


Worldwide Ministries
Great Lakes Region



Passport

Tweens/Uniteens
Lesson #1

To Adventure

A Biblical Journey of Self Discovery: Hebrew Scriptures, Vol 1

Passport To Adventure

**Age Groups: Tweens, 4th & 5th Grade
Uniteens, 6th to 8th Grade**

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Welcome

**“There is meaning in every journey that is unknown to the traveler.”
Dietrich Bonhoeffer**

Introduction

- This curriculum is based on the Hebrew Scriptures, beginning with *The Creation Story* and ending with *Moses Parts the Red Sea*.
- It is divided into 12 units of study.
- There are 4 lessons within each of the 12 units, one for each of the groups listed below:
 - ✧ Preschool/Kindergarten, 3 to 5 years
 - ✧ Elementary, 1st to 3rd grade
 - ✧ Tweens, 4th & 5th grade & Uniteens, 6th to 8th grade
 - ✧ Y.O.U., 9th to 12th grade
- The lessons are designed to stand alone or to be offered in a series.
- All lessons are offered as a download only.
- The lessons are available for individual purchase so you can buy only those age groups you are currently serving in your ministry.

Program Overview

Focus of this material:

This material invites our children and teens to step out in faith and to consciously undertake a Spiritual journey. As with an journey, we first have to get, “The Big Divine Idea.” But we cannot stop there. We must know and understand the steps needed to bring an idea into manifestation. We must be willing to leave home or what we are familiar with in order to bring about Spiritual growth. Along the way we meet some interesting characters that invite us to look within and heal what needs to be healed. As with any new undertaking, our faith is sure to be tested. But, if we are willing to move forward with faith, strength and courage, our efforts will be rewarded with renewed Spiritual understanding. And, we just may discover something magnificent about ourselves!

Each week’s lesson include:

- Lesson Objectives
 - ✧ Issue to Explore
 - ✧ Spiritual Principles to Explore
 - ✧ What Students Will Gain From the Lesson
- Complete Supply Lists
- Sacred Circle Connecting Activities
- Story
 - ✧ Bible Story or Storybook That Reflects the Bible Story
 - ✧ Story Focus & Interpretation
 - ✧ Discussion Questions
- 2 Age Appropriate Creative Activities
- Parent Letter: The parent letter is the same for each lesson in the unit.

Lesson

1

Tweens/Uniteens

My Big Divine Idea

The intention of this lesson is to explore what we need to do in order to bring our big idea into being.

Lesson Objectives

Issue to Explore

Having a great idea of something you want to create is just the first step.

Spiritual Principles to Explore

- The Creation Story is much more than just the creation of the earth. It shares with us the steps each of us takes when we create anything in our lives.
- We use this process daily and we can make better use of it by understanding what the steps are.
- Unity Principle #3 - I create my experiences by what I choose to think and what I feel and believe.

Uniteens will:

- Explore the steps in the Creation story.
- Gain insight into how those steps work in our lives.
- Work with the steps in order to put them into conscious use.

What You Will Need...

Book

- Bible

Supplies

- Soft Ball
- Watercolor Paper
- Water colors
- Brushes
- Small containers of water Variety of Beads, 6/Student
- Special Bead or Charm, 1/Student
- Small Seed or Spacer Beads
- Beading String
- Scissors

Sacred Circle

Lesson

1

Tweens/
Uniteens

Ages
9 to 13

Sacred Circle Set-Up

- Invite the students to set up the sacred circle items. Items to possibly include:
 - ✧ Cloth
 - ✧ Electric Candle
 - ✧ Love Offering Box
 - ✧ Copies of the Prayers
 - ✧ Sacred Items
 - ✧ Stuffed Animal Mascot

Welcome:

- Take turns tossing a ball to one another.
- As each person receives the ball, ask them to share:
 - ✧ Their name
 - ✧ Their favorite creative thing to do.

Centering Breath Choices:

- Breathe through your heart: image your breath is going in and out through your heart.
- Be a Balloon: pump up like a balloon and then release
- Be a Drain: tighten all muscles, hold and then release

Opening Prayer and/or Meditation:

Loving Spirit, as we take a deep breath and center our attention on Your presence, we become increasingly of our oneness in Spirit and our oneness with all things. Taking another deep breath we breathe in this amazing presence and are filled with love and harmony. As we release the breath, we release any concerns and open our minds and hearts fully to Your presence. We give thanks for this wonderful moment of oneness and know that we can experience peace and harmony each time we rest and acknowledge the activity of Spirit in our lives. Thank you God. And so it is.

Offering & Blessing:

Divine Love through me blesses and multiplies all that I have, all that I give and all that I receive. These gifts are blessed in the name and through the power of the living, loving, indwelling Christ. They grow and expand to support our program and return to us at the right and perfect time and the right and perfect way. Amen

Unity Principle #3

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

Celebrations

Invite the students to share something they would like to celebrate. Use noise makers or pom-poms to cheer after each celebration.

