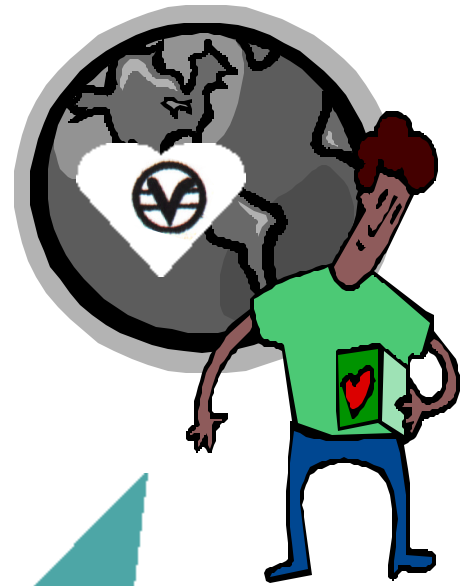


Global Heart Teens

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
Make a Boomerang
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.”**

-Meditation-

Through the power of the indwelling Spirit I am a blessing to myself and others. I am lifting up my whole mind in faith to the realization that the Spirit of God is within me and that this perfect Spirit is my real self. I invite the Spirit to direct my thoughts and acts, and I believe that It is doing so. I expect new ideas, new thoughts and new ways of doing things to stimulate my imagination into action. I invite and expect new circumstances and situations. I know that as they present themselves, the Intelligence within me will accept them and act upon them. I know that the Divine Presence within me will make Itself known to every person I meet, to every situation I contact. I know that It will bring life and joy and happiness to everything and everyone. [Amen.]

—*Richer Living, 137*

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.

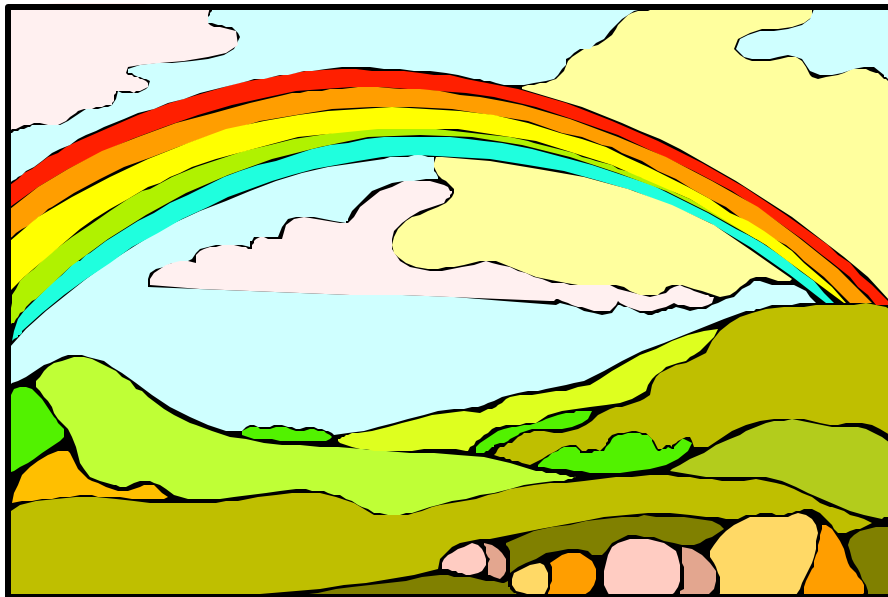
If we don't allow ourselves to feel the presence of God, we can get lonely even if we are in a crowd. Who else completely understands our worries, thoughts, hopes, and dreams?

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

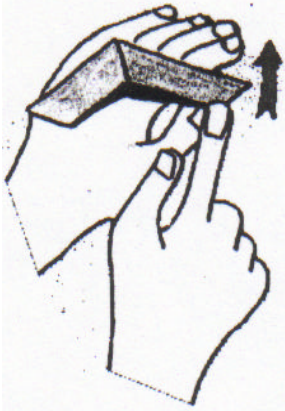
Prayer makes things clear when we are confused, gives us hope when we are sad, gives us answers when we have a problem, and provides strength to face the challenges of life. With prayer we don't ever have to be alone.

