

12 Power Lesson: Faith
Beth Kuntz, Officer of Spirituality 07-08
*Materials: Daily Word

Intention: To explore the Power of Faith, how faith in God and ourselves can manifest miracles.

Opening (10 min): Y.O.U. Up-clap & joy songs, then ask for a volunteer to read today's Daily Word

Prayer: *Oh Divine Essence, we come to You in faith now... knowing that all is well and that every situation in our lives, our church, and our world is working together for good, and we choose to believe that we can grow through every situation. Thank-You for being with us now, and we awaken the presence of faith in us. Amen.*

Bible Verses (1 min): (Choose one or read them all) "Faith is the assurance of things hoped for, the conviction of things not seen." ~Hebrews 11:1 "If you have faith as a grain of mustard seed... nothing will be impossible to you." ~Matthew 17:20 "According to your faith, let it be done unto you." ~Matthew 9:29 "Have faith in God." ~Mark 11:22

Affirmation (1/2 min): (Read it to the group, then have everyone repeat it twice with zeal!)
I have faith that I am whole and holy, healthy and harmonious!

Introduce Topic (1/2 min): Read to your group as an introduction to the topic of the day: *"Today our lesson is on faith, one of the 12 powers. Faith is our perceiving power of mind, our insight. Faith is a spiritual power, but it is not confined to religion. We use our faith faculty all the time when we give mental attention to something. Jesus said, "Have faith in God." That is, we focus our mental attention on the good, on the limitless flow of renewing energy. Faith externalizes in our physical bodies as the cerebrums of our brains."*

Meditation (5 min): Although this is a meditation, you want to speak loud enough for everyone to hear you. Relax and speak clearly. Take your time reading the words, and make sure to take pauses. Begin the meditation when you feel everyone is centered and ready... *Take a few slow, deep breaths, letting go of any tension as you breathe out. Closing your eyes, let your mind become calm and still. Then visualize yourself sitting under a majestic waterfall. The waterfall represents the pouring out of Spirit upon your soul. The water is a liquid light that flows down into the top of your head, into your crown chakra and cerebrum. This is the inflow of the healing waters of faith. Imagine this fluid light flowing into both sides of your brain, bathing it with the power of faith. You may not see this flow of light so much as you sense or feel it, as it activates and stimulates your brain. You may just know without a doubt that this is happening. Visualize the waters of faith flowing into all of the key centers of your brain, into each of its billions of neurons. As you imagine this, the top of your head may feel more open, energized, aglow with light. As you sense this, you affirm: -I have faith in God-the-Good - The light of faith now lights up my brain -I am a being of faith. When your crown chakra feels filled to overflowing, visualize the fluid light spilling down from your head into every other part of your body and all around your body. Especially see and feel the essence of faith entering into your heart, which is your love center. With faith and love combined, all things are possible. Continue to visualize and to experience this infilling of the fluid light of faith until you sense that your whole being and body have*

been recharged with renewed faith, that you now are full of faith or “faithful”. (Long pause) Then, gradually come out of your meditation and radiate this new faith into all that you think, feel, and do...

Faith Activity: Explain what a Trust Fall is, an activity in which we have to have faith in others to catch us. Take turns falling and catching each other. (*Note:* if you’re not comfortable with or haven’t done a trust fall before, you could do a Trust Walk where everyone is partnered up with a blindfolded partner and the seeing partner leads the other one around, holding their hand and telling them how to move so as not to bump into anything, then vice versa.) They both practice having faith in others.

Faith in Each Other: Read the following to your group: *Now remember a time when you were going through a challenge and felt alone and someone cared enough to tell you they had faith in them... perhaps it was a grandparent, parent, or friend. How did that feel?*

Discuss:

- Why does it help just to be believed in?*
- How can faith be deeper than just believing? Can it include supporting, and knowing?*
- Why is having faith in God and other people important?*

Remember that through faith, miracles can happen!

Closing Circle & Prayer: Have everyone stand up, hold hands in a circle, and pray out.

Y.O.U. Lesson: Imagination

By Beth Kuntz, Officer of Spirituality 07-08

**Materials: old magazines, scissors, plain construction paper, glue*

Intention: To examine the power of Imagination ☺, learn where it is in the body and how we can use it as a gift to further our spiritual enfoldment.

Opening (5 minutes): Sing two joy songs and have a volunteer read today’s Daily Word.

Prayer (1 min): Have your Officer of Prayer pray, or have everyone join hands and then read this prayer: *“Thank-You God for the incredible gift of our imaginations. May we open them up today and use them creatively to spread Your love into the world. May we use our gift of incredible talent that is within us to create a more peaceful reality. Amen.”*

Bible Verses (1 min): “As a man thinketh in his heart, so is he.” ~Proverbs 23:7

Affirmation (repeat twice—1/2 min): What I conceive and belief, I will achieve!

