

The I of the Storm for Teens

Chapter III: The I of the storm

Opening Prayer: Ask someone to lead an opening prayer

Daily word reading

Affirmation: I am whole.

Bible Verse: “Seek first the kingdom of heaven.” Luke 10:12

Quote: “Our greatest fear is not that we are inadequate. Our greatest fear is that we are powerful beyond measure. It is our light, not our darkness that frightens us.” – Nelson Mandela

Check in:

Go around the circle and have the group answer the following questions:

- *Introduction (if needed)*
- *How was your week?*
- *If you could be Halloween or Valentines Day which one would you be and why?*

Joy Songs:

Ask everyone to get out of their seats to rejoice together!

-Y.O.U. Up Clap (repeater): “Y...YO...YOU...Unity...Unity...We are the Youth Of Unity...truth-seeking, fun-loving Youth Of Unity...we believe in knowing that the truth will set us free...living, loving, laughing, learning, letting ourselves be free...watch us as we practice Christianity every day...Unity...

U-ni-ty hey!”

-Please choose 2 other joys songs (one fast, one slow) to add on to the YOU clap. Ex. Tootie-Tot, Every Little Cell, The Moose Song, You are so beautiful, listen x 3, humble thyself, sanctuary etc.

Reading: Read the story about “The Divine Gift of the Heart” in the book (chapter 3, page 32 & 33).

Meditation: *Take in a few solid deep breaths.... Breathe in..... and let it out..... breathe in.... and let it out..... breathe. Go to that place inside of you where you feel completely at peace.... That place inside where you are engulfed in unconditional love and you are completely aware of the greatness that you are....embrace the wonder that you truly are... now picture a bicycle.... Focus in on the wheel of the bicycle... there is the wheel, the spokes, and the center that holds it together... imagine that you are the center of the wheel, and that each spoke represents a different challenge in your life... there’s a spoke that represents school... your parents... your family... your friends... your boyfriend or girlfriend... whatever is going on in your life is represented by one spoke on this wheel... now imagine that the bike starts going down a hill... the wheel starts spinning faster and faster!! The spokes are spinning so fast you can hardly see them! The wheel is out of control, it is going so fast... there is so much chaos..... but wait... look at you... you are in the very center of this chaos, and yet you are still... you are effortlessly unaffected by the turmoil...you realize that don’t need to strive for peace.... It’s been there all along.... You only need to understand that you are peace.... All that you need to calm the turbulence of your life is to remember the power within you... remember... remember... it*

doesn't matter what speed the wheel is turning... you have the power to be at peace 100% of the time... you feel comforted knowing that you are not the wheel or the spokes... you are the center... you have the power over any circumstance in your life... take a moment to embrace the greatness that you are... take in a few deep breaths, and when you feel ready, come back on to this physical space... amen.

Activity: Have the group stand in a circle with one person in the middle. But before you start the activity, have the person that volunteered to be in the middle step out side for a moment so that you can tell the rest of the group something. Tell the group that they will be acting as the “turbulence” in this person’s life. This activity would be best done in the silence. Have the person come back in the room. You are going to play willow in the wind. Have the person in the middle fall into the arms of a person on the outside and that person will pass the person to the next person and the person will go around the circle. The person should still be holding there with up with their legs. The person in the middle should have their arms crossed in front of their chest. Pass them around for a while, and if you have time, have other people in the group take a turn being in the middle.

Discussion: Leader say: *If you remember in finding Nemo, Dori wasn't afraid of the sharks that all of the other fish were afraid of. She wasn't afraid because she didn't know that she was supposed to be. In this activity I told the group that they were the turbulence in your (the person in the middle) life. But you came out of the circle unchanged. You didn't let the turbulence effect you because you didn't know that you were supposed to. Just like the center of the wheel, it makes no effort to be still, it just is, because that is the wheels natural roll; just as it is natural for us to be calm in the midst of turbulence in our lives. It's simply a matter of remembering.*

Questions:

- What is one storm (or turbulence) that you have experienced in your life?
- How did you handle it?
- What were the consequences of your actions?
- Did you find any peace in the midst of the situation?
- Imagine what the storm might become when remember the power that you have inside of you to be at peace.

Affirmation Activity:

Materials: Pens and paper

Have each person write down an affirmation that they will use every time they are experiencing turbulence that will remind them of their power within.

Ex:

- Peace, be still,
- I have absolute faith in the outcome of every situation in my life because God is in control.
- I am powerful
- I feel the fear and do it anyways

Closing Prayer:

Dear Spirit,

We know that we are grounded in your love and your peace. We have absolute faith in your will for us, and we know that we need never feel an ounce of fear, because we are engulfed in your love always. And so it is. Amen

***I! Am! A beautiful! Powerful! Radiant! Peaceful! Loving! Magnificent!
Whole! Expression! And Reflection! Of God! YAY GOD!!***