—*The Family Virtues Guide*

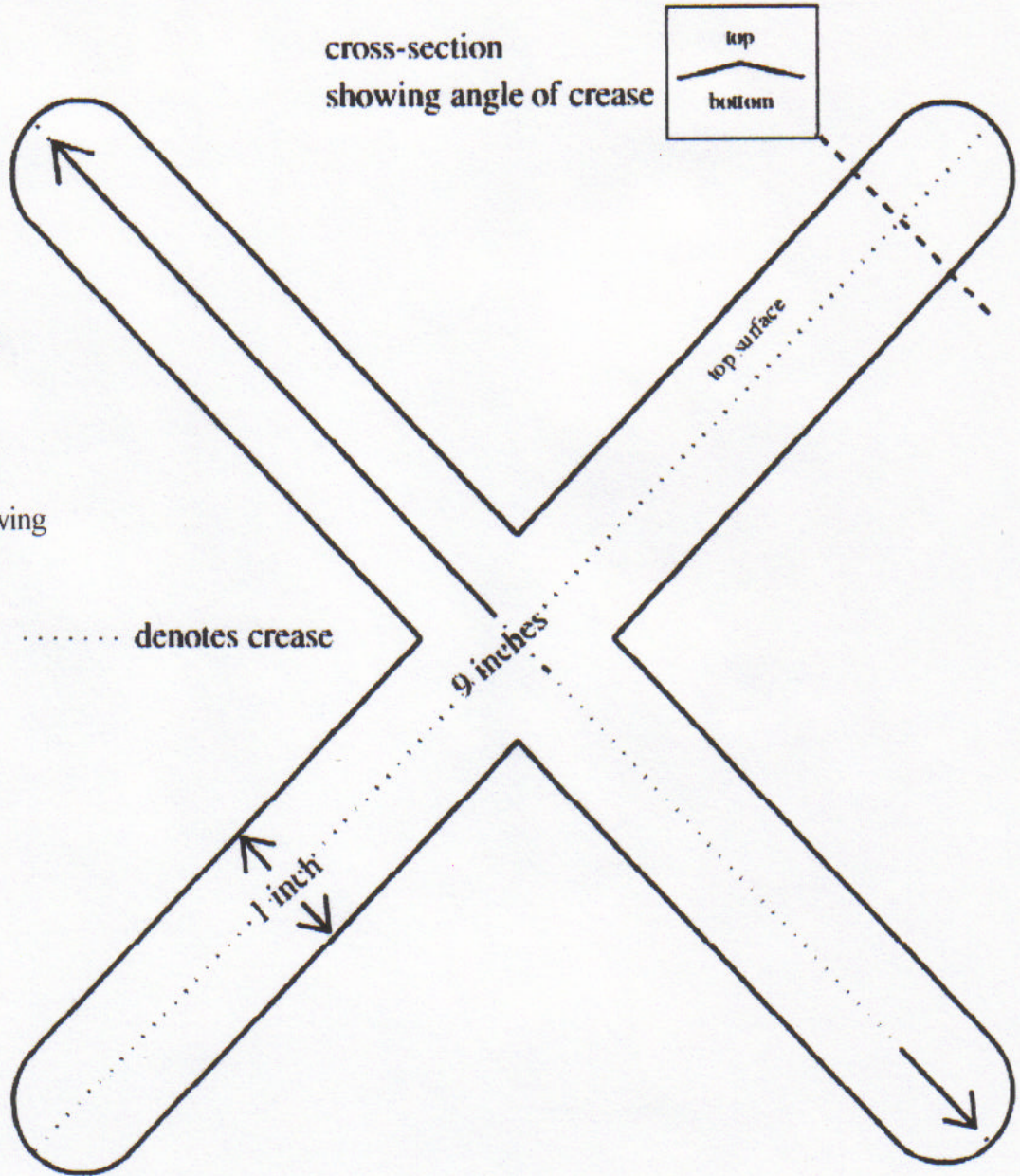
By Linda Kavelin Popov, Dan Popov, Ph.D., and John Kavelin



Craft: The Cereal Box Boomerang



To throw your boomerang
hold it horizontal
on your hand
Aim about 10° 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.



Thoughts and feelings are like boomerangs. Our thoughts and feelings are invisible but they go forth from us automatically and return to us as our experiences. If we send out thoughts that we are not good enough and feel like we are not worthy of good, what kind of experience will come back to us?

