

Grades 4-6

# Global Heart Kids

Living the Virtues  
from the Inside-Out

August – Week One  
“Speak the Word”  
Virtue: Prayerfulness



## Suggested Agenda:

Welcome – Introductions

Opening Prayer

Offering

Virtues Lesson: **Prayerfulness**

Practical Application Lesson

Bible Lesson

Affirmation

Closing Prayer

## **Affirmation:**

**My every thought  
and word is a  
prayer!**

Bible Teaching:  
Psalm 19:14

**“Let the words of my mouth and  
the meditation of my heart be  
acceptable in Your sight, O Lord,  
my strength and my Redeemer.”**

Science of Mind Teaching:  
*Love and Law, 225.3*

**“You are the chooser. You  
choose to accept what is best  
and what is not best. We have  
the right to announce and mind  
does it unto us.”**

*Richer Living, 42*

**“My words shall not return unto  
me void and they shall  
accomplish whereunto they are  
sent; therefore, I dedicate my  
speech to Truth.”**

**-A Prayer From the Heart-  
God is in all, over all and through all.  
God and I are One!  
I believe and I receive:  
My every thought  
and word is a  
prayer!  
I am grateful.  
I let go,  
and  
so  
It is.  
Amen.**

Virtue of the Week:

# Prayerfulness

## Why Practice Prayerfulness?

People who rush around *doing* all the time without stopping to pray or reflect lose touch with their own spirits.

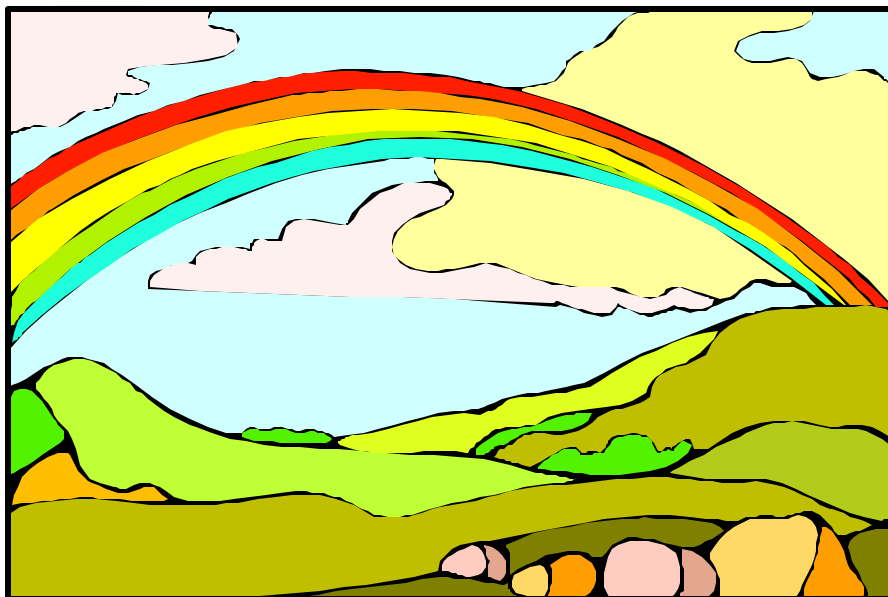
If we don't allow ourselves to feel the presence of God, we can get lonely even if we are in a crowd. Who else completely understands our worries, thoughts, hopes, and dreams?

We can pray any time, not just at special moments in a place of worship or when we see something beautiful in Nature.

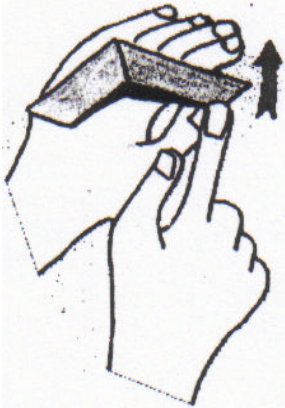
Prayer makes things clear when we are confused, gives us hope when we are sad, gives us answers when we have a problem, and provides strength to face the challenges of life. With prayer we don't ever have to be alone.

—*The Family Virtues Guide*

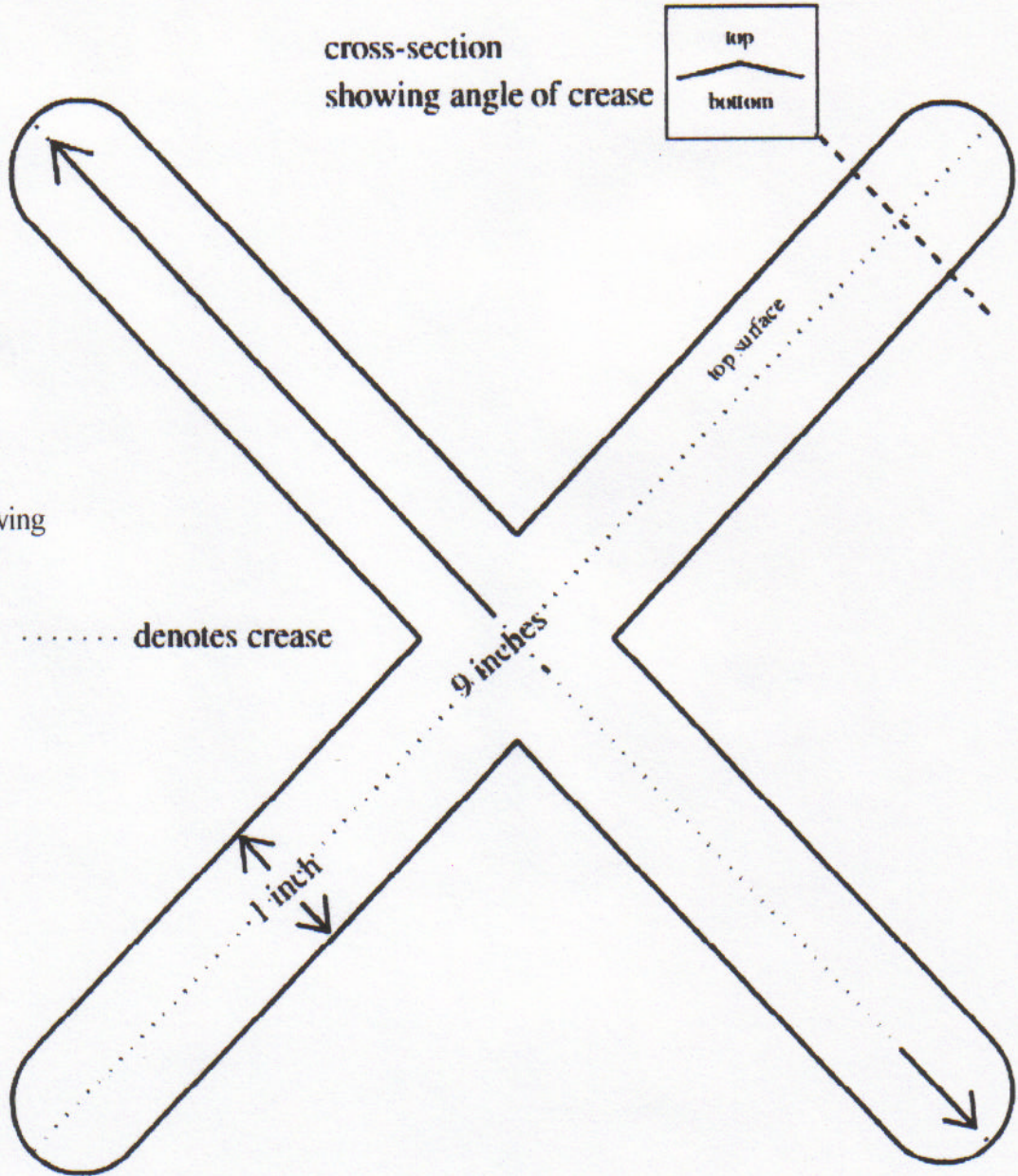
By Linda Kavelin Popov, Dan Popov, Ph.D., and John Kavelin