Introduce Topic (1/2 min): Read to your group the following as an introduction to the topic of the day: *“Today’s lesson is on the power of Imagination. Imagination is our ability to form thoughts, mental pictures and positive images. This is often called “visualization”. We also have the ability to be aware of the flow of images and inspirations that just come to us. When we say, “The Lord is my Shepherd,” we are praying with an image as well as words. Imagination externalizes in our body as the thalamus of the brain.”*

Meditation (7 min): *(Turn lights off or dim)* Although this is a meditation, you want to speak loud enough for everyone to hear you. Relax and speak clearly. Take your time reading the words, and make sure to take pauses. Begin the meditation when you feel everyone is centered and ready...

Gently closing our eyes, we breathe together in this sacred space. Breathe in, and breathe out. Inhale slowly, and exhale deeply. Relax into this moment, where all is well. Visualize yourself within a pyramid of light. The tip of this pyramid is a couple feet above your physical head. The four sides of the pyramid are a foot or two away from your physical body. Imagine each side of the pyramid: one side in front of you, one side behind you, and one side to either side of you. You are now safely enclosed and protected within a pyramid of light, which represents your own spiritual Self. (Pause) Now, visualize yourself rising up into the top of the pyramid. As you rise up in consciousness leave behind your worries and concerns, your usual way of thinking about things. Instead, imagine that you are thinking in your higher consciousness. Your thoughts become clearer, more inspired, more insightful. When you ask a question of Spirit, you receive a flow of clear ideas. New images come into your mind. You find yourself thinking about things from a new and higher perspective. (Pause) In this consciousness receive and co-create a new image for yourself or someone else, an image that pictures something healthy, wonderful, uplifting, good, positive, constructive, happy, and beautiful. Create new scenarios for your life, your work, your creative endeavors. Create these new images and then see them coming to life. If there is something that you do like about yourself, your past or your relationships, then re-create it now in your imagination. See it as you wish it to be. (Pause) If you have any physical imbalance or challenge, visualize that part of your body being healthy, balanced, full of energy. Keep your eyes focused on this new image. Know from within that as you see it, as you image it, so it will be. (Pause) Gently when you are ready, slowly come out of your meditation and give thanks to Spirit for all that you have received and imagined.

Treasure Map Activity (10 min):

***Materials: paper, glue, scissors, and markers**

For our activity today, we are going to make Treasure Maps... which are picture maps of where you would like to be and go in the future. For this one, you are going to focus on where you would like to be, what you would like to do, and what you would like to have in 2 years. Now we're going to look through these magazines and cut out pictures, words and symbols that symbolize what we would like to have and who we would like to be in 5 years, and then paste it to the paper. You can also write words with markers of the atmosphere you'd like to have in your life (love, harmony, joy-filled, peace, etc.). (Hand out plain paper, glue, scissors, and markers)

Closing Prayer:

Thank-You God for the gift of Imagination that You have given each of us. May we imagine great and wonderful things, and then allow them to be reality in our world. We thank You for our imaginations, and open ourselves to using them as a blessing to the planet. Amen.

Y.O.U. Lesson: Love
By Beth Kuntz, Officer of Spirituality 07-08

Intention: To explore the Power of Love, learn about it and genuinely experience love.

Opening (5 minutes): Sing Joy songs, “Love is Like a Magic Penny”, “The Gospel in One Word”, “Peace Like a River”, and/or any of your chapters’ favorites. Read today’s Daily Word.

Prayer (1 min): Have your Officer of Prayer (if you have one) or ask a Y.O.U.er to pray.

Bible Verses (1 min): “This is my commandment, that you love one another, as I have loved you.”
~John 15:12 “By this shall all men know that you are my disciples, if you have love for one another.”~
John 13:35

Affirmation (repeat twice—1/2 min): I behold the love within me and vow to act from that love!

Introduce Topic (1/2 min):

Read to your group as an introduction to the topic of the day: *“Today’s lesson is on the 12 power of love. Love is my ability to know oneness with all and to desire that good comes to all. Love is my ability to share, to draw together. Love heals, harmonizes, renews, prospers and unites. I know: “God is love, and I am that love power expressing as me.” The power of love casts out fear, loneliness and selfishness. I am one with love and I share love with all.”*

Meditation (5 min): *(Turn lights off or dim)* Although this is a meditation, you want to speak loud enough for everyone to hear you. Relax and speak clearly. Take your time reading the words, and make sure to take pauses. Begin the meditation when you feel everyone is centered and ready...

Gently closing our eyes, we breathe together in this sacred space. Breathe in, and breathe out. Inhale slower, and exhale deeply. Relax into this moment, where all is well. Now visualize yourself under a waterfall of wondrous light that first flows into your brain and then down into your heart... as this inflow occurs, you may feel it as warmth in the center of your chest or you may just sense an overcoming sense of love within you. (Pause) As you visualize and experience this love, affirm: My Awesome Creator loves me; I am a being of love; my heart is now open and is filled with love. I forgive and I am forgiven. (Pause) Then, just as the physical heart pumps blood through the blood vessels to all parts of the body, imagine love flowing from your heart to all parts of the body. Begin by visualizing love and light radiating from your center in your heart, then up to your brain and down to your toes, and out through your arms to your fingertips... and eventually, out into the world. See the world encased in love, pure God-like LOVE. (Pause) Breathe in this awareness; rest in the sweet knowing that we are love, and our purpose is simply to be the love that we are... As you become ready, peacefully open your eyes and bring back your awareness into this room full of love.