With practicing prayerfulness, we consciously choose the thoughts and feelings we desire to experience. Then, our loving thoughts and feelings boomerang right back!



Faith That Moves Mountains

Matthew 21:18-22 (NRSV)

By Patricia Noble, MACT, RSCF

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In the morning, when he returned to the city, he was hungry. And seeing a fig tree by the side of the road, he went to it and found nothing at all on it but leaves. Then he said to it, "May no fruit ever come from you again!" And the fig tree withered at once.

When the disciples saw it, they were amazed, saying, "How did the fig tree wither at once?"

Jesus answered them, "Truly I tell you, if you have faith and do not doubt, not only will you do what has been done to the fig tree, but even if you say to this mountain, 'Be lifted up and thrown into the sea,' it will be done. Whatever you ask for in prayer with faith, you will receive."

Notes on the Metaphysical Meaning

Faith That Moves Mountains

Matthew 21:18-22

By Patricia Noble, MACT, RSCF

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Bible Lesson

When Jesus curses the fig tree for not producing fruit, we may wonder whether morning hunger puts him in a bad mood. When the fig tree withers under his words, we observe the power of this enlightened being to cause any effect he desires. And when we hear him say that by our faith we ourselves will be able to make fig trees wither and die, as well as lift up mountains and throw them into the sea, we may think he exaggerates. And indeed he does. Aramaic language scholar George Lamsa warns us that we should not take such statements literally. "Extravagant expressions," he says, "are very frequent in Aramaic and Hebrew speech but never cause misunderstanding because the people know the speaker does not mean exactly what he says." In fact, nowhere in the gospels do we find any account of either Jesus or the disciples ever trying to move mountains, nor did Jesus actually mean that mountains could—or should—be moved.

If we take this passage only for the literal meaning of the words, we miss the depth of its message. If ever the Master Teacher communicated his formula for effective prayer, this passage from Matthew is surely what he had in mind. These four verses are about faith—the kind of faith that can move even mountains—and about trusting that we can make such a thing happen by the power of our words and by our trust in the sure outcome of our desire. We are to understand that our words have power, and that we will receive whatever we ask for in prayer with faith.

Religious Science teaches that prayer is the process of the activation of the Law of Mind, that unformed substance which surrounds us and "which," according to Dr. Ernest Holmes, "receives the impress of our thought and acts upon it. This is the Law of all life and we may consciously use It for definite purposes." This is what Jesus taught, and this passage from Matthew illustrates the power of directive prayer.

The vivid imagery of this passage creates colorful pictures in our mind of the fig tree withering and the mountain crumbling into the sea. We don't know how these things could happen, except that a word was spoken, and it was powerful. If we can create similarly vivid images in our minds of that which we desire to have for ourselves—a house, perhaps, or a certain kind of job, or a healthy, happy relationship—and if we trust the Law of Mind to bring this image into existence for us, then it will happen. With confidence in the desired outcome we imagine what we desire, but we leave the idea free to fulfill itself, without outlining how, where, why, or when it will happen. This is what Jesus was talking about. This is effective prayer.

Notes on the Metaphysical Meaning (2)

Faith That Moves Mountains

Matthew 21:18-22

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Bible Lesson

We receive a magnificent promise from the Master: *Whatever you ask for in prayer with faith, you will receive.* Could this promise be abused? Can we ask for *anything*, without regard for consequences? We only ask for what we desire, but are we willing for that desire to manifest for all, as well as for ourselves? It is wise for us to remember that prayer is always universal. What is good for us must be good for all. Therefore, we ask for only what is good. We need never doubt that what we want will be given when we ask in faith. Lack and limitation have no part in God's plan of abundance for all. There is always enough to go around. God's gifts are given to us and to all as freely and fully as the air and the sunshine. As much as we realize this truth, we receive abundantly. (SOM, 262)

Speaking the word and expecting conditions to change is the essence of spiritual mind healing. As practitioners of spiritual mind healing, we must realize that the words we use are the Law unto that which they are spoken. (SOM, 58) In other words, as we speak Truth, so Truth demonstrates. And since our words, spoken with conviction, are powerful enough—figuratively speaking—to wither the fig tree and slide the mountain into the ocean, it is essential that we speak in specific terms about the conditions which we desire to bring forth. Create a vivid picture in the imagination, in Technicolor, with all the details filled in, including the emotional impact of the answered prayer. Don't leave anything out. And then believe that the prayer already is answered, and it is.

