

# EarthCare (Teens): Strength

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## Power Points for Facilitators & Teen Leaders:

- God is all good and active in everything, everywhere.
- I create 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.

## Opening Prayer / Inspiration Reading

“Standing up on lifted, folded rock looking out and down –

The creek falls to a far valley hills beyond that facing, half forested, dry – clear sky strong wind in the stiff glittering needle clusters of the pine –  
Their brown round trunk bodies straight, still, rustling trembling limbs and twigs listen.

This living flowing land is all there is, forever.

We are it,  
it sings to through us –

We could live on this Earth without clothes or tools!”

By Gary Snyder, *American poet*

## Opening Affirmation

My strength comes from my inner light. My strength is developed in God.

## Check In

If you had any super power, what would it be and how would you use it for the good of the Earth. For example, if you were a shapeshifter you might blend into tree and create a house for squirrels to store acorns or maybe if you were telepathic you could communicate with all animals and humans to create an environment for all.

## Joy Song

### Peace like a river

I've got peace like a river  
I've got peace like a river  
I've got peace like a river in my soul  
In my soul  
In my soul!

I've got joy like a fountain  
I've got joy like a fountain  
I've got joy like a fountain in my soul  
In my soul!

I've got love like a mountain  
I've got love like a mountain  
I've got love like a mountain in my soul  
In my soul!

I've got peace like a river  
I've got joy like a fountain  
I've got love like a mountain in my soul  
In my soul!

## Lesson – STRENGTH

Quote – “In the depth of winter, I finally learned that within me there lay an invincible summer.” Albert Camus

Scripture – “Spiritual strength is our capacity to stand undaunted in the midst of shifting circumstances, to act courageously, and to stay the course.” - Linda Martella-Whitsett

God gives us special gifts, or powers, as spiritual resources. We are learning to use these mental powers to bring about our highest good, and use this spiritual power in the care and love of our beautiful Earth.

Strength; we will endure because God/ Spirit in me, through me, as me, gives us courage.

1) What is strength? Share your thoughts and ideas.

The ability to stay the course. In the power of strength you persist and practice endurance.

2) How does strength work for you?

You could say in spiritual strength the foundation is made clearer.

3) How does strength make you feel?

Never let the thought of weakness enter your consciousness (thinking). When a hint of weakness or negativity enter your thoughts, ignore and affirm strength. Negativity is like leaving a water faucet on. Negative thoughts are leaks to our strength; they make you weak, and can make you sick.

4) How easy or difficult is having strength?

Noah listened to an inner voice, used his spiritual power of strength and his might to build an ark for the Earth to wash itself clean and begin anew. Samson used his spiritual strength to see his God beyond his blindness and literally take down the idea which was holding back his people. Moses used his spiritual strength to guide his people home. Jesus at the garden of Gethsemane demonstrated strength as even though he understood his physical life was coming to an end he stayed the course to change the consciousness to love. Spiritual strength is to stay the course and being strong means being flexible. Beyond what we can see in front of us, Spirit is always at work for a greater good.

5) How are you flexible? How do you demonstrate strength as Noah, Samson, Moses and Jesus?

We follow our God-voice to know what to do.

6) How would you describe your God-Voice? What has your God-voice shared with you what is yours to do to stay the course and care for our beloved Earth?

## Meditation/ Centering/ Mindful Moment

I invite you to spread out, get comfortable and close your eyes. As we lie here say with me, “I plan to be flexible today.... I plan to be flexible today.... I plan to be flexible today.” Allow yourself to be in the flow of divine order. Become open to a better way of life. Allow yourself to relax and remain flexible. Find understanding as order is brought to your life. I plan to be flexible today. From your head to your toes feel the cascade of energy which is the very source of life. Wiggle your toes, your fingers, feel the vibration of good encompass your soul. (allow for a few minutes of silence) When you are ready return to our space.

## Creative Experience

Think about how as a group to act out the following quote exhibiting strength as truth in your life and how you are interdependent (in relationship with another) with all that we understand.

“All that is gold does not glitter,  
Not all those who wander are lost;  
The old that is strong does not wither,  
Deep roots are not reached by the frost.

From the ashes a fire shall be woken,  
A light from the shadows shall spring;  
Renewed shall be blade that was broken,

The crownless again shall be king.”

— [J.R.R. Tolkien](#), *The Fellowship of the Ring*

## **Blessings & Closing Prayer/ Inspiration Reading**

I affirm the strength of Christ consciousness within me, and I know that there are no limits to what I can think and do. I am empowered with the strength I need to overcome any challenge. The strength of the Christ is physical strength, spiritual strength, mental strength, and emotional strength. Whenever I am faced with what appears to be difficulty, I affirm the strength of Christ consciousness within. I remain poised, confident, and in control. I am in Faith and Strength to do what is mine to do. Amen!!!

## **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.