememory.com/12powerscolor>
 - Grace strengthen the skills necessary to be Peter Pan through practice. When she played she got better at dancing, and imagining. These skills helped her act. It works the same way with Faith. Learning and using your 12 Powers will help you get better at having Faith. Learn about your 12 Powers by playing this memory match game.
 - Once you find a match read about the power and say the affirmation aloud. Play over and over again.

- Prayer of Faith <https://www.youtube.com/watch?v=AekkgroKlf4>
 - Read or listen to the Prayer of Faith.
 - Notice what powers and qualities are named in the prayer of faith.
 - What help or guidance do you want from God today?
 - How will you be? Complete the statement I now am _____.
 - Make up a new ending to this poem and prayer.

- Faith Dance Workout
 - Dance and sing along to these songs building your Faith as you do so.
 - PLAYLIST:
 - KIDZ BOP Kids: Fight Song”<https://www.gonoodle.com/videos/b2aGzY/kidz-bop-kids-fight-song>
 - Never Let Go Of Me | Shipwrecked VBS | Group Publishing
https://www.youtube.com/watch?v=WJgIPk_NkZY
 - I Will Not Be Afraid | Crocodile Dock Music Video | Group Publishing
<https://www.youtube.com/watch?v=bNZ22TTEQzo>
 - Every Move I Make | Dance-A-Long with Lyrics | Kids Worship
<https://www.youtube.com/watch?v=MPvnZILn6EY>
 - God Is Good | Cross Culture Norway VBS Music Video | Group Publishing
<https://www.youtube.com/watch?v=vt6TsIAHIgs>
 - Yancy & Little Praise Party - Super Wonderful
<https://www.youtube.com/watch?v=RsZvuqPwHQo>
 - I Sing the Mighty Power of God | Everest VBS Music Video | Group Publishing
<https://www.youtube.com/watch?v=Qb63JKS3BaA>
 - Power Shuffle | Everest VBS Music Video | Group Publishing
<https://www.youtube.com/watch?v=JNEAtmq6oTE>
 - This Little Light of Mine | Cave Quest VBS Music Video | Group Publishing
<https://www.youtube.com/watch?v=ty9bZXN4uWA>
 - Listener Kids: Peace Like A River
<https://www.youtube.com/watch?v=7it5W1FVtTs>

#4 - "Growing Faith & Acting on It"

Opening Experience

This week, Growing Faith Acting On it we will look at the difference Bellen Woodward made to be inspired to find a way we can act on our faith and make a difference. Unity Principle 5 is; I do and give my best by living the Truth I know. I make a difference!

Activity Choices

- Power of Faith Chants:
 - While marching in place say these denials and affirmations.
 - I am Faith. I am.
 - I let go of doubts about God.
 - I let go of doubts about myself.
 - I let go of fear.
 - I hold on to God.
 - God is real and present.
 - God is with me.
 - God will never let go of me.
 - God is always here.
 - God strengthens me.
 - God will see me through everything.
 - Only good is mine.
 - God takes care of me.
- Give It Away: <https://www.youtube.com/watch?v=ywCiDhbD-Js>
 - Watch the video and see the difference Bellen Woodward made to be inspired to find a way we can act on our faith and make a difference.

Meditation Zone

- Brave Meditation: <https://www.youtube.com/watch?v=Qa2QKIDr7q8>
- Sacred Table Activity: Find an object that reminds you of one of your heroes or create one. Put the object on or near your sacred table.
- Handout: What Does it Mean to Be Brave
 - Complete the handout at the end of the Children's lessons.

Media

- *Bellen Woodard* Video: <https://ed.ted.com/on/qG1JrmIz>
 - As your faith grows you naturally want to put it into action. You know with God all things are possible. Let's look at the difference an elementary student, Bellen Woodard, made. Let her story encourage and inspire you to have faith in your ability to do and give your best by living the Truth you know. You make a difference.
- Reflection Questions
 - What project did Bellen Woodard create?
 - What grade was she in when she started the More Than Peach Project?
 - What did she choose to do when asked for the skin color crayon?
 - What personal experience caused Bellen to create skin color crayons?

- What has happen to you or to someone you care about that causes you to want to make a difference?
- What do you want to change? What can you do to reach your goal?
- Bellen has many people she looks up to. Who do you consider a shero/hero?
- Who are the people that can help you make a difference?
- What is Bellen's mission/goal?
- How can faith help you make a difference?

Creation Station Activities

- Faith Puzzle:
 - <https://www.jigsawplanet.com/?rc=play&pid=0c9c6a4af449&pieces=24>
 - <https://www.jigsawplanet.com/?rc=play&pid=0c9c6a4af449&pieces=63>
 - Peter is the disciple for the power of Faith. The name Peter means rock. Rock is the nature symbol for faith. Work this jigsaw puzzle and think of reasons a rock symbolizes faith. You likely will have to try the puzzle pieces in different spots before you find where they fit. It might be the same for you finding just the right way for you to express your faith making a difference.
- Coloring Pages
 - Be inspired to put your faith into action. Learn about Black Faith Leaders <https://ministryspark.com/free-coloring-pages-celebrate-black-faith-leaders/>
 - Read their stories on one side and color their picture on the other.
 - To learn more about More Than Peach see morethanpeach.com
 - To spark ideas for your way to make a difference look at doinggoodtogether.org

How I am **BRAVE**



Every one of us is brave.
Every one of us hopes to be braver.

1) Sit down and read the picture book **BRAVE** by Stacy McNulty and illustrated by Joanne Lew-Vriethoff (Running Press Kids). Look at the words and the pictures to explore how the kids are brave.