# Craft: The Cereal Box Boomerang



To throw your boomerang  
hold it horizontal  
on your hand  
Aim about  $10^\circ$  above the  
horizon  
snapp your finger on one wing



You will be carefull before throwing because the creases create too strong a negative dihedral ( it works better when the boom lies on its center than on the wing tips) so you'll have to flatten the boomerang. If you don't crease the center it will make things a little bit better.

## Practical Application Lesson: Prayerfulness

If you want to get what you want, you have to tell the truth about what you want. You don't have to make-do with less than you want; you don't have to deny your heart's desire. Sometimes we convince ourselves we are not worthy of our good. That is when we act smaller than God created us to be.

Our good is much more than money and things. A lot of people with a lot of things still aren't happy. The real riches of life are love, joy, peace...and much more. If you are not experiencing the happiness you desire along with the material good, you must stretch to tell a bigger truth about what you really want.

When you speak your word, remember it is not your job to figure out how to attain your good. That's Spirit's job. Our job is to ask and then allow God to answer in the way that is in harmony with our best interests.

A person winning the lottery has to do three things before collecting the money. First, buy a ticket. (That's like speaking the word in prayer.) By buying the ticket, a person is acknowledging that there is a gift available to him/her. The person is saying I have a right to it and I am willing to invest of myself in obtaining my good.

Second, a person has to watch the newspapers and television to see if his/her number is drawn. When we pray, we look for every sign that our desired goal is manifesting. We acknowledge the signs and bless them.

Third, a person has to show up at the lottery office and claim the prize. *We must claim our good.* To claim is to state that you have a lawful license to something and ask for it with authority. To sheepishly or apologetically ask for our good does not honor our divine nature.

We do not have to fight for our good. Fighting for something means that there is a part of you that does not believe you deserve it. In such a case you are really fighting against yourself. It may seem like the Universe is withholding your good from you, but it is actually you who are withholding gifts from yourself. The moment you recognize that you deserve your good, the fight will be over.



## Faith That Moves Mountains

Matthew 21:18-22  
Retold for Grades 4-6

By  
**Patricia Noble, MACT, RSCF**  
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Patricia Noble

Jesus, the Master Teacher, got up early in the morning. He went to the city. He was hungry.

Jesus saw a fig tree. He wanted some figs for breakfast. But there were no figs on the tree. Only leaves were on the tree. "May no fruit ever come from you again!" Jesus said to the fig tree. And the fig tree dried up and died right then.

Jesus' friends saw what happened. They were amazed. "How did this happen?" they asked. "How did the fig tree just dry up and die?"

Jesus said to them, "I tell you the truth. Have faith and do not doubt, and you will do more than make a fig tree dry up and die. Even if you tell this mountain to fall into the sea, it will be done. Whatever you ask for in prayer with faith, you will receive."

## Notes for Teachers

# Faith That Moves Mountains

Matthew 21:18-22  
Retold for Grades 4-6

By Patricia Noble, MACT, RSCF

Bible Lesson

### Suggested Questions:

1. What did Jesus say to the fig tree? (No figs will ever come from you again.) Then what happened? (The fig tree dried up and died!) What did Jesus' friends say? What did Jesus tell them? (Encourage responses.)
2. This story is about learning how to pray. What did Jesus say about prayer? (He said that if we pray with faith, we will receive what we ask for.) What is prayer? (Prayer is talking with God; asking God for what we want; asking God for help; asking God to show us what to do, etc.)
3. What does it mean to have faith? (Faith is believing in God; faith is knowing that God will answer our prayers; faith is trusting in God; faith is just knowing that things will turn out okay, etc.)
4. When we pray, we ask God to help us or to help us know that something we need or want is already ours. Or we pray to know the good for someone else. We don't have to know how, or when, or where, or why it will happen. All we have to do is believe that God always answers our prayer. When we believe that our prayer will be answered, we are practicing trust.
5. Now let's think about something good that we want to happen in the world. (Suggestions: no more hunger; no war; no one gets sick; no poverty/homelessness, etc. Help the group choose one to vision on.)

Close your eyes. Make a picture in your mind about \_\_\_\_\_. Put in all the details. Now imagine that this thing has already happened. Think about how you are feeling when it happens. Just see it in your mind. Now open your eyes. (Sharing as time allows.)

How will you pray with faith this week?

**Project: Prayer Line** String a piece of twine or yarn across a bulletin board with push pins at each end. Place colored clothespins on the line. Assist children in writing their personal prayer requests on one side of 3x5" pieces of colored construction paper. Their first name goes on the other side. Insert the prayer slips into the clothespins on the line. Tell the children you will pray for their prayer requests during the week. Ask them to notice what happens.

Grades 4-6

# Global Heart Kids

Living the Virtues  
from the Inside-Out

August- Week Two  
"Stuck On Love" (Steadfastness)



## Suggested Agenda:

Welcome – Introductions

Opening Prayer

Offering

Virtues Lesson: **Steadfastness**

Practical Application Lesson

Bible Lesson

Craft

Affirmation

Closing Prayer

## Affirmation:

**I choose Love and  
stick to It!**

Bible Teaching:

I Corinthians 15:58

**"...be steadfast,  
immovable, always  
abounding in the work  
of the Lord."**

Science of Mind Teaching:

*The Science of Mind, 178.4*

**"One should have  
faith in himself, faith  
in his fellowman, in  
the Universe, and in  
God. Our mind must  
be steady in its  
conviction that our life  
is some part of God,  
and that the Spirit is  
incarnated in us."**

**-A Prayer From the Heart-  
God is in all, over all and through all.**

**God and I are One!**

**I believe and I receive:**

**I choose Love and  
stick to It!**

**I am grateful.**

**I let go,**

**and**

**so**

**It is.**

**Amen.**

## This Week's Virtue:

# STEADFASTNESS

—*The Family Virtues Guide*

By Linda Kavelin Popov, Dan Popov, Ph.D., and John Kavelin

## How Do You Practice Steadfastness?

You practice steadfastness by being committed. You need to decide if something is worthy of your commitment. Think about it and then decide. You need to know before you start that you are in this until it is finished.