Significantly, Jesus qualifies the power of prayer by saying that we must ask WITH FAITH. The Aramaic word for faith can also be translated as "trust." Thus, it is our trust that God will supply for our every need and fulfill our heartfelt desire that makes the words of the prayer so powerful. Simply stated, speaking the powerful word, with faith, invokes the law of cause and effect. In Religious Science this is called giving a "treatment."

A treatment is a spiritual entity in the mental world and...is equipped with power and volition—as much power and volition as there is faith in it, given to it by the mind of the one using it—and, operating through the Law, It knows exactly how to work and what methods to use and just how to use them. *We do not put the power* into this word, but we do let the power of the Law flow through it, and the one who most completely believes in this power will produce the best results. (SOM, 58)

We cannot escape from the creative power of thought. The issue is not *whether* we will create, but *what*. Dr. Holmes said, "There is an infinite Thinker forever thinking Itself into form, there is an infinite Law forever acting upon thought, and creation is the result." As we are some part of that process, it is the nature of our thought to be creative. Therefore, we do well to be specific in our prayer of faith.

Notes for Facilitators

Faith That Moves Mountains

Matthew 21:18-22

By Patricia Noble, MACT, RSCF

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Materials: a clear light bulb to be used as an illustration
meditation music and tape player

Facilitator Notes: The major learning of this passage is that our words have power to create the conditions of our lives. Whatever we ask for, with faith and without doubting, we can expect to receive. This is the law of the universe, the law of cause and effect. We can trust this law, for there is no way we can keep from being creative. It is the nature of thought to be creative. Begin the class by reading the passage from Matthew, or ask one of the teens to read.

What goes through your mind when you hear this passage? Do you believe that the fig tree withered when Jesus spoke to it? Do you believe you can make a fig tree wither? What about moving a mountain? (Pause for comments, discussion.) The point of this teaching is not that a fig tree actually withered when Jesus cursed it. And we may never want to make a mountain crumble into the sea. The point is what Jesus said at the end: *Whatever you ask for in prayer with faith, you will receive.* Is this true? Can you trust it to happen just as it says here? (discussion.) Have you had experience with answered prayer? What about prayers that weren't answered? (Encourage sharing.)

The vivid images of this passage are striking. Can't you just see the fig tree withering and the mountain sliding into the sea? We've had a lot of practice with visual exaggeration, with the Disney cartoons and others, so it's not too hard for us to imagine how these scenes would look if they really happened. We can pray in a lot of different ways, but we may wonder if our prayers will be answered. Everything that has ever been made was once an idea in someone's mind. More than that, it was an idea that someone believed was possible to bring into form. Take the light bulb, for instance. (Show the light bulb.) Edison tried 10,000 times to make his idea work before he finally found the right substance for the filament that would take the electricity and glow without burning up. And all the time he had FAITH—and he NEVER DOUBTED—that he would succeed eventually. He trusted his own theories. He had confidence that he was right, and he kept on trying until he proved it, in spite of people who said he was crazy for trying. That's the kind of prayer that Jesus is talking about. (Pause for comments.)

Notes for
Facilitators
(2)

Faith That Moves
Mountains

Matthew 21:18-22

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Bible Lesson

When he started out to invent the light bulb, Edison didn't know that tungsten would make the best filament. He just knew that the principle of the light bulb had to work. He had confidence in the principle, and he set about to discover how his idea would work. This method will work for us, too, not just when we want to invent something, but when we want to change something in our lives. First we have the idea for how we want things to be; we believe it can happen, and we want it to happen, but we leave the idea free to fulfill itself, without outlining how, where, why, or when it will happen. Prayer is not only about talking to God about what we want. A very effective kind of prayer is what we would call DIRECTED IMAGINATION, or visioning.

Experiential Exercise: Let's do a little exercise right now to see how this might work. We're going to use the power of our minds to create something. We're not going to think about whether this will happen, or when or how or where or why; we're just going to know that it will happen. We're not going to think of all the things that could go wrong, or all the things that could prevent it from happening. We're just going to imagine how our lives will be when it does happen and how we will feel when our dream is fulfilled.

(Read the following meditation slowly, giving time for relaxation and visioning. If practical, play meditation music on a tape player.)