2) Think about a time you were brave. Think about how you are brave every day. **Be brave and make a list below.**

3) Think of ways you hope to be brave in the future or things that will take bravery to face. **Be brave and make a list below.**

| How I am BRAVE | How I want to be BRAVE |
|-----------------------|-------------------------------|
| | |

From the picture book **BRAVE** by Stacy McNulty and illustrated by Joanne Lew-Vriethoff (Running Press Kids).

Tween Lessons

#1 - "Growing Faith Through Trust"

Opening Experience

Welcome and thank you so much for taking part in our exploration of faith. This week we open to how Faith is essential in our lives and how it shows up in all things, even me.

Activity Choices

- Interview Others About Faith
 - Get with several family members and/or other people you know and interview them about how they feel about faith. You can use these questions as a guideline, or just to get you started in creating your own.
 - What does the word 'faith' mean to you?
 - Do you believe in a higher power?
 - What do you have faith in?
 - What do you believe about faith?
 - What difference would having faith in yourself make to how things go for you in life?
 - How would life be different believing all things worked together for good?
 - What would life look like with no belief?

- Find a Penny.
 - Many people believe that finding a penny on heads up is not only good luck, but that it gives you a blessing. Printed right on the penny are the words "In God We Trust", as a reminder to have faith. Reflect on what "In God We Trust" means to you. How much do you trust if you don't believe in someone or something?

 - Keep some pennies with you, and wherever you go, drop a few near the entrances of buildings, so that other people may find them and feel they are lucky and blessed. Every time you set one down, visualize it strengthening someone's faith or helping them to feel hope.

- Journal Time
 - If you don't already have one, go find yourself a journal. It can be anything from a little blank notebook to something custom-crafted that you really love. Decorate it if you like and keep it handy as you dive into your journey of faith. It can be fun to see later what you thought today.

Meditation Zone

- Music That Increases Your Positive Energy, Eliminate The Fears Of Your Subconscious:
<https://www.youtube.com/watch?v=3B7mXec4QZI>

- Daydreaming or Dream Scaping
 - Whether you find a quiet moment during the day or would like to use the time before you fall asleep to plant seeds for great dreams, take a deep breath or two, feel yourself

connecting to your heart space, and then let your imagination wander to all good things. If you like, plant the seed of an idea as you begin, so you might explore a specific topic as your mind drifts.

- Use the image at the end of the lesson
- Sacred Table
 - In the room you are in, find a space that you can clear to place items on that you feel represent faith to you. This can be anything from a book to a picture, or even a toy. If you like, put a cloth over the surface to mark out your space first, and place your items on top of it. Add a candle to your table.

Media

- Beating the Odds | 6 Stories That Prove Anything Is Possible: <https://www.youtube.com/watch?v=7hByu8MvIiU>
- Reflection Questions
 - Which of the six stories stood out the most to you and why?
 - What things do you think might contribute to the amount of faith each of these athletes and dancers has in themselves?
 - Which of these situations would be hardest for you to overcome and why?
 - How would it affect your faith if you found out you had a life-altering illness, and what things could you do to stay positive and faith-filled?
- Music by Kutless: <https://www.youtube.com/watch?v=u1JBSQMkQEo>
 - Watch the video for additional inspiration

Creation Station

- The Meaning of the Mandala <https://www.youtube.com/watch?v=G58Pujjjsqc>
 - Watch the video for inspiration
- Mandala <https://coloringpagest.com/mandala>
 - Download a mandala from the link above. Create your own mandala. Use the information in the video to create a sacred space.
- Walk by Faith
 - Talk a walk around your house, outside, or at a new location, and look for things that it took faith to build or grow. When you find something, envision all it took to have it standing there as it is in front of you. Let these wonderings inspire you to do something it takes faith to accomplish in your life, and then journal your commitment and the steps you are going to take next to move toward your goal.

HOW TO CREATE A *Vision Board*

- ★ Cut out pictures of hopes and dreams
- ★ Paste onto poster board, decorate
- ★ Put your vision board somewhere you can see it



Goal-setting activities by Big Life Journal
biglifejournal.com

#2 - “Faith Inside Me”

Opening Experience

This week we will explore how the way we look at life will determine how I experience faith. Do I find faith when I’m frustrated or flustered? How do I stand in my faith? How does what I believe create different things for the life I live?

Activity Choices

- The Dot: <https://www.youtube.com/watch?v=vKCsqbiCxE8>
 - Watch the video, what does it mean to you?
- Optical Illusions: <https://www.youtube.com/watch?v=lLVk2fqylA&t=223s>
 - Have some fun exploring optical illusions here and think about how you perceive life. Remember that things aren’t always what they seem ... your perception can change them!
- Believing is Seeing
 - It is important to know that what we believe is what we are really having faith in. As you ponder the answers to these questions, let them guide you toward uncovering your hidden beliefs. What do you think someone should do if

Meditation Zone

- 3-minute mindfulness meditation for clarity – Flow: <https://www.youtube.com/watch?v=ABK0SYFxyEY>
- Mucky Meditation: <https://www.youtube.com/watch?v=8pl8Rai0OWM>
 - YouTuber Thomas from Yes Theory videos takes us on his journey with meditation. To everyone else he seemed wildly successful, but he was actually rather anxious and having a hard time feeling like it. He never thought he could meditate, and really struggled along the way ... but after documenting a 1,000-day adventure with it, his life is absolutely changed.
- Journal
 - After meditating and then checking out Thomas’ mixed experiences with meditation, tell yourself about yours! What is your relationship to meditation, and how do you feel it relates to your faith?
- Sacred Table
 - As we create our virtual Sacred Table, create one at home! Look around you for an item to add to the Sacred table that helps you feel and share the blessings that are all around you. This week add a blessing box. It can be any type of container and add one way to bless the world each week.