Love Wash Activity (10—20 min):

For this activity, have your chapter members stand in two equal sized lines facing each other. Take a few deep breaths as a group to get centered. Then ask them to hold their hands out so they can send energy and say affirmations. One by one every member of the family is going to walk through the

“love wash” and be washed with loving thoughts and affirmations. Ask each person to walk slowly so that they can fully embrace the energy the family is sending to them. There is no limit to how many affirmations you can say to one person... so don't stop at just one! Remind the family member how loved and precious they are. This is intended to be a sacred, uplifting and soothing activity. If you have time and they would like to, you may have everyone walk through more than once. (Start at the beginning end of the line, and when a person is finished, they walk around and take their previous position so everyone is either in the two lines, or walking through.) Make sure everyone gets the opportunity to walk through and experience the loving energy at least once!

Closing Prayer: *Dear Sweet Spirit, we open our hearts and allow Your divine love to overflow in us, pouring out into the world and blessing everyone and everything. We envision the world enfolded in the pure love that is You... and we see your will in action as love. Centered in this awareness, we say thank-You, God, and Amen.*

Y.O.U. Lesson: Order

By Beth Kuntz, Officer of Spirituality 07-08

Intention: To examine the power of Order, learn where it is in the body and how we can use it as a gift to further our spiritual enfoldment.

Opening (5 minutes): Sing two of your chapter's favorite joy songs. Read today's Daily Word.

Prayer (1 min): Have your Officer of Prayer (if you have one) or choose a Y.O.U.er to pray.

Bible Verses (1 min): “Seek you first the kingdom of heaven and all these things will be added unto you.” ~Matthew 6:33

Affirmation (repeat twice together—1/2 min): My life is filled with Divine order!

Introduce Topic (1/2 min): Read to your group as an introduction to the topic of the day: *“Today's lesson is on the power of order. Order is our ability to know what is important and to put our lives in order. We begin to put “first things first.” We seek first the kingdom of heaven and then we add all things unto this. We put God first. Order helps us to establish and maintain worthy personal and social priorities. We affirm divine order present in our lives now.”*

Meditation (7 min): *(Turn lights off or dim)* Keep your voice slow and steady, calm and clear.

Gently closing our eyes, we breathe together in this sacred space... Breathe in, and breathe out. Inhale slowly, and exhale deeply. Relax into this moment, where all is well...now, as your mind is cleared of all distracting thoughts, picture in your mind what an average day holds for you. What do you do after you get up out of bed? (Pause) Perhaps you eat breakfast or brush your teeth, or go for a morning run... See yourself going through the activities of your morning, doing the things you do every day...and then see yourself preparing for lunch. What do you eat for lunch? Do you fix it yourself, or go to a restaurant to eat? What kind of foods do you eat? Think about the activities of your every day

life... is there any particular order to them? Any kind of flow from one activity to the next? (Pause) Perhaps you haven't noticed it before, but there is a certain order present... even if you feel that you do things in a random way, there is probably at least a few things in your day that you do everyday in more or less the same order. Even though you may have your day all planned out and wrote out on lists down to the last dot of the "i", when you wake up and ask Spirit to guide and direct your day, it flows in Divine Order and that is the best kind of order of all... things may happen, circumstances may arise that you'd rather not be in, but be assured that all is well and the river of serenity is always flowing within you. (Pause) You are living out God's order for your life every day by the thoughts you think, the choices you make and the things you do... because God gives us free will, you are following divine order when you make decisions that are inspired from within you. (Pause) Knowing that all is well and allowing your life to just flow gently with its own divine order, come back into this room...

Big Things First Activity (10 min):

***Materials: big jar, large rocks, gravel, sand, water**

Put a few large rocks carefully into the jar. Then ask your chapter: "Is this jar full?" They may reply, "Yes, it's full". Then, take some gravel and dump it into the jar, shaking the jar so that the gravel goes down into the spaces between the big rocks. Then I ask once more, "Is the jar full?" They might be catching on and say "Probably not." Then get a can of sand and pour it into the spaces left between the rocks and the gravel. Once more, as "Is this jar full?" Hopefully they exclaim "no!" Then take a pitcher of water and pour it in until the jar is filled to the brim.

Then say: "This illustration teaches us that there is always plenty of room and time in our lives, if we put the big rocks in first and order is present... for if we do not put the big rocks in first, we'll never get them in at all! Make sure you order your life with the big things first, then the little stuff."

Closing Prayer: *Dear God, thank-You for Your Divine Order flowing in our lives now. Thank-You for each of these people in this room... thank You for the wise, beautiful creations of You they are. Thank-You for our individuality and uniqueness. We allow our lives to flow serenely in the stream of life... Amen.*

Y.O.U. Lesson: Power

By Beth Kuntz, Officer of Spirituality 07-08

Intention: To examine the Power of Power ☺, learn where it is in the body and how we can use it as a gift to further our spiritual enfoldment.