Story

Lesson

1

**Tweens/
Uniteens**

Ages
9 to 13

“The Creation Story” Genesis 1:1-31 & Genesis 2:1-3

This is a story about how our world came into being.

Story Focus/Interpretation

Understanding the steps to creation in order to put them to use in our lives.

Discussion Questions

- What action is happening in the story?
- How was God feeling about what was being created?
- Through what power is God creating?

Older Students: *(Share with Tweens if you feel they can understand the concepts.) Share the following statements of what was created on each day and ask the students what they think it means and how it shows up in their light. (If they have no ideas, then share the thoughts in brackets.)*

- **Day 1:** Light out of the darkness. *{After confusion or uncertainty, an ideas lights up in your mind}*
- **Day 2:** Sky created. *{Represents faith - that if you had the idea, you can achieve it.}*
- **Day 3:** Earth was formed. *{Having faith helps your ideas begin to take shape and form.}*
- **Day 4:** Sun & moon created. *{Represents understanding & will. What do you understand about Truth & Spirit and are you willing to follow your inner guidance as you create?}*
- **Day 5:** Birds & fish created. *{Represent ideas - many ideas. Which ones will lead you to your good?}*
- **Day 6:** Animals & Humans created. *{Male represents action, Female represents intuition. How does this work in your life?}*
- **Day 7:** God rested. *{How do you know when it is time to stop thinking about it and rest?}*

Tweens can participate in this discussion and the activity: *Have a discussion about the following questions. How is this interpretation of the days of creation similar to the way our thoughts work to create our reality?*

- How do you feel when a new idea or desire to change something enters your mind? What happens after that?
- How have you experienced this creative process in your life?
- How could recognizing these stages of the creative process help you in creating the experience(s) you wish to have?

Now pass out copies of chart on page 7 and discuss how they can use each step to bring a new idea into being.

Steps to Creation

1	First Day: The light of an idea. What would you like to create?	
2	Second Day: Imagine how it will be. What does it look, sound or feel like?	
3	Third Day: Firming up the idea. What are some steps you need to take?	
4	Fourth Day: Decide which steps to take. How will you decide what comes next?	
5	Fifth Day: More ideas. Which ones will you use?	
6	Sixth Day: Using intuition & moving into action Ok, now let's get started. This is what I am going to do.	
7	Seventh Day: REST! Know that it is done. Cease trying to create it and simply allow it to unfold.	

Activity #1

Lesson

1

Uniteens

Ages
11-13

In The Beginning Was the Hum

Supplies

- Watercolor Paper
- Water colors
- Brushes
- Small containers of water

Share

- It is believed that before creation began there was just the void. Everything existed in this void but nothing had yet come into being. The vibration of “OM” symbolizes the manifestation of God in form.

Action #1

- Invite the pre-teens to take some centering breaths.
- Ask them to relax and to sit up straight and focus on their breathing, allowing it to become slow and even.
- Lead them in the chant. OM is pronounced, A-U-M. Invite to take a deep breath and as they exhale, chant the word OM until their breath runs out. Repeat.
- Help them to understand that they do not have to be able to carry a tune. Making the sound and feeling the vibration of it is what is most important.
- Allow the chant to proceed for 5 to 10 minutes.

Action #2

- As soon as the chant is completed, move them quietly into the painting activity.
- Encourage them to use the provided supplies to express what feeling came from the chanting experience or express an idea they would like to bring into being.

Discussion/Sharing

- What was this experience like for you?
- What steps are you willing to take in order to bring your idea into being?

Activity #2

Lesson

1

Uniteens

Ages

14 to 18

Prayer Beads

Supplies

- Variety of Beads, 6/ Student
- Special Bead or Charm, 1/Student
- Small Seed or Spacer Beads
- Beading String
- Scissors



Action

- This activity is designed to help the children remember the steps to creation.
- Invite each child to select 6 beads and 1 charm, 1 bead for each of the first 6 steps and a charm to remind them to rest.
- Have them cut a length of cord and string the beads onto it, using the spacer beads as they choose.
- Tie off the top and attach the special bead or charm to the bottom.