Media

Enjoy some time in our media room, this time exploring through some great music when you click on the circles. See what comes up for you as you move through the journal questions after enjoying One Republic’s ‘I Lived’ ~ and then take steps with Jeremy Camp as he sings about walking by faith.

- I Lived by One Republic: <https://www.youtube.com/watch?v=QKx18xrR29c>

- Reflection Questions
 - What does it mean to you to really live? What kinds of things is that kind of life filled with?
 - What kinds of things do you want to do along your life's journey?
 - What kinds of things do you love to do?
 - How can you make room in your life to do them more?
 - What one thing can you do today to make you feel like you lived it to the fullest?
 - What practice will you commit to doing at least once each week that will expand the feeling of aliveness in your life?
 - What part does faith play in the picture of your life, and how can you nurture your faith?
- Enjoy this song by Jeremy Camp: <https://www.youtube.com/watch?v=BgWOcYpHm0o>

Creation Station

Now let's get creative! This time when you click on the circles, you will find yourself picturing your faith in a way you can see again and again as you create a faith collage, and then you can pour yourself into a mindfulness jar that will help you calm and center again and again. Have fun!

- Picturing Faith
 - Gather magazines, photos, markers, crayons, pencils, highlighters, paper or poster board, and spend time creating a collage of things that help you to have faith in yourself or in God. Get creative! You can place anything on the collage you would like that brings you joy or sparks a positive feeling in your heart when you see it.
 - Find a favorite place and put it on display!
- Mindfulness Jar https://www.youtube.com/watch?v=bJIYMI_XV00
 - As we explore what is going on in our bodies and how it relates to letting our faith flow free, a mindfulness jar is a fantastic tool to settle into the space of quiet within so we can listen to the still, small voice of God-ness within us. This link will take you to one way to make your own!

#3 - "Exercising My Faith"

Opening Experience

Welcome to week 3! This week when you click around, you will unpack some important aspects of how listening for our inner and outer guidance and how important it is to strengthen faith. Then grab your journal for a reflection activity about the people in your life. Who do you have faith in and why?

Activity Choices

- Exercise Your Faith <https://www.youtube.com/watch?v=cibURII5kG4>
 - Begin an exercise routine by starting with just one exercise you will do every day. Maybe you'll take a walk, stretch and do some jumping jacks or another exercise ~ you pick! Journal your progress as you go to see what differences you notice in time.

- Tune Into Trust
 - This is a reflective activity for you and your journal. Take a day, or a few, to look around your life and see who in it you trust. Who would you go to if you needed help, and why? These questions can guide you along the way ...
 - Focusing your attention on someone in your life, ask yourself:
 - What kinds of things does this person do that lead me to believe they are trustworthy?
 - How can I tell if they are honest ~ what honest or dishonest things have they done?
 - What things do I need someone to do that let me know they have my back?
 - Does this person follow through when they promise to do or not do something? What examples show me that?
 - When I think of this person, what feelings come up for me? Why?

Meditation Zone

Now it's time for meditation activities that you can use today, and some that will begin new practices for you that might last a lifetime!

- Meditation: <https://www.mindful.org/the-top-10-guided-meditations-of-2020/>
 - The above link takes you to the 10 top guided meditations of 2020. Pick one or more and explore!
- Mindfulness App: <https://www.mindful.org/free-mindfulness-apps-worthy-of-your-attention/>
 - Here is a place to go to find five free meditation and mindfulness apps you can start to use today! Explore and begin a new routine to increase access to faith-based choices.
- Sacred Table: Find an object that connects you with your faith and add it to your meditation space.

Media

- Britain's Got Talent <https://www.youtube.com/watch?v=vedV3HZJEZY>
- Reflection Questions
 - How do you think these two young people felt before appearing on Britian's Got Talent?
 - Where do you think they came up with the assurance and bravery to do it?
 - What do you imagine their lives must be like to prepare?
 - How might they have gotten interest in magic?
 - Where do you think they will go after the show ends (as in their journey on the show, however many shows they get to appear in ~ what will they do next in life?)?
 - What do you think they would have done if they didn't make it on?
 - How do you think they help themselves be strong?
 - What do you think they do if they doubt themselves, and how is it different from someone who lets doubt stop them?
 - What things can you do to strengthen your faith muscles?
- Fearless Soul – Believe <https://www.youtube.com/watch?v=5OsYCUSIDEE>
 - Enjoy the song.

Creation Station

As we get creative, click around to find a new prayer practice after you create your own string of prayer beads, try out some yoga on your own or even with a class, and then challenge yourself to put down on paper what faith would look like if you could see it. Have fun stretching your faith awareness!

- Prayer Beads
 - Grab your favorite kind of beads, some string, and put together a bracelet, necklace, or simply a string of them. Then as you move through touching each bead, say a prayer of gratitude for something you are grateful for, put a name to something or someone you love, or list the ways your faith makes your life better.
- Refresh With Yoga https://www.youtube.com/watch?v=nEUdh_3q9OU
 - Check out yoga for youth ~ and maybe even take this to your teacher at school and see if you could add a moment of creativity into your school day with your class.
- Illustrate Your Faith
 - If faith was a drawing, what would it look like? How about painted, or sung, or as a poem? Get creative and show yourself your faith!

#4 - "Faith in Action"

Opening Experience

As always, everything leads us to Principle #5 – action! Where does all this take me? How will I choose to show up, and when I do, what will I create? From how I relate to others to how I can serve; we will move to ways we can live life as a declaration of our Divine nature.

