

## **Lesson: “Jesus Lived With Power”**

### **Theme:**

To assist teens to understand that Jesus, our Wayshower demonstrated four strengths that helped him live triumphantly, Poise, Perspective, Passion and Power. This lesson is on “Power”.

(by Jo Horn)

### **Intention:**

To assist teens to understand they are living in a limitless sea of inner power and when they are plugged into their Higher Power, it is demonstrated in their lives through their thoughts, words and actions.

### **Pre-session Activity:**

Have music playing, and encourage teens to talk especially if there are any new teens in the group/or create your own activity.

### **Welcome:**

Opening Circle-Have everyone say their name and an experience they have had this week.

### **Prayer:**

Read the Daily Word for the day. (Could also read Unity Statement of Being or prayers of your choice)

### **Unity Statement of Being**

**God is All, both visible and invisible**

**One presence, one mind, one power is All**

**This One that is All,**

**Is perfect Life, perfect Love and perfect Substance**

**I am an individualized expression of God,**

**I am ever one with this perfect Life, Perfect Love and Perfect Substance.**

### **Bible Verse:**

“You will receive power from on high” – Luke 24:49

### **Affirmation:**

I am poised and centered in the pure power of God within. Nothing can disturb the calm peace of my soul.

### **Introduce Topic**

In the dictionary “Power” is defined as a great ability to do or act, strength, force.

When we say Jesus lived and demonstrated Power, we are not talking about worldly power. Jesus affirmed his oneness with his Higher Power. He often said “it is not I but the power within that does the work”. He consistently affirmed his oneness with God, the power of God working in and through him. Jesus converted ideas into the words he spoke and into his actions. Jesus owned his power. He did not give it away to situations or other people. He did not let anyone or anything control him, he stood in his power. Jesus was one of the most confident beings who ever lived. He envisioned himself as a vital opening for the people. He called himself “The Gate.....The Door.” He believed his role was to nurture others. He called himself “The vine.....The Shepherd.” He said he came to be an example, to light the way. He did not seek other’s approval. He had internal anchors. His actions were not based on what Peter, John and James thought. He didn’t come unglued when John the Baptist began to doubt him. He didn’t care whether Caesar smiled or frowned. Whatever chaos may be going on around him, Jesus stayed at that still, silent point of being, anchored in God. He did not give his power away.

What does it mean to “give your power away”. We take our power and put it “out there” in certain people, circumstance, situations and struggle. Have you every said any of the following: (May want to list on flip Chart and ask for further suggestion):

- “You made me mad”
- “You hurt my feelings”
- “You are making me a nervous wreck”
- “That drives me crazy”
- “That really scares me”

So what we are saying is that you are powerful, you are making me do this and I am powerless.

We also attribute our life, happiness or security to others. (again list and ask for suggestions)

- “If only this person would love me, I would feel complete”.
- “If I could just have these things I would be so happy”
- “If I had more money I would feel better”.

So we have the gift of power but we are giving it away.

### **Ask the following questions to teens:**

What may be some ways you give your power away, either in people, things or situations. What is it outside of yourself that may control your thoughts, feelings, and actions?

### **Have Flip Chart and Brainstorm**

Ask for ways we may misuse our power - some examples may be:

- Trying to be a big shot
- Feeling superior – trying to make someone else look bad so we look better
- Finding fault with others
- Power struggles – has to be your way
- Might makes right – can’t admit mistakes

Ask for ways we have right use of our power – some examples may be:

- Empower others to help themselves
- Inner confidence and self respect
- Feeling unique but not better or worse than others
- Humility and mutual respect. Practice peace
- Helping others not gloating over their difficulties
- Power sharing – win/win mindset – cooperation
- Being willing to admit mistakes

### **Power in our Words**

Many people would describe Jesus as one of the most humble beings who ever walked the earth. Yet everything he said about himself was positive. “I declare a thing and it is done for me. My word accomplishes that which I send it out to do.” “I always do what pleases God.” “God always answers my prayers”. Was this conceit?

