



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



Age Group: Children, 1st to 3rd Grade
Ages 6 to 8

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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 2

# The Adventure Begins

**Elementary** 

The intention of this lesson is to understand that Spirit is always guiding our choices.

# **Lesson Objectives**

#### **Issue to Explore**

When faced with choices sometimes we are unsure of which one to choose.

#### **Spiritual Principles to Explore**

- No matter what choice we make, we are still one with God.
- Every choice we make is designed to lead us to a greater understanding of this oneness.
- The Unity Principle #2 I am naturally good because God's Divinity is in me and in everyone.

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Explore the Garden of Eden story.
Look at how their choices produce consequences.
Investigate the idea that even though a choice might look like the wrong one, it always has
the potential to bring us good.
Understand that we always have the power to make another choice.

### **What You Will Need...**

#### Book

☐ The Rhyme Bible

#### **Supplies**

Box of unfashionable, weird clothes
Magazines
Scissors
Markers
Construction paper
Glue Sticks

#### **Transition**

Use a song and/or musical instruments to transition the children from the opening activities into the circle time

# **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**

Invite one of the o	children to create an	affirmation that affirms how they are feeling, for example: My
name is	I am	. The rest of the circle then affirms the first
child by saying, "(	Name), you are	." Continue until all have been affirmed.

# **Centering Breath**

Choose one of the following:

- Breathe through your heart: imagine that 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.

#### **Prayer**

- Share a prayer you would like the children to learn.
- Invite them to share prayer requests and then lead them in a short prayer.

# **Offering & Blessing:**

Provide an opportunity for the children to give a love offering. It can be money or anything they would like to see multiplied in the world. Use the blessing that is appropriate for your age group.

# **Unity Principle #2**

I am naturally good because God's Divinity is in me and in everyone.

#### **Celebrations**

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



# "A Snake in the Garden" The Rhyme Bible, Pgs 22-35

This is a story Adam and Eve and the Garden of Eden.

#### **Story Focus/Interpretation**

The story of Adam and Eve being cast out of the garden is a story about our need, as evolving humans, to step out from the protected place and discover what life means to us. It is about knowing that we have the power within us to create a thriving life and to know that no matter where we go or what we choose, Spirit is always with us providing what we need.

Spirit provides all we need and sometimes we are not able to fully grasp this Truth so we need to create experiences that help us to know our oneness with God.

#### **Discussion Questions**

- What had God made?
- What did God tell Adam & Eve?
- One what the one thing they could not do?
- What caused Eve to question God's rule?
- What was he tempting her to do?
- What choice did Adam & Eve make?
- What happened next?
- What message did God give to them as he made them leave?
- In the beginning of the story, how do you think Adam & Eve felt about living in the Garden?
- What might have been some of the reasons that they choose to eat the fruit?
- How do you think they felt when they got caught?
- Where do you see this issue happening in the world around you?
- Where is it happening in your life?
- When we want to do something we are told not to do, what occurs inside of us? What thoughts come up?
- What tools do we have that will help us to decide what choice to make?
- If we do choose to do something we were told not to do, what does this statement mean to you: "Our choices don't make us bad, they just give us an alternative experience."
- What benefit do we receive when we focus on finding the good in our choices?

Lesson

2 Elementary

Activity #1

Ages 6 to 8

# **What Do I Choose?**

#### **Supplies**

 Box of unfashionable, weird clothes

#### Action

- Place the pile of clothes in the center of the room and invite the children to stand around it.
- Tell the children to run to the circle and grab an article of clothing from the pile.
- Give each child the opportunity to share what they chose.
- Once this is finished, tell the children to put on whatever they
  have chosen and they are to wear it for the rest of the time they
  are at church today.
- The goal is to help the children understand that there is a consequence for every choice.

#### **Discussion**

- What made you select the article you chose?
- How would your choice have been different if you need you would have to wear the clothes?
- How does this activity relate to the choices we make in life?

Lesson

2

**Elementary** 

Ages

6 to 8

Activity #2

### **God Cares for All of Us**

#### **Supplies**

- Magazines
- Scissors
- Markers
- Construction paper
- Glue Sticks

#### Action

- Talk to the children about how even though Adam and Eve did not listen to God, God still cared for them.
- So, no matter what choices we make, God still cares for us.
   And like God, we can care for others.
- Invite them to look through the magazines and select photos that show people caring for other people, for the Earth or for animals.
- Ask them to use the photographs to create a collage that shows how we all care for one another.
- Encourage them to add caring words to the collage or to draw their own pictures.

#### **Discussion**

- Invite them to share their collages.
- Ask them to talk about how they can care for others.
- Invite them to consider that even if they do something they are not supposed to, they are still good and are still loved. What are their thoughts on this idea?



#### **Share**

Any creations from today.

Share one thing they learned today.

#### **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.

#### **Pray**

Say the Prayer for Protection or the Prayer of Faith.

Close with pray	er of gratitude for something in the day or something in their lives: "I am grateful, God,
for	,, 

#### **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



# **Parent Letter**

Lesson #2

# The Adventure Begins

The intention of this lesson is to understand that Spirit is always guiding our choices.

# **Lesson Objectives**

#### **Issue to Explore**

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#### **Spiritual Principles to Explore**

- No matter what choice we make, we are still one with God.
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- The Unity Principle #2 I am naturally good because God's Divinity is in me and in everyone.

#### "The Garden of Eden" Genesis 3:1-24

This is a story Adam and Eve and the Garden of Eden.

#### **Story Focus/Interpretation**

The story of Adam and Eve being cast out of the garden is a story about our need, as evolving humans, to step out from the protected place and discover what life means to us. It is about knowing that we have the power within us to create a thriving life and to know that no matter where we go or what we choose, Spirit is always with us providing what we need.

Spirit provides all we need and sometimes we are not able to fully grasp this Truth so we need to create experiences that help us to know our oneness with God.

#### Continue the exploration at home:

#### For Preschoolers:

- Ask them to share what kind of animal they cared for today.
- Invite them to talk about how they are big enough to be kind to someone else.
- Ask them how they would like to show their kindness and caring this week.

#### For Elementary Students:

- Ask them to tell you the result of a choice they made today.
- Have a conversation about the need to pause and think before we make choices.
- Invite them to tell you one new thing they learned today.

#### For Teens:

#### Ask them:

- What did this story mean to you?
- Which character did you most identify with?
- What does R.E.L.Y. stand for?

#### For Further Reading & Exploration

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