Activity Choices

- Blind Faith
 - Stepping out in faith can be scary ~ and sometimes it might help to be reminded that faith is about moving forward believing that what we want ~ or even something better, is on its way to us.
 - As a reminder, create a decorative blindfold that you can display as a work of art you can see.
 - You can use fabric, or simply draw or paint a fun and beautiful blindfold. Then put it where you can see it when you need a boost of faith to continue on your path.
- Service with a Smile <https://kidworldcitizen.org/35-service-projects-for-kids/>
 - A huge part of faith is finding what actions it moves you to take. What causes do you feel drawn to?
 - Are there spaces in your area that you can volunteer?
 - First, spend some time feeling into the answer to that question ~ then ask the guiding grownups in your life to help you locate someplace you can serve (and maybe even gain community service hours for your academic transcript). Contact them and offer your time.
 - Journal about your experiences.

Meditation Zone

- Walking Meditation <https://www.youtube.com/watch?v=zZnNO1myCMg>
 - First, watch the video link for instruction on doing a walking meditation from Yongey Mingyur Rinpoche.
 - Reflect on what you have heard, and then put it into practice by going out for a walking meditation.
 - If your mind wanders, have patience!
 - This is a new skill and new skills take time and practice.
 - Then journal about your experience.
- Create a Sacred Scribble
 - Grab a piece of paper and some crayons or colored pencils (not markers for this one as they might make the paper too wet).
 - With the darkest color, create an outline that you will color in. Not a picture, simply scribble around on the paper until it feels complete. You may even want to close your eyes and make the scribble, just for fun.
 - Then put on some favorite music and color in the spaces in the scribble drawing. You can either let your mind wander where it will or use the time to ponder a question. No pressure about answers, just a gentle question and then allow the activity of the coloring take your mind with it.
- Sacred Table: As we create our virtual Sacred Table, create one at home!
 - Find an item in your home that reminds you of your divine nature. Add it to your sacred table.

Media

We all need a little encouragement every now and then. Kid President, knowing this, has put together a video you can play each morning as you wake up or to share with your friend who needs a kick in the right direction. Take a moment and spread some encouragement. "It's everybody's duty to give the world a reason to dance."

- Pep Talk from a Kid President: <https://www.youtube.com/watch?v=l-gQLqv9f4o>
- Reflection Questions
 - How does it make you feel to have a kid giving you advice?
 - What do you think he means when he says people need to stop being boring?
 - What would it mean for life to be a game and if it is, are we on teams?
 - How many paths do you think there really are in life? Just two? How many could there be and can you change the one you're on if you want?
 - What is your 'Space Jam'? What will you create that will make the world awesome, whether in tiny or huge ways?
 - What are your reasons to dance in life?
 - Who encourages you, and who do you find encouraging you would like to get to know better?
 - What would you say in a pep talk to yourself? Your friends or family? Why?
- Then, just for fun, you can watch this update of where he is now, or at least in 2019...
<https://www.youtube.com/watch?v=gEabswbUNdw>

- Enjoy the songs:
 - <https://www.youtube.com/watch?v=iOTcr9wKC-o> Switchfoot ~ Dare You to Move
 - <https://www.youtube.com/watch?v=ClRqF8LY6Ic> Fearless Soul ~ I Am My Own Hero

Creation Station

Now it's time to play with the idea of moving our faith into action. Think about what you have done so far in this lesson. What did you learn about yourself and your faith?

- The I Can Can-tainer
 - Find a container you like. It can be a jar, box, envelope, can, or even a drawer. Decorate it if you like, and then put messages, pictures, ticket stubs, anything that reminds you of things you have accomplished and all you are capable of doing. Add things to it every day, and then dig into it whenever you feel you need a reminder of your awesomeness.
- Cartoons <https://www.moovly.com/blog/top-7-video-animation-makers-create-free-animations>
 - Step out in faith and have fun creating cartoons! Walking our faith takes patience and practice, and sometimes we are stepping into new territory that can make us feel uncertain. So try your hand at something new and different and you might find something new to like! This link will bring you to 7 different options where you can find your favorite.
- Lights, Camera, Action
 - Whether on a cellphone, video camera, tablet, or computer, head out and record yourself in places you feel close to God.
 - As you visit each area, share why that space moves you, and come up with action plans to protect and enrich each space.

Teen Lessons

#1 - "Growing Faith Through Trust"

Opening Experience

Have you ever asked yourself, What do I Believe In? Trust Who? Well, this is a good awakening into the search for truth... The Truth of our connection with a Divine Power.

Activity Choices

- Faith Worksheet
 - Using the Faith Worksheet at the end of lesson #1, explore the questions.
- F.A.I.T.H.
 - On sheet of paper, create an acronym for Faith. Be creative see if you can come up with more than one acronym. Example: Fearless, Attitude, Integrity, Trust, Happy
- Journal Time
 - Create a Journal for this journey into Faith. Make it your own. The First week ask yourself in a Mindful way, why is Faith a healthy way to look at life with? Read this Scripture out loud and journal on what it means to you in your life.: **2 Corinthians 5:7 "for we walk by faith, not by sight"**