Opening (5 minutes): Sing Joy songs and ask for a volunteer to read the Daily Word.

Prayer (1 min): Have your Officer of Prayer (if you have one) or choose a Y.O.U.er to pray.

Bible Verses (1 min): "Death and life are in the power of the tongue." ~Proverbs 18:21

Affirmation (repeat twice together—1/2 min): I speak with power--lovingly from my heart.

Introduce Topic (1/2 min): Read to your group as an introduction to the topic of the day: *“Today’s lesson is on the 12 power of power. Power is my ability to convert an idea into words I speak, actions I take and things I build. I affirm my oneness with the Higher Power. It is not I, but the Christ within, that does the work. I express power through my voice and through physical movement. I need to own my power and to be poised and centered in divine Power. I have the power to change for the better!”*

Meditation (7 min): *(Turn lights off or dim) Keep your voice slow and steady, relaxed and confident. Gently closing our eyes, we breathe together in this sacred space. Breathe in, and breathe out. Inhale slower, and exhale deeply. Relax into this moment, where all is well. Enter into the sacred space within you where the light of your soul abides. In this quiet, awesome place, you feel totally empowered to do anything you’d like to do, become anyone you’d like to be... you feel warm energy within you, and you hear a voice whispering to you: “you’ve got the power!” “you can do it!”. Grateful for the blessing of encouragement, you realize that you are empowered to make a difference by the words you speak. You realize that words are powerful tools and you commit to using your words to help and support others, always building up and supporting others with what you say. Feeling your new sense of divine power awakened in you, breathe deeply and return to this room.*

Power Discussion (10 min):

Words have great power; they can be used as instruments of peace or instruments of destruction. Have you ever been greatly encouraged by someone’s words to you during a difficult time? What about feeling hurt about something negative someone said to or about you?

Discuss as a group:

- Why do you think words can be so powerful?
- How can we make the world a better place by choosing our words wisely?
- What is something we could do to remind ourselves to be conscious of what we say?

Closing Prayer: *Sweet Spirit, thank-You for Your power in us. We feel Your love within us, empowering us with courage to make a difference. We know we have the power to change the world, and we commit to using this power to speak wisely and to impact lives. In Your love and name we pray, Amen.*

The Power of Strength
By Beth Kuntz, Regional Officer 07-08

Intention: To explore our God’s gift of Strength in us and how we are strong in Spirit.

Opening: Sing two joy songs and ask a Y.O.U. volunteer to read the Daily Word.

Prayer: *Dear God, as we open ourselves up to feel Your strength, we allow our bodies to relax and we give our absolute trust to You. Thank-You for our firm foundation of our lives in Your solid Truth.... In Jesus the Christ’s name and nature we pray, Amen.*

Bible Verses: “I can do anything through Christ, who strengthens me.” ~Philippians 4:13 “In quietness and confidence shall be your strength.” ~Isaiah 30:15

Affirmation: “I am strengthened with inner faith!”

Introduce Topic: Read to your group as an introduction to the topic of the day: *Today we’re going to be exploring the power of Strength. Strength is more than just physical power as we often think of it—it is inner strength, quiet strength, stillness. Like a deep lake waiting to go through the hydroelectric generators to produce millions of watts of electricity, it is calm and still. And yet tremendous energy is there. Quiet strength. Inner confidence. Poise. The ability to be peaceful, not to retaliate (react) when provoked, non-violent strength. This was what Jesus was like.*

Meditation: **Dim or turn off lights and read to your group:** *Please sit quietly and begin to relax, closing your outer eyes. Take a few slow, deep breaths, inhaling deeply and filling your lungs with the sweet cool air. Each time you breathe out, let go of any tension, worry or anxiety that you may have. As you breathe slowly and deeply, you become calm and at peace. (Pause for a moment) Then visualize yourself being outdoors in nature. Focus on the imagined sun above you, which is the source of energy for all physical life and is symbolic of the One source. Imagine yourself basking in the golden-yellow light of the sun, in the light of Spirit, which streams down upon you. Visualize and feel this light entering into the top of your head and your brain, which become highly energized and illumined. (Pause) Then see the golden-yellow light starting to flow from your brain down your spinal cord. It moves first into your spine up the region of your neck. As it does, sense and feel your spine and nerves being strengthened and stabilized. Then the light slowly descends along your spine to the middle of your back, which it also energizes, reinforces and strengthens. Finally, the light flows all the way down to the base of your spine. (Pause) Now visualize all the light flowing from the spine along your nerves to every part of your body: your arms and hands, your chest and abdomen, your legs and feet. Wherever you may feel a weakness, pain or discomfort in any of your nerves, see the sunlight invigorating, strengthening, revitalizing and healing them. (Pause) Visualize your whole spine as being a solid, steady, stable column of golden-yellow light, which now radiates along all the nerves to every part of your body. Affirm: I am a tower of strength; my spine and nerves are steady and stable; I am illumined and strengthened in the light of God. Feel your groundedness in God and the firm strength you receive from this. As you are guided from within, slowly come out of your meditation and think of some new way to be strong in your life.*