Sit comfortably in your chair and close your eyes. Take a few deep breaths and let them out slowly; sit straight but relaxed...relax any part of your body that is feeling tense...your shoulders...your neck....your arms....your hands....your legs....your feet....

Feel the solidness of the floor beneath your feet....the chair beneath your body.... your back against the back of the chair. When you are feeling relaxed, let your thought wander as you think about something you would like to have in your life. It can be a thing, like a car, or an apartment, or new clothes...or money...or it can be a new situation...like a new relationship...or a better relationship with someone who's in your life right now...a new job...a way to express yourself creatively....healing of a health condition.... As the ideas and pictures pass through your mind, focus on the one that seems to hold more energy for you. Choose that one...

Notes for
Facilitators
(3)

Faith That Moves
Mountains

Matthew 21:18-22

By Patricia Noble, MACT, RSCF

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Now begin to imagine it in detail—colors...smells...textures...size.... qualities... Don't leave anything out.... If it's hard to see your desire as a picture, then create the image in words... Picture yourself having this thing or being there when your dream comes true...

Who else is in the picture now? What are you feeling? Are you smiling? Are you feeling happy? Let yourself feel the feelings... (Allow some extra time at this point.)

Now, begin to bring yourself gently back to the present....Feel your body sitting in the chair... Be aware of sounds in the room...people sitting on either side of you... Take a few deep breaths and let them out slowly... When you are ready, open your eyes and become fully present.

Take a few moments here for sharing, as time permits and the teens want to share. Don't rush the process. Ask: *How was this visioning experience for you? Did you have any surprises? What will you do now to help bring your dream into reality?* Discourage any expressions of negativity.)

Suggested Activity: Encourage the teens during the week to refine their vision, adding and subtracting details, focusing on it in the morning and just before going to sleep at night. Encourage them to observe what happens to them this week in terms of their dream coming true.

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 teens 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 teens you will pray for their prayer requests during the week. Ask them to notice what happens.

Global Heart Teens

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
Affirmation
Closing Prayer

Affirmation:

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

-Meditation-

Nothing enters into my experience but joy, integrity, and friendship. The good I would realize for myself I realize for all others. I cannot desire a good for myself other than the good I desire for everyone else. Neither do I deny myself the good I affirm for others. I know that in the household in which I live the host is God, the living Spirit Almighty, the guests are all people; the invitation has been eternally written for all to enter and dwell therein as the guests of this Eternal Host forever.

—365 Science of Mind, 233

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."**

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

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 (NRSV)

By Patricia Noble, MACT, RSCF

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Then Paul stood in front of the Areopagus and said, "Athenians, I see how extremely religious you are in every way. For as I went through the city and looked carefully at the objects of your worship, I found among them an altar with the inscription, 'To an unknown god.' What therefore you worship as unknown, this I proclaim to you. The God who made the world and everything in it, he who is Lord of heaven and earth, does not live in shrines made by human hands, as though he needed anything, since he himself gives to all mortals life and breath and all things. From one ancestor he made all nations to inhabit the whole earth, and he allotted the times of their existence and the boundaries of the places where they would live, so that they would search for God and perhaps grope for him and find him—though indeed he is not far from each one of us. For 'In him we live and move and have our being'; as even some of your own poets have said, 'for we too are his offspring.'

"Since we are God's offspring, we ought not to think that the deity is like gold, or silver, or stone, an image formed by the art and imagination of mortals. While God has overlooked the times of human ignorance, now he commands all people everywhere to repent, because he has fixed a day on which he will have the world judged in righteousness by a man whom he has appointed, and of this he has given assurance to all by raising him from the dead."

When they heard of the resurrection of the dead, some scoffed; but others said, "We will hear you again about this." At that point Paul left them. But some of them joined him and became believers,

Notes On the Metaphysical Meaning

Where Does God Live?

Acts 17:22-31 (NRSV)

By Patricia Noble, MACT, RSCF

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Bible Lesson

In this story from the Book of the Acts of the apostles, Paul the apostle goes to Athens to teach the Greeks about God and to tell them about Jesus. While in Athens, Paul preaches in the synagogue, in the agora, and in the Areopagus (the supreme tribunal or court), where the present scene takes place. One of the favorite pastimes of the Athenians is engaging in debate. There are a number of schools of philosophy, each with its adherents. The different groups enjoy debating each other on a variety of subjects. Frequently these debates take place in the agora, or marketplace, in Athens. In this account Paul is portrayed as the first Christian philosopher, as he uses both Stoic and Jewish arguments to engage the Athenians in debate.

