


Worldwide Ministries
Great Lakes Region



Passport

**Y.O.U.
Lesson #4**

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.

Lesson

4

Y.O.U.

Holding On Or Letting Go(D)

The intention of this lesson is to understand the importance of knowing what thoughts to keep and which to let go of.

Lesson Objectives

Issue to Explore

Sometimes it is hard to know what it is we need to let go of.

Spiritual Principles to Explore

- When we are unsure of the direction to take, if we follow our God-self we will create experiences that are for our highest good.
- Following Divine instructions includes letting go of error thoughts.
- The Unity Principle #3 - I create my experiences by what I choose to think and what I feel and believe.

Teens will:

- Explore the story of Noah's ark
- Explore how to discern error thoughts from empowering thoughts.
- Explore how to recognize the voice of God speaking to them.

What You Will Need...

Book

- Bible

Supplies

- Roll of toilet paper
- Pens
- Post cards
- Meditation music
- Drawing paper
- Pastels

Sacred Circle

Lesson

4

Y.O.U.

Ages
14-18

Music or Joy Songs

Suggested Joy Songs: Noah's Ark, Froggy, or Sweet Surrender

Welcome/Check-in

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

- What is your favorite source of light? (Ex. A lamp, a candle, etc..)
- What is your favorite letter of the alphabet

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:

Source of universal love, our purpose here today is tried and true, and for that we may be eternally joyful, We acknowledge the Divine presence of Spirit within us, guiding us, supporting us and inspiring us. As we spend time each day connecting to this indwelling presence, we know that way in which we are to go. We give thanks for this and for all good things. Amen”

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:

“Directions are instructions given to explain how. Direction is a vision offered to explain why.”

— Simon Sinek

Story

Lesson

4

Y.O.U.

Ages
14-18

“Noah’s Ark” Genesis 6 - 9:9

This is a story about how Noah built the ark.

Story Focus/Interpretation

In the story of Noah and the ark , Noah hears God speaking to him. God is giving him some peculiar directions but Noah is dedicated to the teachings of Spirit so he obeys. Listening to God was not necessarily easy as, in his human world, the instructions seemed odd. But Noah understood that listening to this indwelling presence would always lead him to his highest good. Part of God’s instructions were take some people/animals with him and to let the others go.

In metaphysics this represents the need to discern what “thoughts & ideas” will lead us to a higher way of being. Those thoughts that drag us down and lead us away from our God presence need to be left behind. When we are moving to a higher place of consciousness, we take with us and protect, only the thoughts and ideas that are aligned with God Mind. It is up to us to choose what thoughts we will keep and which ones we will let go of and/or transform.

Story focus is understanding which thoughts to keep and what thoughts to release.

Discussion Questions

- What was happening in verses 1 through 7?
- How was God feeling?
- What did God ask Noah to do?
- How did Noah respond?
- What happened next?
- How did Noah discern when it was time to leave the ark?
- How does the story end?

Do: Pass out copies of the Definition of Terms page 7). Referring to the definitions, explore the following questions:

- What do the flood and ark represent in the story?
- What do the animals and those not saved represent?
- God wanted to cleanse the earth of evil. Evil represent thoughts that are not in alignment with Spirit; thoughts that are not in our best interest. What thoughts are you holding that you would like to release?
- What benefit do you receive when you are willing to align yourself with God-Mind?
- How is this story showing up in your life?

Definition of Terms

Evil/Wicked--Thoughts/feelings/actions that are harmful or negative. Thoughts that are out of sync with our True nature of oneness with God.

Noah--The part of us that allows us to remain centered and focused on the indwelling Christ presence no matter what is happening in our lives.

The Ark--A place of refuge within us that we can turn to when emotions and events are “flooding” us and leaving us feeling unsettled. We create this place within by filling ourselves with thoughts and ideas that align with God-Mind.

Animals/Birds--Qualities and ideas and/or thoughts.

Water--Can represent cleansing and/or negativity. Our thoughts flow like water, we can become submerged in repetitive thinking - are we having positive thoughts or negative thoughts.

Flood--Cleansing; sweeping away.

Rainbow--God’s promise to always be a part of us.

Man [humankind]--An idea in Divine Mind; the epitome of being. The apex of God’s creation, created in His image and likeness.

Dove--Peace, resting in Spirit.

40 Days/Nights--As long as it takes. The length of time needed to complete something.

Additional Resource

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>

Activity #1

Lesson

4

Y.O.U.