Meditation Zone

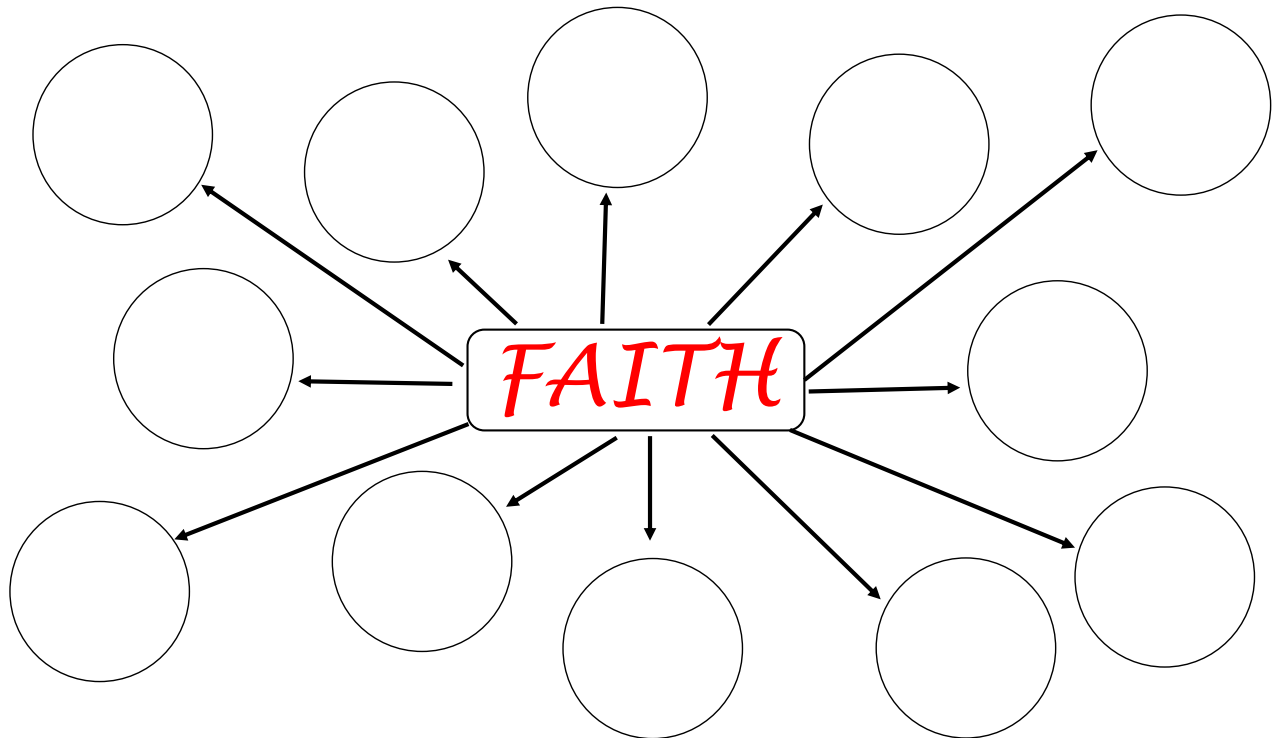
- 5-Minutes of Peaceful Meditation: <https://youtu.be/3SI7tY5EX1y>
 - As the music plays Breathe deeply and Focus on these few Words... FAITH IS... Say it to yourself throughout the Meditation... Focus on your feelings. How you react to these words and go to your Journal and write your thoughts. What came up for you? What feelings were stirred up?
- Sacred Table
 - Create one at home! Find different objects that remind you of FAITH. Place a candle in the middle to enhance your meditation time. Write your thoughts from your meditation time. What came to you? What feelings were stirred up?

Media

- Faith Through the Eyes of a Child <https://youtu.be/CsXdYwe0TJE>
- Journal
 - Create your Own Faith Statements in your Journal. Write on the top of the journal page; "My Faith is...."
 - Example: My Faith is my Strength. My Faith the Light that guides me... Etc.... Watch the video for additional inspiration

Creation Station

- Music from Kutluss <https://youtu.be/LjAc0RAAI4c>
 - Listen to the song found here ... This song is from Kutless, it helps us to realize how that trusting God will give you strength and allow you to see life differently. While video is on write down on an index card the first thing that comes to you about having faith. This card will be used in later lesson during these four weeks on faith
- Faith Connection
 - After watching and listening to the song video, Use the Faith Connection Worksheet, below.
 - Write in the circles everything that can come tapping into the power of Faith.



#2 – “Growing Faith from Hoping to Knowing”

Opening Experience

Welcome back. Today we ask ourselves, “Why does God really want me?” What do I have to offer in the building of Faith in this world?

- Spiderman Clip <https://youtu.be/f0uF46I-AYc>
 - Watch this video and reflect on the life of this teenager and the challenges that he endures and how it leads to faith:
- Indiana Jones Clip <https://youtu.be/sBBbq2g7yf8>
 - Watch this Video and Write down what comes up for you
- **Unity Principle 1:** “There is only one Presence and one Power active as the universe and as my life, God the Good”.
 - Create a Collage on How God Present in your life.
 - Share your own pictures or drawings.
 - Write in this collage your statements of Truth... God Is Here... I am Truth... I acknowledge my Faith through all God has for me...
- **Unity Principle 2:** “Our essence is God; therefore, we are inherently good, This God essence, called the Christ, was fully expressed in Jesus”.
 - Create one Affirmation List on your essence that is GOD Image. i.e.: I Am Pure Light, I Am the Power, I Am the Image of God, I Am Love....
 - Create as many Affirmations as possible to carry with you throughout the week.
 - Cut them in to strips and place in a jar or a box, etc., and take one a day and use them throughout your day.
 - Say the Affirmation to yourself all day. Focus on the Affirmation Mindfully...
- Create Some Faith Cards.
 - Use the “Create My Faith Cards” handout or look for images that you can create your own Faith Card.
 - Write on the back your own Prayer of Faith Walk.

Meditation Zone

During the meditation time today, there are two activities that help us to figure out what helps us move into a calm space. Knowing what works best for us and practicing the tools, helps us to get to recognize and get to a calm place quicker, which helps us manage our life in a healthier way.