Activity:

To demonstrate the power of strength, you are going to do a Trust lift in which each chapter member (or those who desire too) will be lifted up horizontally in the air by the other members’ inner strength manifesting physically. Read these instructions aloud: “Our mind is a powerful tool and our thoughts are one of the most important and powerful aspects of our being. By our thoughts we create our world around us, and we create our experiences. To demonstrate the power of positive thoughts, we are going to do a Trust Lift. To do this, a volunteer lies down on the floor and the rest of the YOUers and sponsors form a circle around him or her with one person at the front to hold their head. They each put two of their fingers underneath the volunteer along their side and then lift him or her up.”

Before they begin lifting, first invite them all to take in a deep breath, then let it out, take another deep breath - let it out, then they all hold in their minds and hearts the thought, "I see (insert name of

person) lifted now" and the volunteer holds the thought "I see myself lifted now." Then the volunteer says on the count of three we all will lift.

Closing Prayer: *Thank-You God for Your strength within us, grounding us and rooting us to Your Truth... the Truth that we are divine beings, here to love and serve... thank-You for the strength to stand on our feet and stretch forth our hands in loving service. We know that we are always steadfastly anchored in You. Amen.*

Y.O.U. Lesson: Understanding
By Beth Kuntz, Officer of Spirituality 07-08

Intention: To explore the Power of Understanding and discuss why understanding is important.

Opening (5 minutes): Sing joy songs and ask for a volunteer to read today's Daily Word

Prayer (1 min): Have your Officer of Prayer (if you have one) or choose a Y.O.U.er to pray.

Bible Verses (1 min): "With all my getting, give me an understanding heart." ~I Kings 3:10

Affirmation (repeat twice—1/2 min): I understand why I am here and what I am to do.

Introduce Topic (1/2 min): Read to your group as an introduction to the topic of the day: *"Today's lesson is on understanding. Understanding is my ability to make sense of all my other Powers and of life. It allows me to know that Divine Mind stands under all things. It is being aware that what stands under me is the eternal growth process. The power of understanding correlates with my five physical senses and the analytical aspects of my conscious mind."*

Meditation (7 min): *(Turn lights off or dim)* Focus on keeping your voice slow, steady, loud & calm.

Gently closing our eyes, we breathe together in this sacred space. Breathe in, and breathe out. Inhale slower, and exhale deeply. Relax into this moment, where all is well. See yourself engulfed in a pyramid of light. The top of the pyramid is a foot or two above your physical head. The upper part of the pyramid surrounds your entire brain. The remainder of the pyramid encases the rest of your physical body, with one side of the pyramid in front of you, one side in back of you, and one side to either side of you. You are now enclosed in a pyramid of light. You are surrounded by, and imbued in, the light of your spiritual Self. (Pause) Next, visualize bright light flowing down from the top of the pyramid into your head and brain. You can coordinate this influx of light with your breathing. As you breathe in, imagine that the light is flowing into your eyes, your ears, your nose and your tongue. When you breathe out, relax and let the light be absorbed and assimilated by your sense organs. If you are having difficulty with any of your senses, focus there until you feel that your eye or ear has been

fully filled with light. See the light going to every part of your body, because you have touch receptors throughout your body. **(Pause)** As the light flows into and through your five senses and your brain, call upon the Holy Spirit within you to reveal some new understanding. Ask a question of God and wait to receive the answer. Wait patiently... be still. Let your mind be attuned to the influx of new ideas, new ways of seeing things. Listen carefully as the Spirit “speaks” to you, guides you and lifts you into a heightened state of awareness and consciousness. Be still and know that you are one with God, that the “seed” of God is growing within you. Be illumined in the light of your Inner Self. **(Pause)** Slowly come out of your meditation as you think of ways to apply your new understanding in your life.

Discussion (10 min): (Go around the circle in a whip to the left and share your answers:)

- How can seeking to understand others lead to understanding yourself better?
- Is true understanding of something deeper than just comprehending?
- What does it mean to you when someone tells you “I understand.”?

Closing Prayer: *Awesome Creator, thank-You for the gift of understanding that we explored today. Thank-You for the innate ability to understand others on a deep, spiritual level. And thank you for the peace that comes with the understanding that our lives are unfolding in perfect timing. Amen.*

Y.O.U. Lesson: Will

By Beth Kuntz, Officer of Spirituality 07-08

Intention: To examine the faculty of Will, how we can express God’s will in our lives.

Opening: Sing Joy songs!! You can either do two of your chapter’s favorites, or do these three: “The Gospel in One Word”, “In The Beginning”, and “Sweet Surrender”. Ask for a Y.O.U.er volunteer and have them read the Daily Word for the day.