Ages
14-18

Letting Go

Supplies

- Roll of toilet paper
- Pens
- Post cards

Action

- Write down on a piece of toilet paper ideas, habits or beliefs that you no longer want to be part of your consciousness
- When this has been completed, individually go to the bathroom and flush these negative notions away.
- On a post card, write down two ideas, habits or beliefs you are proud to possess.
- Feel free to share these with the group and save them, as God saved Noah and the animals from the flood.

Discussion/Sharing

- What was easy or difficult about this activity?
- What concrete steps are you willing to take in order to continue to release negative thinking?
- As time allows, invite each teen to share.

Activity #2

Lesson

4

Y.O.U.

Ages
14-18

Deep Within the Ark

Supplies

- Meditation music
- Drawing paper
- Pastels

Meditation

Read in a meditative tone...

Take a deep centering breath. As you breath in feel the air filling your cells with life and possibilities. As you fully exhale, imagine your cells coming to rest. Pause for a moment and then again breath in, feeling your cells expand and exhale, feeling your cells at rest. Continue in this focused breathing pattern for several minutes.

As you allow your breath to guide you into a place of quiet and solitude, turn your focus to that secret place within you...that place of peace and calm. As you journey inward notice what you see or experience and then let it float on by.

Ahead of you lies a great vessel, your are curious as to what it holds. It seems massive...you observe it and continue to wonder. What is this place? ...*pause*... You notice a figure in the doorway beaoning you in. Will you accept the invitation? Will you remain where you are? ...*pause*... What am I being invited into?

You make the decision to enter the great vessel. You wander from room to room exploring each fascinating area ...*pause*... What does it all mean? You continue to explore, staying centered and peaceful allowing the wisdom to be revealed to you ...*pause for a few minutes*... You exhale with an audible sigh, satisfied that you have received a message that was intended just for you.

You slowly journey out the vessel, turning your attention outward and allow yourself to be drawn back to this physical time and place. When you are ready, continue with the activity.

Activity

- Continue to let the music play and ask the teens to maintain silence.
- Invite each teen to use the art materials to express their meditation experience.
- Invite each to share what they are comfortable sharing.



Closing

Lesson 4

Affirmation

If personal affirmations have been created, this would be a good time to share the affirmations and affirm them aloud for one another. Set an intention to hold one another's idea or intention in affirmative prayer this week.

Closing Song

Closing Song if Desired: "Inside of Me" by LeRoy White

Closing Prayer

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

Just as the storm passed for Noah, this lesson must come to close. It is not the end though, for we are forever learning these lessons throughout our lives. 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:

Genesis Chapters 6:8 through 9:17

Read the story of Noah and the ark. What thoughts does this story bring up for you? How do you feel about the action in the story? What is the deeper meaning to you? How is the story showing up in your life?

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>

Holding On Or Letting Go(D)

The intention of this lesson is to understand that following God's instructions helps keep us safe.

Lesson Objectives

Issue to Explore

Following directions in life works to create our experiences; just as Noah followed the directions to build the boat he created the experience of being safe in the boat with his family and the animals.

Spiritual Principles to Explore

- When things seem hard and we follow the inner directions we have been given we create the experiences for our highest good.
- Using the skills of following directions every day whether it be directions from others or from within ourselves.
- The Unity Principle #3 - I create my experiences by what I choose to think and what I feel and believe.

"Noah's Ark" Genesis 6:8-9:17

In the story of Noah and the boat Noah listens to the direction given to him by God. God is within us. Listening to the direction within him Noah was able to keep himself, his family, and the animals safe on the boat. By following directions in life whether it be home, school, work or the direction or guidance that we receive within us; as Noah listened to his inner direction and built the boat, stocked it with supplies and food for a long period of time to keep himself, his family, and the animals safe we are guided by direction from within and from others as we navigate through the journey of life even when following that guidance is hard. As the in the story of Noah and the boat the rains fell harder than Noah and ever seen and the flood waters covered everything; in life listening and following the directions and guidance from within and from others helps us navigate the flood waters of life. As we navigate though life following the direction from others and from within we are creators of our experiences

Continue the exploration at home:

For Preschoolers:

- Remind them that by following directions we create positive experience.
- Use examples such as when learning to pick up their toys it will be easier to find them when they want to play with them again.

For Elementary Students:

Ask them:

- Tell me about a time you did not understand the directions that were given. What was that like for you?
- How do directions help us?

For Teens:

Ask them:

- What do the flood and ark represent in the story?
- What do the animals and those not saved represent?
- God wanted to cleanse the earth of evil. Evil represent thoughts that are not in alignment with Spirit; thoughts that are not in our best interest. What thoughts are you holding that you would like to release?
- What benefit do you receive when you are willing to align yourself with God-Mind?
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