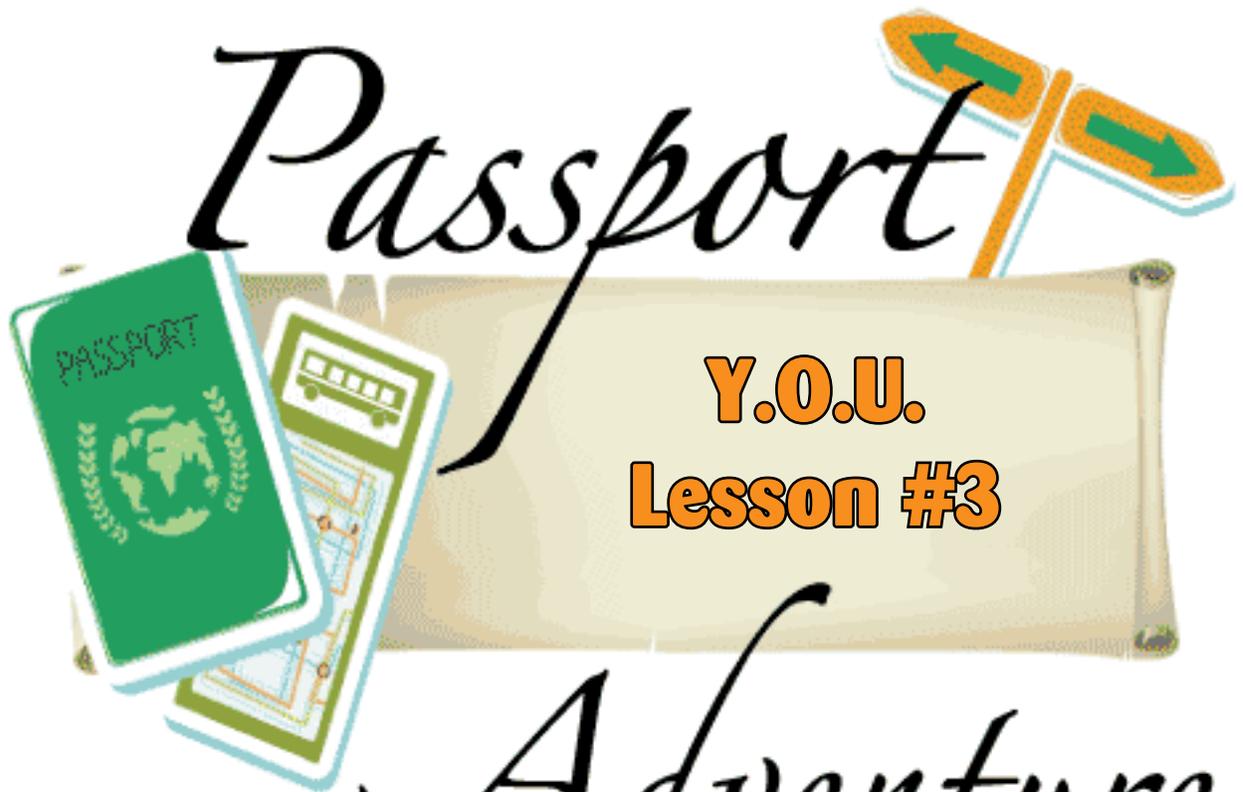


  
Worldwide Ministries  
Great Lakes Region



*Passport*

**Y.O.U.  
Lesson #3**

*To Adventure*

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

# *Passport To Adventure*

**Age Group: Y.O.U.  
Ages 14 to 18**

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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 Y.O.U.

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

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### Lesson Objectives

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#### 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.

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### What You Will Need...

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#### Book

- Bible

#### Supplies

- Flip chart
- Markers

# Sacred Circle

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## Music or Joy Songs

Choose a Joy Song to open with.

## Welcome/Check-in

(For new chapters with new members ask everyone to say their name before answering the questions.)

- What is your favorite ice cream flavor?
- What was the best time you had eating ice cream?

## Announcements

(Insert chapter announcements here or before closing)

## Opening Prayer and/or Meditation

*Invite someone to lead an opening prayer, use The Daily Word or pray this one:*

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

Invite one of the teens to lead the love offering blessing. Share that we are blessing the world with whatever we would like to see more of in the world. They can share one word or money.

## Unity Principle #3

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

## Quote

Invite the teens to share their thoughts about the following quote:

“Thoughts are the shadows of our feelings...”

~ Friedrich Nietzsche

# Story

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## **“Cain and Abel” Genesis 4: 1-16**

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**

- What were the roles that each brother had?
- How did God respond to each of their offerings?
- How did Cain respond to this?
- What was God’s advice to him?
- What did Cain do next?
- How does the story end?
- What emotions do you think Cain was experiencing when God declined his gift?
- How might you have reacted?
- What more did God want from Cain?
- How did Cain’s emotions affect his choices?
- Where do you see this emotional conflict happening in the world today?
- What happens when we react before we think?
- Tell me about a time that you had a difficult relationship with a friend.
- What part did your emotions play in how the difficulty was resolved?
- 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

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## 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 experienced 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

Y.O.U.

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## A Question of Choices

### Supplies

- None

### Action

- Invite the teens to choose a situation listed below.
- Ask them to come up with two possible actions for each situation.
- Then create a list of emotions that occur for each action.
- Invite them to list possible outcomes for each action.
- Invite them to talk about how their emotions impact their choices.
- Once the emotions are acknowledged what other choices became possible?
- Explore ways to find a positive outcome that works for all.

### Example:

**Situation:** Mom asked you to do the dishes. You put it off and now have been invited to go over to a friend's house but you have to leave now.

### 2 Possible Actions:

- #1 - You tell your friend you can't go.
- #2 - You go without doing the dishes.

### Emotions:

- For action #1: Anger directed at mother; frustration with self
- For action #2: Anxiety for disobeying; guilt

### New Possibility Discovered:

- Talk to mom about the situation and make a new agreement that gets your work done and allows you to go with your friend.

### Situations

- You did not study for a test. You have the opportunity to copy someone else's answers.
- You spread a rumor about a friend. Someone else is blamed for it.
- You have plans with a new friend. A group you want to be a part of invites you to do something with them at the same time.
- You are so angry with a friend. They ask you for a favor while you are still angry.



# 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.

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### **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>



# **Managing Our Emotions**

**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.

### **“Cain and Abel” Genesis 4: 1-16**

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.

### **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.

## **For Further Reading & Exploration**

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