Then pace yourself. When you practice steadfastness, you keep a steady pace, and remain constant no matter what. If you are doing a job, keep at it without going too fast to tire yourself out or too slow to get it done on time. Just put one foot in front of the other and keep on going. If you are steadfast in learning something new, you stick with it even when you wonder if you will ever understand. Get whatever help you need to keep going.



If you are a steadfast friend, you stick by your friends even when they aren't much fun, they need a lot of attention, or they are going through a hard time.

When you find yourself wondering, "Can I really do this?" or "Is it really worth all this effort?", steadfastness helps you to accept your doubts and do it anyway.

You are like a strong ship in a storm. You don't let yourself become battered or blown off course. You just

# Craft: Heart Collage

## Materials:

large sheet of construction paper  
assorted sizes and colors of hearts, precut for preschool children  
scissors  
magazines  
glue sticks  
crayons/markers

## Directions:

Children glue hearts onto a sheet of construction paper (random pattern).

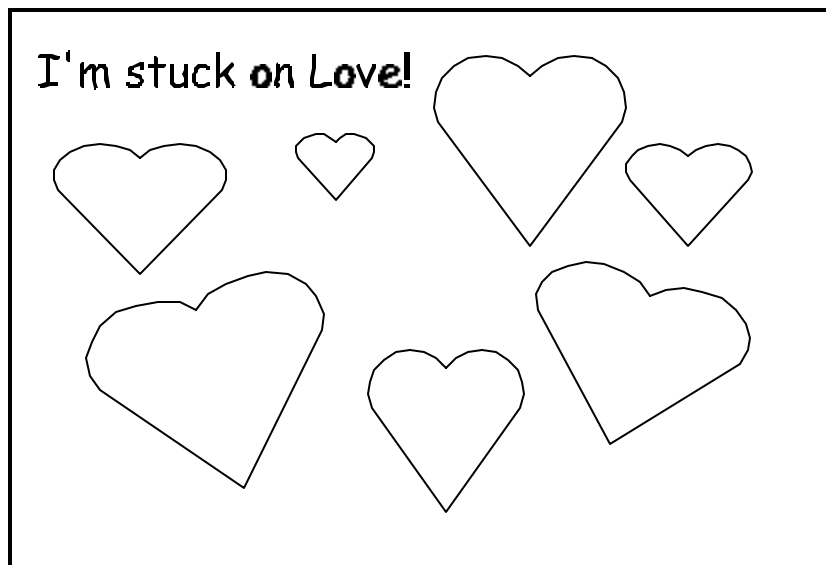
Then invite children to find pictures of that which they love in the magazines to cut out and paste on a heart, or draw a picture on the hearts representing that which they love.

## Process:

Invite children to share about their choices.

You may announce the Good news: there is so much to love that this paper couldn't hold it all! There's no limit to love! You may ask, "What else do you love?"

This would be a good time to talk about "commitment." You may find a simple, but very profound statement of commitment to be: I will always do (be) my best.



# Practical Application Lesson: Steadfastness

## **An attitude of being stuck on love...**

Mother Teresa of Calcutta once was asked, "How do you measure the success of your work?" She looked puzzled for a moment and then replied, "I don't remember the Lord ever spoke of success. He spoke only of faithfulness in love. This is the only success that really counts."

## **Think big**

There's an old saying: Attempt something so great for God that it's doomed to failure unless God be in it.

## **Be sure of your course and keep on going**

The setting was a cold January morning in a little town in Wisconsin, on the southern shore of Lake Superior. It happened to be the Saturday when they had their annual dog sled derby on the ice. A one-mile course had been staked out by sticking little fir trees in the ice. The whole course was easily visible because of the steep slope of the shore.

This was a contest for youngsters, and the contenders ranged all the way from large boys with several dogs and big sleds to one little fellow who didn't seem over five with a little sled and one small dog. They took off at the signal and the little fellow with his one dog was quickly outdistanced. It looked as though he was hardly in the race. All went well with the rest until, about half way around, some of the dogs got too close to each other and began to fight. No one seemed to be able to avoid the fight and it turned into one big seething mass of kids and sleds and dogs. And the little fellow with his one dog managed to avoid the fighting mass and ended up the only one to finish the race.

This story is very like the lives we live. What we can easily see from this story is that no matter how difficult the challenge or how impossible or hopeless the task may seem—if we are sure of our course and just keep going—we can't help but make a difference.



# Where Does God Live?

Acts 17:22-31  
Retold for Grades 4-6

By  
**Patricia Noble, MACT, RSCF**  
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Patricia Noble

Paul the apostle went to Athens. He wanted to tell the people of Athens about God and Jesus.

Athens was a big city. Many people lived there. Every day the people went to the market place to talk with their friends. The people met Paul in the market place. They listened to Paul.

The people of Athens had many gods. They made statues of the gods. They built temples for the statues. They also believed in a god they called the unknown god.

Paul was a Jew. Jews believe in One God. They do not make statues of God. Paul said, "Your unknown god is the God of Creation. God is not a statue. God does not live in a temple. God lives in your hearts." Then Paul told the people about Jesus. Jesus was a great Teacher of God.



Some of the people said, "Tell us more about God." Some of them believed what Paul said. Some of them did not. Soon Paul left Athens. He went to another country.

## Notes for Teachers

# Where Does God Live?

Acts 17:22-31

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Bible Lesson

### Suggested Questions:

1. Where does God live? (Response and discussion.) What does the story tell us about where God lives? (Answer: Not in a temple; in our hearts.)
2. What does God look like? (Response and discussion. Let the children be as free as they like with their answers. Ask: *How do you know? What makes you think that? What evidence do you have?*)
3. Read or tell the following story: God decided to visit the earth, so he sent an angel to survey the situation prior to his visit. The angel returned with the report. "Most of them lack food," he said, "and most of them lack employment." God said, "Then I shall become visible in the form of food for the hungry and work for the unemployed."  
What did you think about when you heard this story? Does this story tell us something about what God looks like? Does God always look the same?
4. Imagine that God is here in the room with us in some form that you could recognize. What one question would you ask God? What do you think God's answer would be? What would you want to say to God?
5. How would you tell someone about God? (Responses and discussion.) How hard is it to talk about God to other people? (Allow responses.) When something we believe in is hard to talk about and describe, like God, we practice faithfulness. Faithfulness is holding to what you believe is important no matter what happens. How do we do that?

