


Worldwide Ministries
Great Lakes Region



Passport

Tweens/Uniteens
Lesson #3

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.

Managing Our Emotions

Lesson 3

Tweens/Uniteens

The intention of this lesson is to explore tools that help us manage our emotions in positive ways.

Lesson Objectives

Issue to Explore

Sometimes unexpected events occur. How we choose to handle this affects our journey.

Spiritual Principles to Explore

- Spirit is present in every choice we make.
- The issues to explore during this lesson are integrity, making choices, and consequences based on the choices that one decided to make.
- Unity Principle #3 - I create my experiences by what I choose to think and what I feel and believe.

Uniteens will:

- Explore the story of Cain & Abel.
- Explore the power of their emotions and how they affect their lives
- Explore ways to manage their emotions.

What You Will Need...

Book

- Children's Illustrated Bible

Supplies

- Flip chart
- Markers
- Blank business cards
- Markers

Sacred Circle

Lesson

3

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:

God within me is my constant source of peace and strength. I relax, release any anxious thoughts, and peacefully rest in the presence of God. My thoughts, intentions and decisions are aligned with the word of God's guidance. When I follow God's guidance I understand, regardless of the outcome, it is for the greater good. I am at peace and know my oneness with God.

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

3

Tweens/
Uniteens

Ages
9 to 13

“Cain and Abel” Children’s Illustrated Bible, pgs 22-23

This is a story about two brothers and their complicated relationship.

Story Focus/Interpretation

Sometimes we encounter situations that cause our emotions to overrule our better judgment. At those times we must remember that we are as we face up to the consequences of our actions, we will be blessed in many ways.

Students will be able to understand the power of managing their emotions and how it affects the individual and their relationships.

Discussion Questions

- Who were the brothers?
- Who are their parents?
- What type of life work did the brothers choose?
- What is important about their work?
- What do you think were Cain and Abel’s intentions when they gave the gifts to God?
- How do you think Cain felt when God didn’t take his gift? Why?
- In what ways was Cain feel his life was difficult?
- How do you think Cain feels about his brother?
- Where do you see this conflict happening in the world today?
- Tell me about a time that you had a difficult relationship with a friend.
- How was it resolved?
- Tell me about a time when a friend or relative got what you wanted or deserved. (ex: a part in a play, picked for a sports team) How did you feel? What was the outcome?
- What affect did your response have on your relationship?
- How did your emotions impact the situation?
- What would you do differently now?
- When you are feeling like life is unfair, how do you react?
- What are some tools we have in Unity that will help you to find some balance so you can see things from a different perspective?
- How is God present in these challenging situations?

Activity #1

Lesson

3

Tweens/
Uniteens

Ages
9 to 13

A Script of Understanding

Supplies

- Flip chart
- Markers

Action

- Invite the class to create a list of scenarios where a misunderstanding occurred between friends or siblings.
- Write each of the scenarios on the flip chart.
- Divide the class into groups of 5 (*If you are working with a smaller group you can do the activity as one group.*)
- Invite each group to choose one of the scenarios and add more details to the event, such as:
 - ✧ The points of view of each person in the scenario
 - ✧ The emotions that are being expressed
 - ✧ The choices that each person has as they experience the event.
 - ✧ Ways the situation can be resolved in a positive way.
 - ✧ One Unity tool that would help the situation.
- Once they have the above decisions made, invite each group to take turns acting the scenario out.
- Share the conflict and how my managing our emotions we can have a positive outcome.

Discussion

- What was this experience like for you?
- What impact to our emotions have on our lives?
- How can seeing something from a different perspective change the situation?

Activity #2

Lesson

3

Uniteens

Ages

11-13

Peace Within

Supplies

- Blank business cards
- Markers

Share

- When we are facing challenging situations we can forget that we have power. We can calm ourselves and draw forth the power from within us.

Heart Breathing

- Begin to focus on your breath. Notice how it moves in and out of your lungs.
- What does it feel like?
- As you focus on your breath, direct your attention to your heart space.
- As you focus here imagine that your breath is moving in and out through your heart. As you inhale, your heart expands. As you exhale, your heart contracts.
- Choose a word that has positive meaning for you such as: peace, gratitude, joy...
- With each in and out breath, focus on your word.
- Continue in this manner for a few moments.
- As you feel your body relax, keep your attention focused on your heart and your word.
- When you have achieved a peaceful feeling, anchor this feeling in your body. Where is it? What does it feel like? This is a reminder that you can return to this feeling whenever you need to.

Activity

- Using the supplies provided, create a remind for yourself of the word that your meditated on.
- If no word came to you, allow one to come to you now. Make sure that it is a word that reminds you of your inner power.
- Place it somewhere to remind yourself that you can choose your emotions and how the power to positively impact your life.



Closing

Lesson 3

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 know that we are one with Spirit and we seek to know that oneness in every situation we encounter. We know that we always have a choice, a choice to be kind, a choice to be in integrity, a choice to see our experience through the eyes of God. We are willing to step into this understanding and we fully express the God that we are. And so it is. Amen.

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:

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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Continue the exploration at home:

For Preschoolers:

- Ask them what they did today.
- Invite them to show you what they made and tell you all about it.

For Elementary Students:

- Ask them to tell you about the story and the choices the boy made.
- Invite them to share what they would have done.
- Ask them to show you what they did in class.

For Teens:

Ask them:

- What impact do your emotions have on your life?
- What are some ways emotions can be managed?
- What are some Unity tools that help us to manage our feelings and emotions?
- Invite the Tweens/Uniteens to share their mantra word with you.

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