Prayer: Make up your own, ask your Officer of Prayer to pray, or join hands, ask them to close their eyes and breathe in deeply... *Dear Sweet Spirit, we choose this day to align ourselves with Your will. We open our hearts to the natural unfolding of our lives. We are here to worship and draw closer to You, and we will for this to be a great day. Thank-You for Your Love and guidance always... Amen.*

Introduce Topic: Read to your group as an introduction to the topic of the day: *“Today’s lesson is on the 12 power of “will”. Will is my ability to be willing toward God. Will is the executive faculty of my mind. I am God’s executive... I am the CEO of my life enterprise. I am the one who can get the job done with God.”*

Affirmation: (Repeat twice) “I am willingly open for my life to be aligned with God.”

Meditation: *Slowly close your eyes and begin to relax. Relax and let your mind come to a state of peace and rest... Then imagine yourself being outdoors, perhaps in your favorite spot of the outdoors: in a garden, at the beach, in the lake, climbing mountains, flying in the clouds. In your mind's eye, look up to the vast blue sky above you. The fresh, crisp air is all around you, everywhere present. The air is free, just as God's will is free. (Pause) Take a few deep breaths. Breathe the sky-blue air right into the depths of your lungs. When you breathe out, let go of any tension, upset, fear or concern. As you breathe in rhythm, slowly, deeply, you are energized and filled up with the life-giving power of oxygen, the divine breath of life. (Pause) The huge sky above you represents heaven, the higher consciousness, the will of God. As you breathe in physically, imagine that you are breathing in the will of Spirit. In other words, think of the divine will being presented into your lungs and being radiated to the rest of your body. Just now remember and affirm that the will of our Creator is good will: harmony, balance, abundance, peace and love for all of His creations. Breathe in this will to your mind and body. (Pause) Filled with the divine presence, call upon Spirit within you to reveal divine will to you. Affirm: Not my will but Thy will be done. Wait patiently, silently, expectantly as the Creator breathes His will into your mind. Know that having asked, you will receive, whether in this meditation, in a dream or in some totally unexpected way. (Pause) Then as you are guided from within, come out of your meditation, knowing that God's will IS being done in your life now.*

“Will” Discussion: Have the Y.O.U.ers discuss the following questions:

1. How would you define “will”?
2. Could your will be different or separate from God's will?
3. How could aligning your personal will (goals, dreams, etc.) with God's will bless your life?

What's the Power of Will?

There's a famous quote: “Where there's a will, there's a way.”

Discuss:

- What do you think that means?
- How can your willpower make a difference in your performance?
- Have you ever desired something strong enough to work for it, and you surprised yourself by achieving it?

Closing Prayer: Sweet Spirit, we thank You for your will expressed as our will, and we are grateful for our lives unfolding like flowers, gently, easily, and beautifully. We have within us the will to make a difference with our lives, and we have the will to stand up for Truth. We have the will to be divine children and to just be our essence, which is Your essence. Thank-You, God! Amen.

Y.O.U. Lesson: Wisdom
By Beth Kuntz, Officer of Spirituality 07-08

Intention: To examine the faculty of Wisdom, how we can bring it out of our souls into our lives and truly be spiritually wise.

Opening: Sing two joy songs and ask a Y.O.U. volunteer to read the Daily Word for the day.

Prayer: Make up your own, ask your Officer of Prayer to pray, or join hands, ask them to close their eyes and breathe in deeply... *Dear All-Knowing God, we relax our minds and let go of stress as we dwell with You in our heart space. Allow us to know Your wisdom this morning, and gain spiritual understanding and peace. As Your disciples of Truth, we say Amen.*

Introduce Topic: Read to your group as an introduction to the topic of the day: *“Today’s lesson is on the 12 power of Wisdom. Wisdom/Good judgment is my ability to discern, evaluate and make decisions. Every day is judgment day. I choose to believe that Heaven and Hell are not places I might go after I die; they are states of mind that I create by the decisions I make in the courtroom of my mind. I am wise now.”*

Affirmation: (Repeat twice) **“I am balanced in my wisdom, using my head and my heart.”**

Meditation: *Slowly close your eyes and begin to relax. Feel a wave of peaceful God-energy flowing in the top of your head... down your face, then your neck and shoulders... your arms, chest, stomach, abdomen, thighs... legs, feet and all the way to the tips of your toes. As you relax into this knowing of God’s real active and wise presence in this room and your body, you know all is well. Now, feel strongly the center of wisdom which resides physically in the Pituitary gland as the gland that determines how your blood is controlled. As you awaken to that aspect of yourself, consider a major decision or evaluation you need to make now. It may be a relationship with a loved one, a possible change of your job, a health challenge, or a challenge at school. As you ponder this situation, place all of the facts and figures involved in making your discernment into your pituitary gland. Consider all the pros and cons of whatever you might decide and how it would affect you and all those close to you. Carefully analyze and think through all of the many levels and possibilities involved. (Pause) Take time to think about your decision, and even if you are not inspired with an answer yet, it will come... Dwelling in the sacred wisdom you have within, come back into this time and place.*

Activity: Have the Y.O.U.ers brainstorm possible peaceful ways to deal with the following situations by tapping into Divine Wisdom.