- Open Eyed Meditation: <https://youtu.be/Nj1qCo8d2eE>
 - Join us in an open-eyed video meditation experience.
 - Affirm/Say “I Am Open and Receptive to my Power of Faith”.
 - Take a deep breath, relax inward into your heart space, put your hands over your heart to remind you where you will be centered for the message here.
 - As you watch the video, breathe regularly in and out, and visualize this message reaching that space of the Divine within you, and settling there for its Good.
- Sacred Table
 - Place One object that reminds you of Faith... A picture of a pebble, a picture of a heart, a leaf, a feather... Use this to bring you into a Mindfulness time to connect with your Faith.

- Watch and use this Daily Word Meditation for extra Mindfulness Time:
- Daily Word Faith: <https://youtu.be/hlsWTTgMxjc>

Media

- Bear Grylls’s Story: My Faith is My Strength Reflection Questions
<https://youtu.be/qfiQoHyJC10>
- Journal Time
 - For extra Journal Time, listen to this song: “Give Me Faith” by Elevation Worship
<https://youtu.be/N9w6284vC1w>
 - Breathe and write the first thing that comes to mind as you meditate on the words of this song.
 - Write in your journal according to the song what is needed to grow your faith?
 - What do I need to focus on all the time?
 - Read this Scripture: James 2: 14-18 What does this scripture really say to you about Faith? Where are you in your Faith Walk? Why is Faith important?

Creation Station

Try out these activities to see how you can develop your emotional intelligence

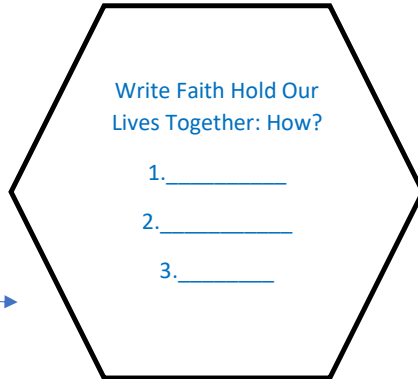
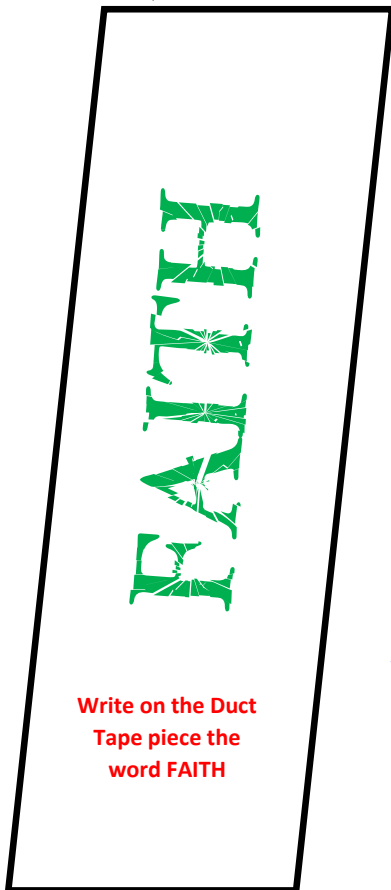
- Before you begin the Creativity Time, Listen to this song. Reflect what is the true message to you. What stirs up in you about Faith?
 - Song: “I am Trusting You”:<https://youtu.be/KXMsowfZ6mo>
- Faith & Duct Tape
 - What do duct tape and faith have in common?
 - Duct Tape Activity: Cut a piece of Duct Tape. Place it on a cardstock paper. Write on the Tape: FAITH. Now reflect and write next to the tape all the ways that faith has in common with Duct Tape.
 - Handout below
- Graffiti Poster
 - Create a Graffiti poster with the Word Faith. Be creative. Add colors and designs to the art. Focus on the designs that you can use to explain without words what is Faith. i.e:





WHAT FAITH AND DUCT TAPE HAVE IN COMMON?

Cut piece of Duct Tape and place here



#3 – “Where is My Faith Focused”

Opening Experience

Now that I know a little more about Faith and how it is essential, it’s time to connect into our Power of Faith through Principle #3: how my thoughts and prayers are formative in creating a life of Faith that I live each day. What I believe can become my reality and my experiences and interactions will affect my life.

- Growing Faith <https://youtu.be/sVPYIRF9RCQ>
 - This is the moment to nurture the gift of Faith in us. Like a seed. Watch this video and think about the seed of faith in you and all that you can do to help it grow. The seed is Growing.
- Use the Handout “Many Ways”. Take time to Think and use Positive Thoughts on the many ways that Faith in your life.
- Use “Faith: I Got the Power” handout. This Handout is on the 12 Powers, focusing on the Power of Faith. Use this to write down your ideas and thoughts on the Power of Faith.
- Use the handout “Prayer of St. Patrick” to reflect the power that comes from connecting with our Divine Identity. Use the Heart handout and in it write/draw the spiritual image that you have of yourself.

Meditation Zone

- Meditation Music: Space Ambient Music: <https://youtu.be/A2bI-MIIJfU>
- Find My Way by Fearless Soul: <https://youtu.be/TUVqJQ6woWU>
 - Use this Song as a meditation time. Focus on the fact of the ways that Faith is in my essences. How we decide to truly live our divine identity.
- Sacred Table
 - Place a picture of You on your sacred space. Reflect on the many good you have and you bring into the world.
 - Have color index cards and as you meditate write one word on each index card that represents the Good in you.... Place around your picture and begin to reflect. Use this meditation music for your sacred time. Chant the Prayer of Protection: (handout provided)

Media

People say that faith is so hard in a world that challenges everything. Try to see if through a deep walk into the Divine Guidance, if you can see with the heart instead of the mind. It is time to know that the true power of faith comes from the identity that we are... A Divine Child of God. God is not outside of us, God is in us as us...