Grades 4-6

# Global Heart Kids

Living the Virtues  
from the Inside-Out

August - Week Three  
"Divine Guidance" (Trust)



## Suggested Agenda:

Welcome - Introductions  
Opening Prayer  
Offering  
Virtues Lesson: Trust  
Practical Application Lesson  
Bible Lesson  
Craft  
Affirmation  
Closing Prayer

**Affirmation:**

**Inner Light guides  
me and makes  
me sparkle!**

-A Prayer From the Heart-  
God is in all, over all and through all.  
God and I are One!  
I believe and I receive:  
Inner Light guides me  
and makes me sparkle!  
I am grateful.  
I let go,  
and  
so  
It is.  
Amen.

Bible Teaching:  
Proverbs 28:25

**"He who trusts in  
the Lord will be  
prospered."**

Science of Mind Teaching:  
*The Science of Mind, 423.3*

**"Jesus bade us to  
completely trust in God  
for everything and in  
every instance."**

# How Do You Practice Trust?

The Virtues Project™

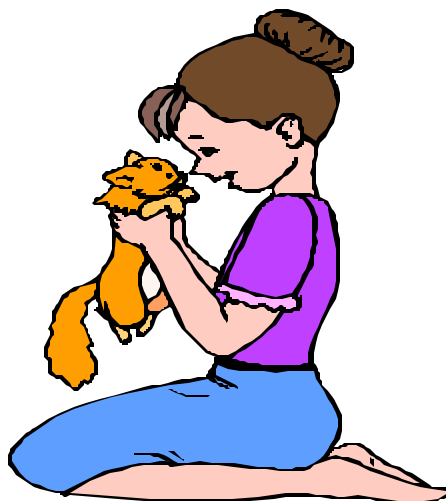
Trust comes when you are willing to rely on God, yourself, and others. By having basic confidence that things will go right, you help things to work out right.

When you trust, fear goes away. Even when difficult or sad things happen, trusting God means you believe there is a good reason for what is happening, that it can help you grow stronger or learn something new. When you are practicing trust, you relax about things turning out all right. Instead of worrying, you let your fears come and then you let them go, like leaves passing in a stream.

When someone makes a promise, trusting him means that you go ahead and make plans based on his promise, without reminding, nagging, or trying to control him.

People who keep breaking promises and agreements are not worthy of trust. It is foolish to keep trusting them, and it doesn't serve them well. Start trusting them only when they choose to be trustworthy.

—*The Family Virtues Guide*



# Craft: Sparkle Plenty Headbands

## Supplies:

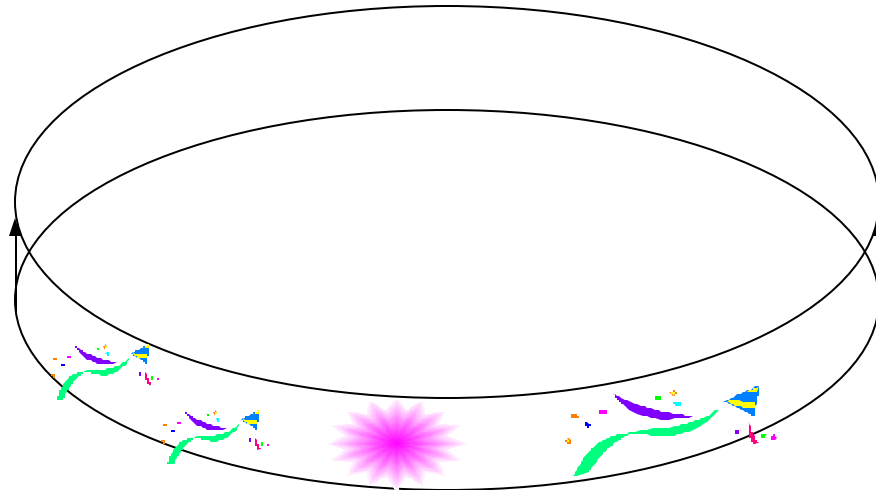
construction paper strips (2" deep, to make into headbands)  
transparent tape  
white glue  
multicolor glitter  
Optional: big, faux jewels and crayons/markers

## Directions:

Decorate the paper strips (one side only) by applying splotches of white glue and shaking multicolor glitter over the splotches. May want to apply a big faux jewel from craft store in the middle with glue. When dry, fasten ends of the headbands together with transparent tape. Reinforce with a stapler if necessary.

Once on, the headband is a reminder of the sparkle that comes with trusting God and being guided by Inner Light.

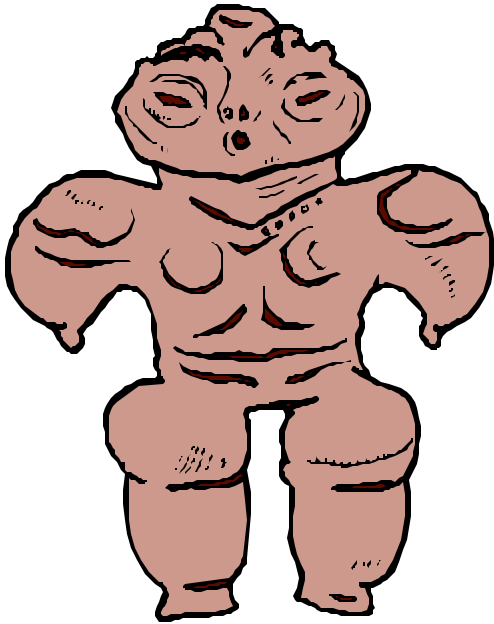
Note: headbands may only be worn by a smiling child!



## Practical Application Lesson: Trust

Abraham was one of the founding fathers of the Jewish and Christian religions. God told Abraham he would be the ancestor of a great people. This is one of the stories told about Abraham's decision to trust in God.

As a young boy, Abraham worked in his father's pottery shop. People came from far and wide to buy the statues his father sold. They would take the statues home, set them up on altars and worship the idols with prayers and offerings of sweets and flowers.



Abraham couldn't understand why people would worship lumps of clay. His job in his father's shop was to sell the statues. He was not very good at his job.

One day a 65-year old man came into the shop to purchase an idol. Abraham asked him how he could, at 65, put his faith in a statue that was just one day old. The man was insulted and left the shop without purchasing the statue.

Then an old woman came through the door. She was weeping and wringing her hands because robbers had entered her home and stolen her idols. She told Abraham she wanted to buy the biggest idol in the shop to protect her. "How can a statue protect you when it can't even protect itself?" asked Abraham. Needless to say, the woman was also insulted and left without making a purchase.

Abraham's father was furious when he realized how Abraham was talking to the customers.

That night, Abraham kept thinking about the statues and wondering how people could think they were gods. His thoughts kept him awake and he got up and went outside. Hundreds of stars twinkled in the sky.

*How beautiful the stars are, Abraham thought. Surely they must be gods, if anything is.* Abraham began to worship the stars.