1. One of your good friends has stopped talking to you and has totally turned away from any contact with you, and you have no idea why.
2. You studied very hard for a big test in English class—but when test day came, you had a terrible day, and learned later that you got a C-.
3. You had just gotten your driver’s license and were out cruising the streets when you were suddenly stopped by a police officer who ordered you to stop and gave you a citation for talking on your phone while driving, and gave you a court date that you legally must attend.

4. Your boy/girl friend has just broken up with you, and you can see exactly why it could have been your fault. Thus, you have fallen into despair and low self-esteem. How can you use divine wisdom to get out of it?

Closing Prayer: Improvise for a closing prayer or ask a sponsor to pray.

Y.O.U. Lesson: Enthusiasm

By Beth Kuntz, Officer of Spirituality 07-08

Intention: To explore the faculty of Enthusiasm and how we can truly be full of energetic zeal!

Opening: Sing two joy songs and ask a Y.O.U. volunteer to read the Daily Word for the day.

Prayer: Improvise, ask your Officer of Prayer to pray, or join hands, ask them to close their eyes and breathe in deeply... *Dear Holy Spirit, we are full of zeal for today's lesson... thank-You for brining us together safely today, and for the overflowing presence of your joy and enthusiasm within us. We feel every cell in our bodies coming alive, awake, and enthusiastic and we know that we can change the world with our excitement for life! Amen.*

Introduce Topic: Read to your group as an introduction to the topic of the day: *“Today’s lesson is on the power of Enthusiasm. Enthusiasm is the power that fires me with energy. It is my starting power and staying power. It is my urge to stretch, my drive to excel, my desire to improve and contribute. En-theos means “on fire with God” or “filled with God”. Enthusiasm expresses through my body, heart and mind!”*

Affirmation: (Repeat twice) “I am full of enthusiasm for life!”

Meditation: *Relax into your seat, breathing deeply and allowing yourself to slow down... breathing in and out.... In... and out... in this sacred space, we feel life energy within us, pushing forth out into the world. Visualize the world as it is today, with people hurrying here and there... walking along main street in town, you observe that it is like a cloud has descended upon your town because people are rushing about with angry and stressed out faces... everyone seems to be trying to get somewhere before everyone else.... And there doesn't seem to be peace there, but in its place, a deep gloominess. Feel how that feels... see the negativity being expressed around you, and then realize that the only, and most vital, thing that is missing is awareness of God and God's spirit of love, life, and zeal. Watch as suddenly the love, the joy, the enthusiasm for life within you is brought out into the scenes around you in your head... watch people's faces light up with true happiness! Watch them slow down, look around in pure admiration for the beauty of the world around them. And watch as someone smiles, then someone else, and soon the whole street is full of smiling, laughing people enjoying life! Hold this image of the world in your mind... a world of people laughing, smiling, and playing together... a world where all is well. This world is possible when we live with enthusiasm and let God's Spirit of zeal out from within us. Bringing this vision of a better world full of excitement and enthusiasm, come back into this room....*

Affirmations Activity: *(Note: you may have to move outside for this one! Make sure you won't disrupt other people meeting in the same building...)*

Ask your chapter to think of a few personal affirmations in their head about who they are. *Ex: I am perfect. I am whole. I am amazing. I am unique. I am Divine, etc.* (If they need to they may jot them down.) One by one, go up to each chapter member and ask them, "who are you?" They will respond with their affirmation. The only "rule" is that they must put their whole being into affirming this. They must yell their affirmation as loud as they can. They are giving a voice to their affirmation! So make it count! More importantly than asking them to express it as passionately as they can, ask them to believe it. This is a way of both voicing our greatness and doing it in a way that won't ever be forgotten. When you ask them who they are and they respond quietly, continue to ask them until they are shouting it. It might help if you get loud as well. Feel free to get as pumped up and inspirational and motivational as you want. This is meant to be fun, energizing and inspiring! **PUT YOUR ZEAL IN IT!!** ****Make sure that you won't be disrupting anybody in the building or space you're in during this activity. You may need to move outside.**

Y.O.U. Lesson: The Power of Release
By Beth Kuntz, Officer of Spirituality 07-08

Intention: To examine the gift of release and let go of any scary situations in our lives!

Opening: Sing Joy songs—your choice! Then ask for a Y.O.U.er volunteer and have them read the Daily Word for the day.

Prayer: Make up your own, ask your Officer of Prayer to pray, or join hands, ask them to close their eyes and breathe in deeply... *Dear All-Knowing God, we relax our minds and let go of stress as we dwell with You in our heart space. Allow us to know Your wisdom this morning, and gain spiritual understanding and peace. We release everything, we let it all go and let You work in our lives today. In this state of allowing all the old to be cleansed away for the new, we say Amen.*

Introduce Topic: Read to your group as an introduction to the topic of the day: *"Today's lesson is on the 12 power of Release. Release is your ability to give a "no, thank you" response to the untrue, undesirable or negative. It is your ability to forgive, free yourself, break bad habits, not be controlled and let go. Release uses the "vacuum principle" by letting go of mental and physical "stuff", so that God has space and place to be realized. What is released may not be "bad," but it needs to be eliminated and replaced with something better."*

Affirmation: (Repeat twice) "I am full of enthusiasm for life!"