The Athenians, like all Greeks of that day, are extremely religious. They worship a variety of gods, each portraying some aspect of human character, either positive or negative, as well as an “unknown god,” a deity that they created to represent any other aspects that may not already be accounted for. They have built magnificent temples for the gods, to which they make pilgrimages to bring offerings of appeasement and thanksgiving, as well as to gain whatever wisdom the gods may have for them.

Paul begins his address to the Athenians by referring to their deep religious sensibilities. He tells them that the god whom they have labeled “unknown” is in reality the *God who made the world and everything in it*. Moreover, he says, the one God of Creation does not live *in shrines made by human hands*, but within the soul of every person. Paul says that, although in the past God *overlooked the times of human ignorance*, now he calls each of us to a higher level of understanding. This is because, he says, Jesus lived and died and was raised from the dead. Paul wants the Greeks to understand that the “Highest God and the Innermost God are one God,” but the Epicureans and the Stoics think he is talking about a foreign deity.

The Athenians are willing to listen to Paul, perhaps because he is a Greek like them, but also because he is obviously well educated, and a skilled communicator—but they are not ready to give up their attachment to gods who look like them. Paul speaks as a Jew, whose religion forbids the making of statues to represent God. He urges them to think of themselves instead as *God’s offspring*, even as some of the Greek poets have suggested. The God who *gives to all mortals life and breath and all things*, Paul says, does not *live in shrines made by human hands*. It is the nature of God to create *all nations to inhabit the whole earth*; and it is the nature of humankind to *search for God and perhaps grope for him*

Where Does God Live?

Acts 17:22-31

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Bible Lesson

Because of his ability to debate the philosophers, Paul has been referred to as “God’s apostle to the intellectuals.” Here he uses references to both Greek gods and poetry to make points of contact with the skeptics of the Areopagus. How successful is Paul at meeting the Athenians on their own ground? The Athenians respond in a variety of ways, some with skepticism, some expressing a desire to hear him again, and some by becoming followers of the Christ. However, Paul’s encounter with the Athenians must have been disappointing overall, for he leaves Athens very soon, never to return.

Metaphysically speaking, the skepticism of the Athenians represents the crowd of accepted beliefs that we must face and overcome if we are to demonstrate in our experience the perfection that we know to be the Truth about ourselves. For example, if perfect health is what we seek, we must expect perfect health as our normal condition and know that imperfect health is an abnormality. In the “debate” within ourselves we may feel that, like the philosophers of Athens, part of us remains skeptical, part wants to hear more about it before deciding, and part accepts the idea without reservation.

When the Greeks created their gods, they were expressing the idea of Divine Creation as limited. They assumed that no one deity could encompass the entire range of human emotions. Observing the often negative, erratic, and violent interaction among human beings, they also assumed that humans reflected the flawed character of the higher beings. The gods were limited because human beings were limited. The Jews, on the other hand, were unique among ancient peoples in that they conceived of One God, a single deity, who was responsible for all things that had ever been created. Jesus added a concept of the immediacy of a Personalness in the Universe, a loving Father-God who cares about each individual person. He taught that God resides within each person’s heart and that God’s Power is unlimited. When we call upon God with faith that God will supply our needs, he said, God responds with loving attention. Paul’s mission was to show the Athenians that, by dividing the One God into multiple gods, each of whom represented a limited aspect of human character, they were limiting that which has no limits.

The Athenians when we allow our limitations to stand in the way of realizing God’s goodness in our lives. As we argue for our limitations, they become our “gods.” The price of healing—whatever the condition—is giving up the negative possibility, of releasing ourselves from all thoughts of lack and limitation.

Notes On the Metaphysical Meaning (3)

Where Does God Live?

Acts 17:22-31 (NRSV)

By Patricia Noble, MACT, RSCF

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Bible Lesson

Knowing that God is unlimited, we are then bound by the Law of Cause and Effect either to enjoy life or to suffer the consequences of our errors. The choice is ours, but so is the responsibility. As Paul says: *While God has overlooked the times of human ignorance, now he commands all people everywhere to repent...* To repent simply means to turn away from the past and to amend one's life. Having this new understanding about God and human responsibility, then, we see ignorance as a broader concept than sin, and enlightenment—the remedy for ignorance—more creative and expressive than salvation. (The Philosophy of Ernest Holmes, 68)

Notes for Facilitators

Where Does God Live?