Then the moon appeared. *But the moon is bigger and even more beautiful,* thought Abraham. He interrupted his prayers to the stars and began to worship the moon. He stayed there all night. Then, at daybreak, the moon faded from sight and the sun, bright and red, began to rise.

## Practical Application Lesson: Trust (2)

Abraham began to worship the Sun. Then, the cloud that blocked out the sun's light. Then the wind that blew the cloud away. Each time he started to pray, something bigger or more powerful appeared and became the object of his worship.

Before long, Abraham began to realize that behind the wind, the stars, the moon and the sun and the clouds—behind it all—there had to be a greater force, a more powerful God that could not be seen. *This is the God I will worship*, Abraham decided.

Abraham crept back into his father's shop, taking care not to awaken his father. He picked up a large, heavy hammer and smashed every idol in sight.

His father couldn't believe his eyes when he saw his devastated shop. "Who could have done this?"

"It must have been the idols," Abraham replied. "They were probably quarreling. Why don't you ask the idols if you don't believe me?"

His father roared, "Idols can't quarrel! They can't even speak, you stupid boy!"

"Well," said Abraham, "if they can't even speak, how can people worship them? How can they be gods?"

Abraham's father was silent. He didn't know. Then Abraham told his father about his discovery—that behind everything there is a greater God, powerful and invisible.

And Abraham's father began to worship God, too.

## What's In A Name?

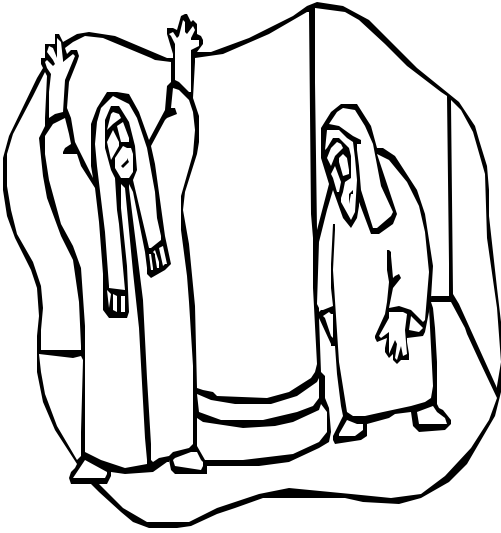
Acts 3:1-10

Retold for Grades 4-6

By

Patricia Noble, MACT, RSCF

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One day Peter and John went to the temple to pray. They saw a lame man sitting on the steps of the temple. The man could not walk. He could not work. He was a beggar. He asked people for money.

The lame man saw Peter and John. He called out to them, "Please, sirs. I am a poor beggar. I cannot walk. I cannot work. Will you please give me some money?"

Peter looked at the beggar. "I have no silver or gold. But what I have I give you. In the name of Jesus Christ of Nazareth, stand up and walk."

Peter put out his hand. The lame man took Peter's hand. Then he felt his feet and ankles getting strong. "What is happening to me?" he asked. The lame man stood up. Yes, he could stand! He could walk! He could jump! He could run! The beggar was amazed. "Look at me! I can walk! I can jump! I can run!"

Then the beggar walked into the temple with Peter and John. He praised God. He laughed. He was walking! Everyone who saw him was amazed. "This man was the beggar who sat at the gate of the temple, asking for money," they said. "But now he can walk! He can jump! He can run! How did this happen?"

**Suggested Questions:**

1. What happened in the story? (Encourage children to retell the story in their own words.) What do you think the beggar did all day? Did he know he could walk? What happened to make him walk?

What happened then? Can he still be a beggar, now that he can walk? Do you think he will want to be a beggar, now that he can walk?

2. In the Bible, names have certain meanings. Some of the meanings of the name "Jesus" include helper, savior, deliverance, safety, God's helper. In the Bible, God's name is just I AM. What is your name? (Pre-teens answer, *I am...*) When we say I AM, we are expressing our oneness with God. What do you think it means to be "one with God"? (Responses and discussion. All the qualities of God are also our qualities: love, peace, joy, etc. God's Power is our power.)

3. Did you know that God's Power is also your power? How did Peter and John use God's Power to heal the crippled beggar? (Discussion. Possible response: They said, "In the name of Jesus, stand up and walk.")

Why do you think they used Jesus' name? (Possible responses: Because Jesus could heal people; Jesus taught them how to heal people; Jesus was close to God; Jesus knew that people have God inside of them.)

4. What had to change before the beggar could walk? (Possible answers: His consciousness; he had to believe he could do it.)

5. How will you practice Trust this week?

Grades 4-6

# Global Heart Kids

Living the Virtues  
from the Inside-Out

August - Week Four  
"Facing Fear" - (Trust)



Suggested Agenda:

- Welcome - Introductions
- Opening Prayer
- Offering
- Virtues Lesson:  
**Trust**
- Listening to Music With the  
Whole Body Activity
- Practical Application Lesson
- Bible Lesson
- Prayer Activities
- Affirmation
- Closing Prayer

**Affirmation:**

**I trust my REAL self  
that is God within me.**

Bible Teaching:  
Psalm 37:3

**"Trust in the Lord, and  
do good; Dwell in the  
land, and feed on His  
faithfulness."**

Science of Mind Teaching:  
*Creative Mind, 414.3*

**"To have faith in God  
is to follow this faith  
through by having  
faith in the self. The  
real self is God and as  
such is to be implicitly  
trusted."**

**-A Prayer From the Heart-  
God is in all, over all and through all.  
God and I are One!  
I believe and I receive:  
I trust my REAL self--  
God within me!  
I let go,  
and  
so  
It is.  
Amen.**

# What Is Trust?

## The Virtues Project™

Trust is having faith. It is relying and believing in someone or something. It is having confidence that the right thing will come about without trying to control it or make it happen, just as you trust the sun to rise in the morning without having to do a single thing.