Meditation: *Slowly closing our eyes, calmly breathing deeply, turning our focus within to our sacred heart space, we know that all is well. As we prepare to release anything that has been weighting us down, we realize that we are free spirits, free indeed— to be, create, and express. Just now, observe your thoughts... is there any negativity among them? (pause) Any inkling of pessimism or dissatisfaction? And thinking back to recent years, has there been any situations in which you have felt less than whole? (pause) While holding these memories in our mind, we are aware that we have the*

divine power to release them. We can let them go and open up our lives for more love and harmony... with this awareness, come back into this room when you are ready...

Release Activity:

***Materials:** trashcan, piece of paper and pen for everyone

Explain to your group that everyone will be writing release letters and in these private letters, putting everything they wish to release. Say to group: *Perhaps there have been situations or circumstances in your lives that have been uncomfortable... perhaps there have been people that have presented challenges... perhaps you have been holding a negative self-image or thinking negative thoughts... whatever it is that you'd like to release now and let go forever, you can do it now by writing it down and then ripping your paper into tiny shreds. Take about ten minutes to write down everything, and then take it to the trash can and rip it up... allowing the peace of God to replace the negative, and releasing your past while embracing the present moment. (Be sure to clean up after yourselves! ☺)*

Closing Prayer: *Awesome Spirit, we feel Your Presence within us as we release and let go... we allow You to work in us and through us, and we realize all is well because You are present within and all around us. In this awareness, we say Thank-You God. Amen.*

Y.O.U. Lesson: Life

By Beth Kuntz, Officer of Spirituality 07-08

Intention: To examine the power of Life, how we can LIVE by just being our magnificent selves!

Opening: Sing two joy songs and ask for a Y.O.U.er volunteer to read today's Daily Word.

Prayer: Make up your own, ask your Officer of Prayer to pray, or join hands, ask them to close their eyes and breathe in deeply... *Dear Essence of Life Itself, we are grateful to be here on this beautiful day to learn about the precious gift of life that you have given each of us. We see You working in and through us as a loving Spirit, touching lives through us, and we are grateful. Amen.*

Introduce Topic: Read to your group as an introduction to the topic of the day: *"Today's lesson is on the power of Life. Life is our power to restore, heal, mend, procreate, regenerate, vitalize, and energize. Our life power is always present within us. It does not grow old, wither, or pass away. Today we celebrate life, from the tinyess of infants to the grandeur of elephants."*

Affirmation: (Repeat twice) "My life is a miracle in the making!"

Meditation: *Gently closing our eyes, turning within, we bring our awareness to our breath... the very sign of life in our bodies. We breathe in and out, gently, as an ocean's waves come in.... and out...in.... and out. We rest in this gentle awareness that all is well here. While relaxing in the divine love within us, begin to feel a spark of life growing within you... pure, beautiful rays of light emanating from within your body out into the world. (Pause) This represents your life... and the*

impact that your life has on others when you just be yourself. Smile, and with your inner eyes, see the rays of light soften to a warm glow of love. Feel the zeal in your light; feel enthusiasm and excitement for the future, for all that you are and all that you will be. Take a deep breath, knowing that in this sacred space you are a beautiful creation of God... and that your life has great meaning. Your life has a divine purpose, and when you are being that purpose, you will be marvelously happy. Thank-You Spirit for your life within us and the miracles that we each are. We behold the spirit of Christ within each of us as we realize that all of life is sacred. In this deep assurance and recognition of life, come back into this room whenever you are ready.

Mission Statement Activity:

***Materials: blank index cards, markers**

Say to your chapter: *In this activity, you will be writing your own personal mission statement that reflects something that you want to achieve/something you want to do. You can write this for just yourself and carry with you as a reminder. Remember to read it with strong feeling! Below are some examples for inspiration, but be sure to put your spirit into this and make it your own! After you are finished, sign your name at the bottom as a commitment to uphold and live it in your life.*

Examples: *I will begin all challenges with a positive attitude*
I will not neglect a true friend.
I will remember to connect with God every day
I will sleep with a clear conscience
I will do what is mine to do each day with gratitude and appreciation
I will always maintain a positive self-image and high self-esteem
I will remember that my thoughts and feelings create my reality

Thanks for teaching the 12 Power Lessons! I sincerely hope that they have helped you grow spiritually, given you more of a grasp of what the 12 Powers are, and how to live them out in your daily life. Many of the meditations and topic introductions of this material was paraphrased/used in some way from the book “*Twelve Powers In You*”, by David Williamson, Gay Lynn Williamson, and Robert Knapp. You are more than welcome to read and teach from this book if you’d like a more in-depth study of the twelve powers... it’s a wonderful book! Many thanks to you for the blessing you are to Youth of Unity! May we all continue to learn and grow and apply what we have learned, each doing our part to serve and bless the world.

Love and Blessings to all~

Beth Kuntz

G.L.R. Regional Officer of Spirituality 2007-2008