Prayer

- Begin by inviting them to hold their prayer bracelet in their hand and take some deep breaths.
- Share the following prayer:
 - ◇ **1st Bead:** Hold the first bead. Breath in, as the breath enters your body, feel your mind lighting up as if a light switch has been turn on. Pause here for a moment and invite a new idea to enter your mind.
 - ◇ **2nd Bead:** Move your fingers to your second bead. What does your idea feel like, look like. Invite all possibilities.
 - ◇ **3rd Bead:** Move to the third bead. Now take your idea and wrap it in golden light. Imagine this ribbon of light moving through your body, going out through your feet and down into Mother Earth. Here it is nurtured and fed.
 - ◇ **4th Bead:** Move to the fourth bead. As you focus on your idea, many questions come to mind. How will I do this? What do I need to change? Allow the thoughts to just move through your mind, watching them as if they are on a movie screen.
 - ◇ **5th Bead:** Hold the fifth bead. Allow Spirit to direct you to the best choice for your creation.
 - ◇ **6th Bead:** Holding the sixth bead, move your attention from your head to your heart and image your breath flowing in and out through your heart.
 - ◇ **7th Bead:** Hold the charm. Take a deep breath in, hold it for 6 seconds, then release the breath for 6 seconds. Repeat this two more times. On the final exhale, breath out the word, AHHHHHHH.



Closing

Lesson 1

Commit

Say what they might do differently this week as a result of what they learned today.

Affirm

Share the Unity Principle of the day.

Closing Prayer

Invite someone to lead a closing prayer or read this one:

Sweet Spirit, thank you for this time that we have shared together. We are grateful for our growing awareness of your presence within us and around us. We are grateful for the ability to create our experiences and we affirm a growing awareness of our power to create. We leave here with an intention of creating our experiences with an open heart and mind allowing the Christ within to be expressed in all we think, feel and do. Thank you God. And so it is.

Further Reading and Exploration:

If this subject matter is interesting to you and you would like to explore more, check out the following links and publications:

Genesis Chapter 2.

Read this chapter and compare it with chapter 1. Notice that there is a second story of creation. Given the metaphysical definitions on the handout from this lesson, what do you think this second story means?

Mysteries of Genesis by Charles Fillmore

Publisher: Unity Books (Unity School of Christianity)

Access online at: <http://www.newthoughtlibrary.com/fillmoreCharles/MysteryOfGenesis/>

Metaphysical Bible Dictionary.

(Charles Fillmore Reference Library) Publisher: Unity Books (Unity School of Christianity)

access online at: <http://www.truthunity.net/texts/mbd>

Revealing Word.

(Charles Fillmore Reference Library) Publisher: Unity Books (Unity School of Christianity)

Access online at: <http://www.truthunity.net/texts/rw>

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- We use this process in everything we create.
- Unity Principle #3 - I create my experiences by what I choose to think and what I feel and believe.

“The Creation Story” Genesis 1:1-31 & Genesis 2:1-3

In Unity, we study the bible in three ways, exploring the historical aspect, the moral or allegorical story and the metaphysical or deeper meaning. The Bible tells a story of humankind’s evolutionary journey toward spiritual awakening and the book of Genesis conveys much more than the creation of the earth. It tells the story of the unfolding consciousness of humankind and explains the creative principle at work in the universe and in our lives.

Continue the exploration at home:

For Preschoolers:

- Ask them to tell you about their favorite thing that God created.
- Invite them to show you the motion they created that goes with the Creation story.

For Elementary Students:

Ask them:

- Tell me about something that you have created.
- What was the first thing you did?
- How did the God within help you in your creation?
- Invite them to share their prayer bracelet with you.

For Teens:

Ask them:

- How is the interpretation of the days of creation similar to the way our thoughts work to create our reality?
- How do you feel when a new idea or desire to change something enters your mind? What happens after that?
- How have you experienced this creative process in your life?
- How could recognizing these stages of the creative process help you in creating the experience(s) you wish to have?

Do with them:

- Invite the Tweens/Uniteens to share their Creation chart with you. Brainstorm together ways to bring their idea into being.
- Talk to them about something that you recently created and how you used the seven steps described here.
- Talk together about the information on the chart below.

For Older Students & Adults...

Biblical Reference Genesis 1-2			The Creative Process		
Day	Verses	Element	Mind (Power)	Idea	Expression
1	1:1-5	Element	Intelligence	Illumination	Awareness
2	6-8	Firmament/ Foundation	Faith	Affirmation	Decree / Make Firm
3	9-13	Dry Land & Plants	Imagination	Concentration / Image	Focus / Visualization
4	14-19	Lights by Day & Lights by Night	Understanding & Will	Comprehension & Choice	Knowledge & Direct Action
5	20-23	Birds of the Sky & Creatures of the Water	Judgment	Spiritual vs. Animalistic Thinking or Christ Consciousness vs. Sense/Ego Consciousness	Discernment
6	24-31	Land Animals & Humankind	Wisdom & Love	Thinking & Feeling Nature / Spiritual Identity	Dominion/Power Over Thought Conscious Intention & Expression
7	2:1-3	Rest	Power	Peace & Silence	Sabbath / Rest / Letting Go

Chart created by Rev. Eileen Patra