- Faith Short Film <https://youtu.be/KpeX7i9OZVU>
 - Focus the power that faith gives to this character. How does the film begin and how is it like our own beginning of our Faith Journey? How does it evolve and then fulfill the characters belief?
 - Use your Faith Index Cards to create a collage with pictures and your Faith Statements.

- Use this Song to begin the journal time. “Power in Me” <https://youtu.be/m7aSxkxucWQ> What is Rumi saying about human beings?
 - Write in Journal
 - How is Faith a Power?
 - What does your thoughts need to do to truly connect with the Power of Faith?
 - God true Power is?
 - Add your thoughts to this statement.

Creation Station

- Song: “Let It Out” by Faith Rivera <https://youtu.be/gcOp0thYCyM>
 - Open your Creativity Station with a song from Faith Rivera. This song helps us to see that Faith is not kept in, its shared.
- Create A Wheel of faith.
 - A wheel is a great object to see if there is a balance in the moment.
 - Take the handout (My Wheel of faith) and place on the wheel what are some needs that you can truly focus on to continue a growth and a balance in your faith walk.



Many Ways

How does your faith make your life better? Identify each of the ways. For example: I know who I am. It makes my beliefs clearer.

| | |
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Faith

“All Things Are Possible... If We Believe”

Faith is the ability to believe, intuit, and perceive. Faith is our supreme affirmative faculty.

Faith is our Truth that we have the ability to think, feel and say Yes to God with our hearts and our minds.

Scripture: “According to your Faith let it be done to you” Matthew 9:29

“Whatever you ask for in prayer with faith, you will receive.” Matthew 21:22

Affirmation: Faith blesses my day and paves my way.

My Faith Grows as I nourish it with My Truth.

Month: January

Location in the body: Center of the brain

Questions to Reflect on:

How is this Power in me?

How to live it in the physical world:

How do I nourish my Faith?

What can you use your Power of Faith for?

When it Comes to faith, what choices do I have?



Prayer of St. Patrick:

I take for my sureties:

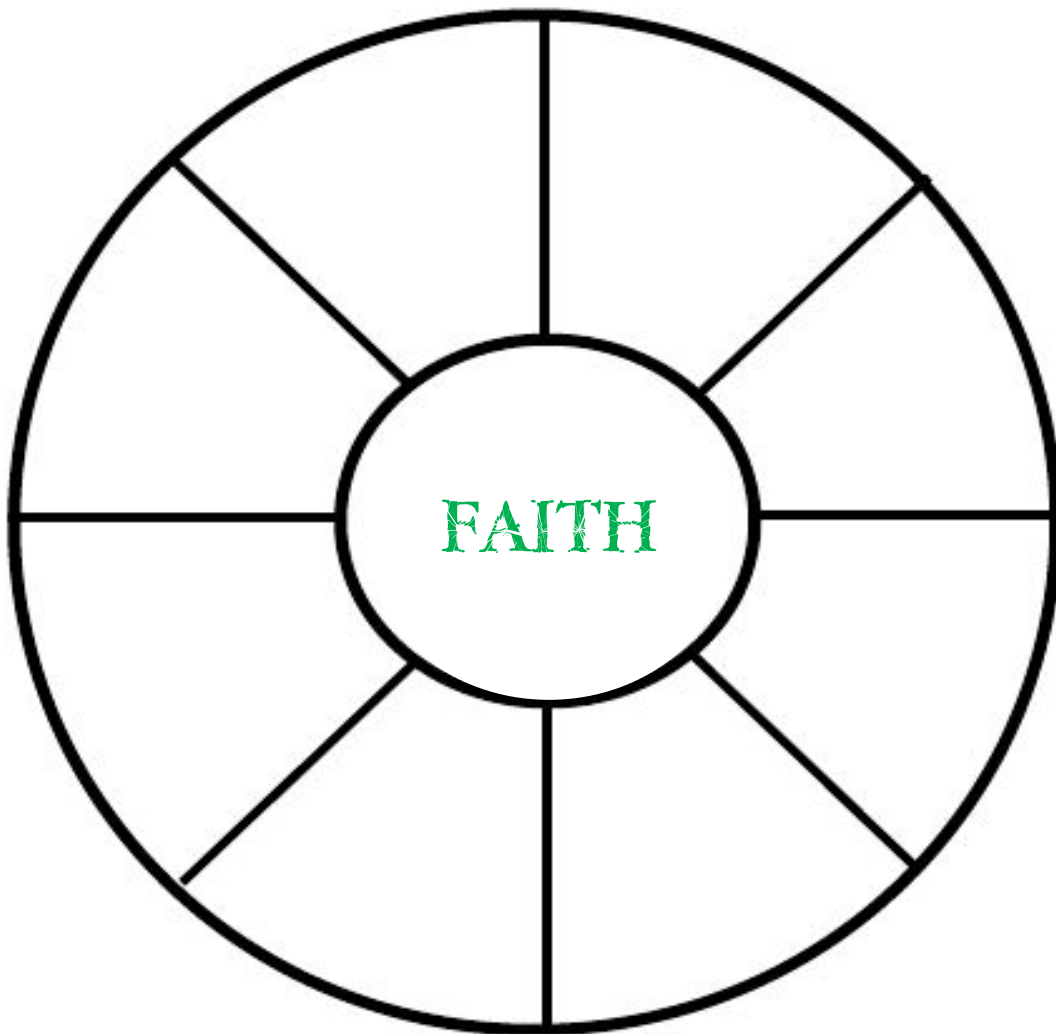
The power of God to guide me,
The might of God to uphold me,
The wisdom of God to teach me,
The eye of God to watch over me,
The ear of God to hear me,
The word of God to give me speech,
The hand of God to protect me,
The way of God to go before me,
The shield of God to shelter me....

