

EarthCare (Teens): Understanding

Power Points for Facilitators & Teen Leaders:

- God is all good and active in everything, everywhere.
- I create my experiences by what I choose to think and what I feel and believe.
- I do my best by living the Truth I know. I make a difference!
- Classroom facilitators are here to draw out our youth. Teens lead the direction of our conversations and facilitators are guides along the way.

Opening Prayer / Inspiration Reading

I AM! By William Arthur Ward (I invite you to close your eyes and listen to the words of William Arthur Ward and know that you are the I AM!!)

I am centered in the truth of God.

I am holy in the mind of God.

I am living in the love of God.

I am growing in the light of God.

I am trusting in the word of God.

I am walking in the path of God.

I am joyful in the grace of God.

I am vital in the plan of God.

I am peaceful in the arms of God.

I am prospered in the wealth of God.

I am cherished in the heart of God.

I am precious in the sight of God.

Opening Affirmation

It is in the power of understanding I am connected to all in the circle of life.

Check In

We understand we are the center and the circumference of our world, which means we are everything from the inside to the outside and the outside to the inside. Let's all share one at a time how we display light which makes everything move (for example: I might share on a sunny day and I step outside in the spring ... just as the flowers begin to blossom and I take in a wonderful breath of fresh air, smelling the new flowers, the dirt, the gifts of spring and simply release my breath as love. In this way I am light.)

Joy Song

I Am Opening By Rainbow Song

I am opening
I am opening
I am opening
I am opening
I am opening up in sweet surrender
To the luminous love light of the one

Lesson – UNDERSTANDING

Quote – “The human understanding is moved by those things most which strike and enter the mind simultaneously and suddenly, and so fill the imagination; and then it feigns and supposes all other things to be somehow, though it cannot see how, similar to those few things by which it is surrounded.” -- Francis Bacon

Scripture – “I will put my Spirit within you, and you shall live.” – Ezekial 37:14

1. When we discover in ourselves a flow of thought that seems to have evolved independent of our reasoning process, we may become puzzled about its origin. Does it seem as an echo in our thoughts? Have we heard it before? A distant voice or maybe a whisper? Some might call this a faint whispering of Spirit.
2. Intellectual understanding comes from learning and acquiring knowledge. Spiritual understanding comes differently. It can come as quickly and blinding as a lightening. It can also come gently and softly as ray of sun on a warm day harmonizing to the place in which it lands. The light of spiritual understanding is the reality in the stored memories of spiritual experience. Share a place you have found yourself open to higher understanding.

The sincere desire of the heart is always fulfilled by the divine law. Whatever your circumstance, whatever you are, “This is a gift!” You may not see it now, but you will if you look for it. Good and healing and blessings can come out of any condition, even from what we view as the worst. If we would open ourselves to that larger good and fuller healing. This is how we heal the world, love the world and all the living creatures within it. It is how we move as one.

Meditation/ Centering/ Mindful Moment

Let us move into a comfortable position, resting our bodies, closing our outer eyes, opening our inner eyes. Together let us take a couple deep breaths in and out, in and out. Concentrating on your breathing, in and out. Feel the inhale of your breath as the very energy of your body and exhale the energy filling this very room. You are one with the universe. Feel the presence of those around you. Feel the life which is around you in the space, the life expanding beyond these walls. Allow yourself to open to the guidance of the Divine within you. Every experience, every emotion, every thought serves a purpose. Be still in the knowing that you are exactly who you need to be. At the core of your being is a well of divine wisdom and divine inspiration which is yours. Before making a choice, listen to your heart. The power of understanding of connectedness leads you to right choices on your unfolding journey. As you sit in the silence, affirm what you already know to be true. You are a part of the universe ... (a min of silence) ... You are the universe. You are part of the universe. You are the universe. In this light we rest in gratitude and ever so slowly and gently returning to now, opening our eyes, settled into the understanding of what our heart knew all along. Amen.

Creative Experience

Get creative, use scrap pieces of paper and make thank you cards. Materials could include ribbon, buttons, glue, tape, construction paper. You will also need envelopes and stamps.

As a group think about who in your spaces, your community has led by example in Earthcare. It can be leading by example in recycle programs. Or maybe leading the way in sustainable eating. It could be a group who has a “adopted a road” to keep it clean. It might be someone who is about reforestation and plants trees or a neighbor who cares for the stray cats. It could be a teacher that models kindness to others so they feel empowered to do more of their part. The sky is the limit. Write letters of gratitude for the work you understand and witness they do, letting them know the impact they have made to the community, to you and to the world.

Blessings & Closing Prayer/ Inspiration Reading

Mother, Father, God, I am filled with divine energy and divine life. I express life and divine energy flows through every cell of my body. Just as a golden necklace is made from many small links, all perfectly interlocked, my life is formed from days, years, and decades of interconnected moments. These moments are my gifts. I am filled with understanding. A divine connection puts feet to my prayer and gives me the foundation which I am to stand. Thank you God!!! Amen!!

5 Basic Unity Principles

God is all good and active in everything, everywhere.

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

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

Through affirmative prayer and meditation, I connect with God and bring out the good in my life.

I do and give my best.