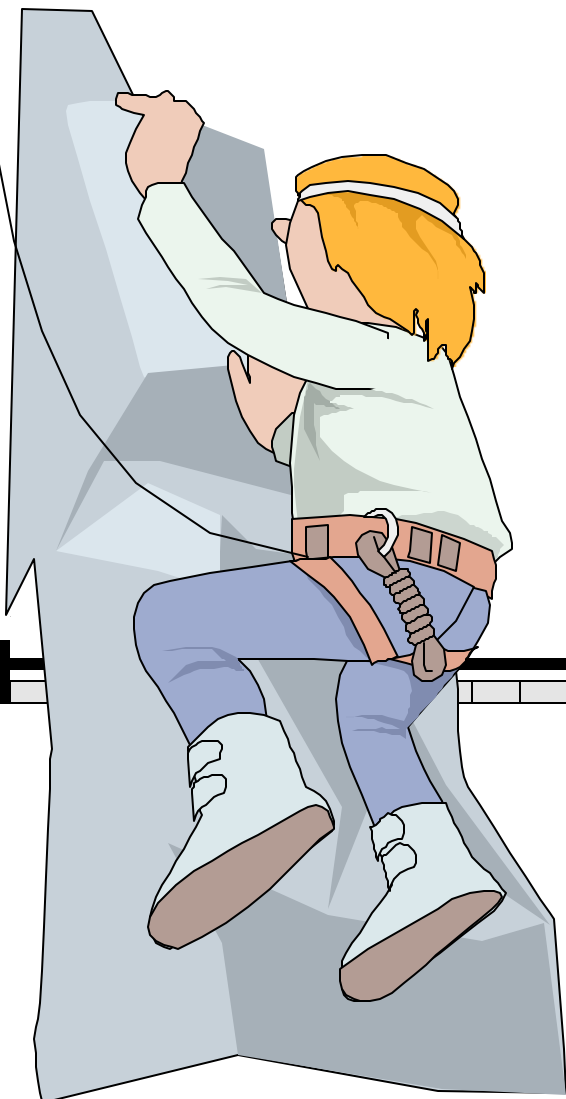
Trusting others is believing that people will do what they say without having to get them to do it. Trusting yourself is having faith in your own capacity to learn and grow.

Sometimes it is hard to trust when life brings painful experiences. Trust doesn't mean to expect life to be easy all the time.

Trust is being sure, deep down, that there is some gift or learning in everything life brings, and that God's love is always with you. When you have trust, you know that you are never alone.

—*The Family Virtues Guide*

By Linda Kavelin Popov, Dan Popov, Ph.D.,  
and John Kavelin





## Listening to Music With the Whole Body

### Supplies:

- Tape or CD player and recording
- Individual beach towels or mats
- drawing paper
- crayons/markers
- colored tissue paper and construction paper
- scissors
- glue

Select some music, preferably some with which the children are unfamiliar, such as Piano Sonatas by Prokofiev or Robert Schumann's "Carnaval."

After removing their shoes, the children lie down in a comfortable position on the floor. Instruct them to relax and take a few deep breaths, letting go of tension and stress.

*Say: As the music begins, allow it to flow over you...through you...feel it around your whole body...moving through you and around you...playing itself through you... What color is the music?...What does it feel like?...Is it hard...or soft?...Is it cold...or hot? ..Is it light...or dark? What does it taste like?...chocolate?...lemon drops?...French fries? Let your imagination go with the music....*

When the piece is finished playing, instruct the children to make drawings and/or collages of their experience while listening to the music.

Adapted from *The Possible Human* by Jean Houston, pp. 47-48.

## Practical application story: Trust

You have most likely walked through an electronic doorway at your local supermarket. The sliding door is controlled by an electric eye that senses your approach and signals the door to open as you reach it. After you have gone through the door, that same electric eye has the door close.

We take this for granted and pass through these doors many times. Yet, to look at the door we would see there is no knob, handle or means by which you could open the door by yourself—even if you tried with all your might.

When we approach the door, just as it might seem that we would bump into it—it opens! All we have to do is keep walking and don't stop. If you stop even a few feet before the door, it will remain shut tight. But step right up to it, and the barrier disappears.

The doors of life that seem closed to us remain shut, too, until we approach them and keep on walking. There is something about facing a problem that reveals the next step toward solving it. Difficulties cannot be overcome from a distance, and healing is not accomplished by brute force.

Just as you cannot open the supermarket door with your bare hands, your problems cannot be solved at the same level of consciousness at which you perceive them. *The answer is always on a higher level than the problem.*

If you approach your difficulties on the same level at which you have been struggling, you find yourself going around in circles. If you have a dilemma, you must stop and ask, "What is the higher way of looking at this? What will love show me that my fear has kept me from? What is the blessing in this?"

Problems are not punishments; they are invitations to a higher way of thinking.

### ***Help for Today, 36.3***

THERE IS NO NEED TO FEAR ANYTHING IN THIS LIFE IF WE BELIEVE THAT, CALLED ON OR NOT, GOD IS ALWAYS PRESENT! If we believe that we have available at all times the Wisdom that created this universe, and which can and will overcome anything that disturbs us, we shall never be afraid.

### ***Living the Science of Mind, 361.4***

The quickest and most effective method to get rid of fear is to get quiet and lift up the whole thought in confidence and faith to Something bigger than we are. It is like going from a cold, dark room into the sunshine and just sitting there, letting the rays of the sun penetrate the whole being with warmth and color until the darkness and dampness are gone. So it is with the life of prayer and faith, of affirmative meditation and of communion with that Divine Spirit which is closer to us than our very breath.

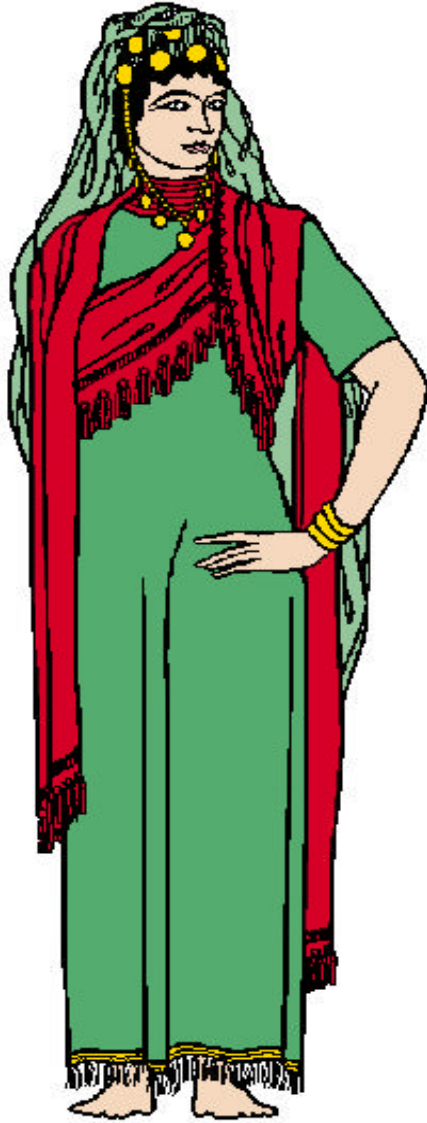
# The Queen of Sheba

1 Kings 10:1-13

Retold for Children

By

Rev. Jan Blackburn



A very rich and powerful queen had heard of the riches and power of King Solomon. King Solomon was known for his wisdom and it was further known that King Solomon loved God. She was so intrigued that she wanted to meet King Solomon. The Queen of Sheba wanted to see if this man who loved God was truly all she had heard he was reported to be. She wanted to ask him many questions.

It was a long journey (some account report it took three years), but the Queen of Sheba was determined to make the trip.