Christ is with me, Christ before me,
Christ behind me, Christ within me,
Christ beneath me, Christ above me,
Christ at my right, Christ at my left,
Christ in the heart of every person who thinks of me,
Christ in the mouth of every person who speaks to me,
Christ in every eye that sees me,
Christ in every ear that hears me.



My Wheel of Faith

Direction: In the Wheel take some time to focus on placing on it what are some basic needs that you can begin to focus on to have a balance spiritual life and continue to grow in your faith.



**Examples: More Meditation, Family Time, Positive Books,
Journal Time, etc.**

#4 – “Faith in Action

Opening Experience

Faith into Action is Principle #5 – action! We Walk the Talk... not Just Talk the Talk... Where does Faith take me? Putting my Powers to work, making the Light that comes from my connection and belief to work. What Can I Do?

- Kung Fu Panda You Must Believe: <https://youtu.be/aRKsVXIA7xE>
 - Take the Handout (You Must Believe): Reflect on the provided questions...
- Write what are your beliefs about Faith and God?
 - Write down a time when your beliefs have confirmed that God needs you and has a need for your talents.
 - Write down some of your gifts that you can bring into action for the Power of Faith: example: My Voice in reading for the elderly. My love for construction helping Habitat for Humanity. Helping Youth & Family Ministry on Sunday... etc.
- For Inspiration: Videos about students making a difference ~ <https://www.youtube.com/watch?v=JicGbdUtMJg>
 - After watching this Video, what can you do to make a difference in your Faith Community as well as your home and school?
- Read this Scripture: Hebrew 11:1: “Faith is the substance of things hoped for, the evidence of things unseen.”
 - What kind of Faith is this according to the scripture?

Meditation Zone

- Use Handout “Faith Connection” again. <https://youtu.be/ZToicYcHIOU>
 - This time write in the circle provided the people, the community, the ministry, or anything that you can connect to help your Faith grow.
- Sacred Table
 - Place a Symbol that will be used to become Mindful of the power that is Faith in your life. Example a Skeleton Key... Reminds me that I have the power to open my heart and thoughts to trust God and where I am lead.
 - Begin the meditation time and focus on your breathe.
 - Place your hand on your heart and then place your other hand on the symbol in the center of your sacred table.

Media

- Play this Song to remind you that Unity Principle 5: “Through thoughts, words and actions, WE live the Truth we know”, is putting everything together and living it...do something.
 - Song: “Do Something” by Matthew West <https://youtu.be/O3IrwujyAJ4>
- Video 1: “Three Teenagers Changing the World for the Better” https://youtu.be/6gIK_XoB8so
 - Journey with the stories of three wonderful young teens that embrace their gifts and use them to bring to the world the power of believing, the power that comes from faith in the Divine Identity that we all have.

- Video 2: “Beating The Odds: <https://youtu.be/7hByu8MvIiU>
 - See how young teens can see beyond, using their power of belief, their Faith to overcome what may seem a challenge.
- Journal
 - In these two-videos, journal what come up for you.
 - What does it really mean to trust God in the life and gifts that you have?
 - What are your Gifts? What is God really telling you about who you are?
 - What is your full power? How are you going to Live Your Faith?

Creation Station

- Write this in your Journal:
 - The three that strengthen my Faith: Write next to each one a example.
 - Belief –
 - Trust –
 - Action –
- Create an Affirmation Card with the “Prayer of Faith”.
 - Open the handout with the “Prayer of Faith”.
 - Print the Prayer or write it on cardstock.
 - Be creative, maybe cutting out magazine pictures that make the Prayer come to life.
- Walk the Talk Activity:
 - Take Cardstock paper. Outline your footprint. Do it several time. Cut out the footprint. On each footprint create a Faith in Action walk. Write on the footprint things that you will do to Walk the Talk.
 - Example: Run a Blanket Drive for the Faith Community to give to Homeless Shelters, Do A Teddy Bear Drive to Donate to Children Shelters. Run a Can Drive to donate to Community Pantry Organizations, Write Cards to take to Elderly Homes, Be in charge of getting donations to create care packages to send to our soldiers overseas...etc.
- End the 4th Week with this Song: Walk the Talk by Jill Svensson
- <https://youtu.be/SUBMm29xuGw>



You Must Believe!

Direction: Watch the Video Clip for Kungfu Panda Bear. Reflect on the provided questions:

1. Shifu is in fear for what reason? What happen to his Faith in Master Oogway?

2. What does Master Oogway mean by “There are no accidents”? What does this statement have to do with your Faith Walk?

3. Trusting is a challenge, especially trusting God; Think about the discussion that Master Oogway & Shifu are having about control, and share can we control what happens in our spiritual walk with God?

4. Master Oogway said, “You Need to Believe”, how can this line remind you about your own faith life and what are somethings that challenge you and helps you to Believe in God?

The Prayer of Faith

By Hannah More Kohaus

*God is my help in every need;
God does my every hunger feed;
God walks beside me, guides my way
Through every moment of this day.*

*I now am wise, I now am true,
Patient and kind, and loving, too;
All things I am, can do, and be,
Through Christ the Truth, that is in me.*

*God is my health, I can't be sick;
God is my strength, unfailing, quick;
God is my all, I know no fear,
Since God and Love and Truth are here.*