Or was it enlightened creativity and self-knowledge? There is a proverb that says “A man’s curses will fall and wrap themselves around him like a cloak.” What a powerful visual image that is. What if every word we said fell and wrapped itself around us like a garment? What kind of wardrobe would we have? Jesus always spoke loving, powerful and confident words about himself. Nowhere in the Gospels did Jesus put himself down. He was full of self-knowledge and self-love.

Have you ever considered carrying a weapon? Did you realize we all carry a kind of weapon, like a sword. It is our tongue and voice. Have you ever been the recipient of someone that has a sharp tongue. Someone with very hard words? It’s awful to feel cut to shreds by someone’s harsh words. If you remove the “s” from sword and put it at the end, you have words.

Perhaps if we remember the sword – the power we have with words – we will be more conscious of the words we speak to others and to ourselves. Once our words are spoken and their power is released, they are impossible to take back.

**List on Flipchart** (brainstorm on Misuse and right use of our words to others and ourselves)

Examples:

**Misuse of Words**

Lies  
Half-Truths  
Gossip  
Sarcasm  
Belittling comments  
Put-downs

**Right Use of Words**

Truthful  
Helpful  
Appreciation  
Thoughtful  
Kind, constructive  
Encouraging

Words spoken in haste get us in trouble. It's tempting to let our anger explode especially when we think the other person deserves it.

**Reclaiming our Power**

Jesus consistently demonstrated this. He got away from everyone and just got still. Power is found by getting still, by entering an empowering silence within. Contacting our Higher Power. The more we enter this silent center of ourselves the more powerful we are. We can close our eyes, take a few deep breaths, and just still ourselves in the moment. We can take longer periods of time with meditation and prayer to better clothe ourselves. Sometimes we need to just move, to take a walk – to move excess energy. Maybe a brisk walk a walking meditation, Tai Chi is a gentle movement for centering, there is dance therapy, walking the labyrinth. **Invite every** to get up and stretch, move their arms, head side to side, move around, walk. (if you have time you may want to go outside for silent walk or do the meditation following)

**Meditation/Visualization**

I would like to invite you to get comfortable in your chair. Close your eyes and take in a few deep breaths...Picture yourself sitting under a stream of light that pours down upon and into you, carrying with it a majestic, jet comforting power. The light stream flows into your head, throat and voice box. You may feel guided from within to tilt your head back and open your mouth, so the powerful light radiates directly into your throat. Affirm: I am filled with a Higher Power that heals my throat and voice box. I now speak with loving power and authority...

Then, let the power flow down your neck into your shoulders, arms and hands. Begin with your right side. Feel the energy flow into your shoulder, which relaxes and may feel warm. The power then flows down the upper arm to the elbow, the lower arm and into the hand. Let the powerful energy flow right through your physical hand, so that you feel it as heat or tingling or vibration within and around your palm and hand. Next, do the same thing with your left shoulder, arm and hand.

Then visualize and experience the power flowing down your spine and back into your hips, legs and feet until it flows out the bottom of your feet. Let your legs move slightly as you feel the power that is flowing in and through them. See yourself walking, running, dancing with power and grace. Give thanks to the Higher Power for empowering your whole body.

Now visualize yourself acting with power and grace in any challenge you may have in your life. Know that you can do all things by having the Higher Power work through you. You live move and have your being in a limitless sea of power.....you are plugged into your inner power and miraculous demonstrations pour forth in your life.....the prospering power of God is at work in all your affairs and your life is abundantly enriches in all ways.....you use your power to encourage and empower others. ....Peace be still.....

(after some time of silence invite everyone to come back to this time and place)

**Love Offering:**

**“Divine Love through me Blesses and multiplies all that I have, all that I give and all that I receive.”**

**Closing circle and prayer of your choice**