At long last she met with King Solomon. He agreed to answer her questions and did so, leaving her breathless and amazed. They spent long hours talking. She had to agree with the reports she'd heard of his wisdom, his wealth and his power. The Queen of Sheba wanted to know more about his God. She could find no fault with King Solomon. She could find no fault with his God. The Queen of Sheba told

him that his God should be praised and that God must be very pleased with King Solomon. She said that there was no other way she could explain his great wisdom and wealth and power.

King Solomon gave the Queen many gifts, and she, in turn, gave him lavish gifts. She returned to her homeland after a remarkable visit.

Grades 4-6

# Global Heart Kids

Living the Virtues  
from the Inside-Out

August - Week Five  
"God Does the Work"  
Virtue: Prayerfulness



**Affirmation:**  
**Prayer helps me  
think rightly and  
love greatly!**

Suggested Agenda:

- Welcome - Introductions
- Opening Prayer
- Offering
- Virtues Lesson: **Prayerfulness**
- Practical Application Lesson
- Bible Lesson
- Affirmation
- Closing Prayer

Bible Teaching:  
Jeremiah 33:3

"Call to me and I will answer you, and show you great and mighty things which you do not know."

Science of Mind Teaching:  
*Love and Law, 200.2*

"A [prayer] treatment is the process of convincing yourself of the truth of what you say. It is nothing else. When you are self-convinced, then you have set forth into Mind the power that does everything."

*Can We Talk to God?, 12.2*

"It is most worthwhile to talk to the Universal Spirit, when we talk in the right way. Do not talk at It; talk to It. Sense and feel that It is within you; that the approach to It is direct through your own consciousness. That It is just as conscious of you as you are of It."

-A Prayer From the Heart-  
God is in all, over all and through all.  
God and I are One!  
I believe and I receive:  
Prayer helps me  
think rightly and  
love greatly!  
I am grateful.  
I let go,  
and  
so  
It is.  
Amen.

Virtue of the Week:

# Prayerfulness

## What Is Prayerfulness?

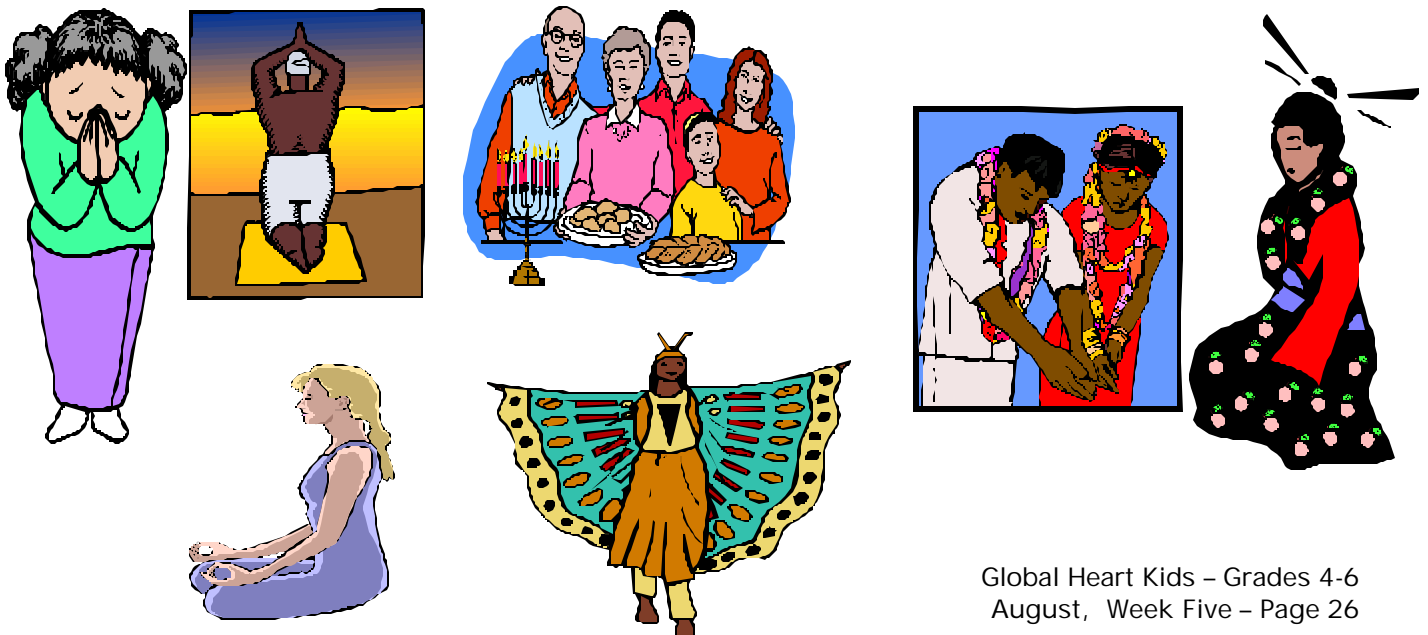
Prayerfulness can be practiced in many ways. Prayer is talking with God. You can pray in silence or out loud. You can sing or dance in prayer. You can use any language. God always hears your thoughts and understands your heart.

Prayerfulness is living in a way which shows that you are in the presence of your Creator. It is doing simple things with an attitude of gratitude. It is knowing you are a unique creation of God, and are acting in ways which are worthy of that gift. Prayer is praising God, being thankful for things. Prayerfulness is quiet reflection. It is allowing the Great Spirit to speak to you. It is listening and receiving God's guidance.

You can turn to God in prayer at any time. You can share your hopes and problems, the things you feel ashamed of and the things you feel proud of. Prayerfulness is trusting God and turning things over to God. Prayerfulness is living your life with the awareness that it is a gift just to be alive.

—*The Family Virtues Guide*

By Linda Kavelin Popov, Dan Popov, Ph.D., and John Kavelin



# Craft: Frame Your Prayer

**Purpose:** Creation of a prayer that child can hang in their room or put on the refrigerator.

**Materials:**

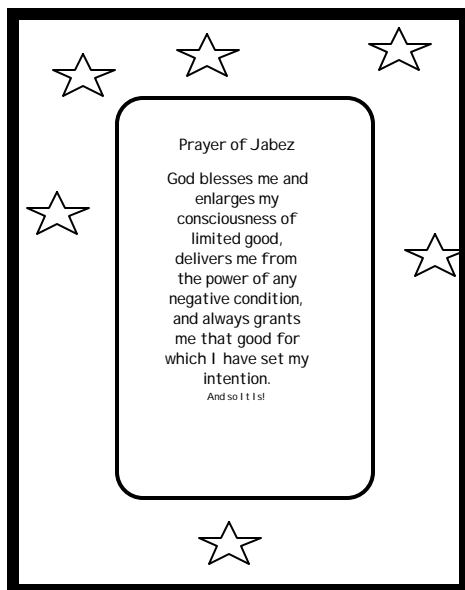
light colored construction paper (half sheet)  
crayons/markers  
pens  
mats – precut for younger children out of light colored construction paper  
glue stick or white glue  
scissors  
optional: star stickers

**Method:**

Write a prayer on the first sheet of construction paper. Leave a large border around the prayer (for the mat will be placed around it).

Take the second sheet of construction paper and fold (but do not crease) and cut a free form frame.

Decorate the frame, then glue onto the written prayer to frame it.



A prayer you may wish to print out for the children to copy is the Unity Prayer of Protection:

The light of God surrounds  
you;  
The love of God enfolds you;  
The power of God protects you;  
The presence of God watches  
over you.  
Wherever you are, God is,  
and all is well!

# Practical Application Lesson: Prayerfulness

## Do You Want to Be Right? Or Do You Want to Be Healed?

There is within each one of us a true voice that knows what is best for us and that will speak to us. It will guide us in uncovering whatever it is that would most benefit us in any given situation.

Too often, perhaps, we refuse to listen to the voice within. Instead, we are caught up in being “right”. Instead, we keep listening to our own thoughts about a situation over and over and then keep trying to force our self-rightness into the situation. “I know I’m right!” we keep telling ourselves. And we find ourselves still struggling to have it our way. When we find this happening, it is time to Be Still and listen to the true voice within. That is why we practice prayerfulness.

The true voice, God, within us will show us the way of healing. “Change your thinking and you change your life” is our teaching. The true voice will help us to change our thinking so we can make the changes in our life that we desire. God will help us see beyond our very limited vision and reveal a bigger picture to us.

Dr. Kennedy Schultz reminded us, “If there is going to be anything new in our lives, anything greater, better, or more desirable than what we have now, it must come from something greater, better, and grander than our past experience or our present situation.” With prayerfulness, we tap into the power of our Higher Self, the voice that is true within us.

### Answered Prayer?

There was a man who was overweight and on a diet. He just loved to eat! Everyone in his office knew he was on a diet. Prior to his diet, he was always bringing in doughnuts and coffee cakes to work. This man passed a bakery on his way to work and would stop there every morning.

The bakery was such a temptation to the man that he even changed the way he drove to work so he would not go by it. Then, one day, out of habit, he found himself driving by the bakery after all.

When he walked into the office with a box of doughnuts, his co-workers said, “They look delicious, Joe—but we thought you were on a diet.”

Joe then proceeded to tell his friends how he had prayed about his diet. He prayed that if it was God’s will that he buy the doughnuts, then there would be a parking space for him right in front of the bakery. And indeed, there it was—a parking space right in front of the bakery! And he only had to go around the block eight times to find it!

# The Prayer of Jabez

1 Chronicles 4:9-10

Retold for Grades 4-6

By

Patricia Noble, MACT, RSCF

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Patricia Noble



Once upon a time, a little baby named Jabez was born. Jabez meant "sorrow."

Jabez' mother and father loved him very much. They wanted Jabez to have a good life. They did not want Jabez to have any sorrow. They wanted Jabez to grow up to be a strong man, wealthy and happy. They prayed a prayer for Jabez. They asked God to take care of Jabez.

When Jabez grew up, he walked with God. He prayed to God and asked God to bless him. He asked God to walk with him and to increase his lands. He asked God to keep him safe from hurt and harm. Jabez had faith that God would hear his prayers. Jabez knew that God would answer his prayers.

God heard Jabez' prayer. God blessed Jabez. God gave Jabez many good things. God walked with Jabez and kept him safe all through his lifetime.

## Notes for Teachers

# The Prayer of Jabez

1 Chronicles 4:9-10

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Bible Lesson

### Suggested questions:

1. What did Jabez ask God to do? (Response and discussion.) Did God do what Jabez asked God to do? (Response and discussion.) Why do you think God gave Jabez what he wanted? (Response and discussion.)
2. Do you ever ask God to give you something? What happens? (Response and discussion. Emphasize that God is with us all the time and will help us when we ask for help.)
3. Is there something you want right now? How will you pray to God for help? (Teach or review the five steps of spiritual mind treatment on following page.)
4. If someone asked you about prayer and how to pray, what would you tell them? (Response and discussion. Prayer is: praising God, being thankful....quiet reflection...listening and receiving God's guidance....trusting God and turning things over to God...feeling God's Presence... With prayer, we don't ever have to be alone.)  
Do we have to wait until we come to church to pray? (No.)  
Can we pray at any time, wherever we are? (Yes. Prayerfulness is living in a way which shows that you are in the presence of your Creator.)
5. How will you practice prayerfulness this week? At home? At school?  
What will you ask God to help you with this week?

### Activity:

Guide the children in writing their own "prayer of Jabez." What would they like to pray for? How will they ask God for help?

## Notes for Teachers

# The Prayer of Jabez

1 Chronicles 4:9-10

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Bible Lesson

## The Five Steps of Spiritual Mind Treatment

### Recognition

First, we recognize the Presence and Power of God and name the God qualities that are evident in our vision of good.

### Unification

Then we unify ourselves with God by acknowledging that those qualities are already within ourselves.

### Realization

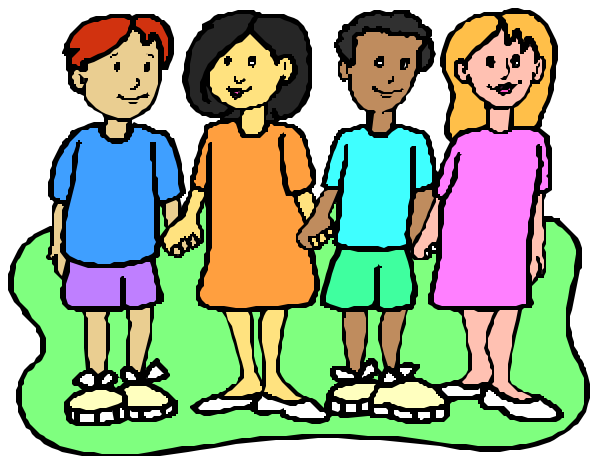
We state our intention, describing our vision of good as if it already has happened. We give as much detail as we can imagine about what it will look like and how we will be feeling when the vision is a reality.

### Thanksgiving

Then, we express gratitude for the demonstration of the power of our word.

### Release

Finally, we turn it all over to God and get ourselves out of the way.



**August  
In Service!**

**Global Heart Kids & Teens**

# **Heifer Project**

Global Heart Kids *continue* to make a difference!  
Because this is a large project, you are encouraged to deepen  
your participation and involvement with the Heifer Project.

For further information,  
see [www.heifer.org](http://www.heifer.org).

There are lots of options for  
participation and one is certain  
to call to your Global Heart.

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**August**  
Grades 4-6  
Children's Church  
Curriculum

# Global Heart Kids

Living the Virtues  
from the Inside-Out

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