Acts 17:22-31 (NRSV)

By Patricia Noble, MACT, RSCF

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Bible Lesson

Facilitator's Notes: The major learning of this story involves how to talk about our spiritual understanding with people of a different faith or no faith at all. Paul raises three questions with the Athenians: Who is God? Where do we find God? What is the price of knowing about God's Power? Begin the lesson by reading the story from Acts, with each teen taking a paragraph in turn.

Who is God? (Lead the teens to brainstorm words for God. Possible answers: Life Principle, Creative Mind, Creative Power, Infinite Intelligence, Divine Spirit, Universal Soul, Universal Mind, First Cause, It, God as we understand God, Higher Power, Father, Lord, Wonderful, Beauty, Peace, Joy, Love, etc.) What would you say is the most important or significant way to characterize God? (Discussion. Possible responses: Creative Mind, Life Principle, etc.)

Where do we find God? The Greeks thought that the gods lived in the temples they built for them; even the unknown god had its own temple. Paul says that God *does not live in human shrines*, that God is never far away from us. Here's a story about how God

Notes for Facilitators (2)

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Patricia Noble

Bible Lesson

*God decided to visit the earth, so he sent an angel to survey the situation prior to his visit. The angel returned with his report. "Most of them lack food," he said, "and most of them lack employment." So God said, "Then I shall become incarnate in the form of food for the hungry and work for the unemployed." ("The Food God," from *The Song of the Bird* by Anthony de Mello.)*

Experiential Exercise: What goes through your mind when you hear this story? Where do you find God? Instead of talking about this question and trying to answer it in words, let's try a different approach. (Pass out plain paper for drawing. Provide colored markers, pens, scraps of colored paper and glue sticks. Play some meditation music on a cassette deck or CD player, perhaps an album by Yanni.)

Sometimes god is hard to talk about or describe in words, so let's make a visual representation of where we find God and how we think god appears in the world. Use your imagination—let your creativity have free reign. You can do anything you want with the colored paper—make a drawing or an abstract or a collage or a combination of all three. (Read the story again aloud. Start the meditation tape. At the end of the time, encourage teens to show and tell about their artwork, if they wish. Allow plenty of time for sharing and discussion. If desired and you have time, incorporate into the discussion the initial questions from the exercise given below.)

Exercise: How would you tell someone with no religion about God? Can you talk about God without using "church language"? What if the person you are talking to is openly antagonistic to your ideas? Remembering that Paul says that in the past God overlooked human ignorance but now holds us accountable for our own enlightenment, how would you explain the concept of human responsibility? What about such issues as sin as ignorance and enlightenment as salvation? What about the Law of Cause and Effect?

Let's discuss these questions with each other by doing a little role play. (Separate the group into two's or three's. Instructions: *Pretend that the persons you are speaking to have never heard of God. Explain God to them—talk about who and what God is and what God means to you. A goes first, while B and C listen. Then B and C take turns explaining god while the other two listen. Allow five minutes for each turn.*

In closure, ask teens to share their thoughts/feelings/reactions regarding the exercise. Ask: How hard was it for you to explain God to someone who had never heard of God? Are there times and/or places where it might not be appropriate to tell others about your experience of god? What is the best way you have found to communicate your understanding of God to others?)

Global Heart Teens

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
Affirmation
Closing Prayer

Affirmation:

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

-Meditation-

I now attune myself to the true Source of ideas, and I execute them in my experience. I have all the power I need, for Mind alone is power, and Mind thinks by means of me.

As I use power rightly I become a blessing to the world, and a success to myself. I select ideas as carefully as I would select a precious gem. The ideas I have selected include health, prosperity and creative self-expression. These ideas now move through my thinking, backed by my affirmations of Truth.

Today I stand at the center of my world as a distributor of power. I deliberately choose to have God’s Power in my life act as my perfect health. I select the idea of joy, knowing that as power flows through me the process is a joyous one. The only power I have is God, but that is sufficient to revolutionize my being.

—*Richer Living, 219*

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*

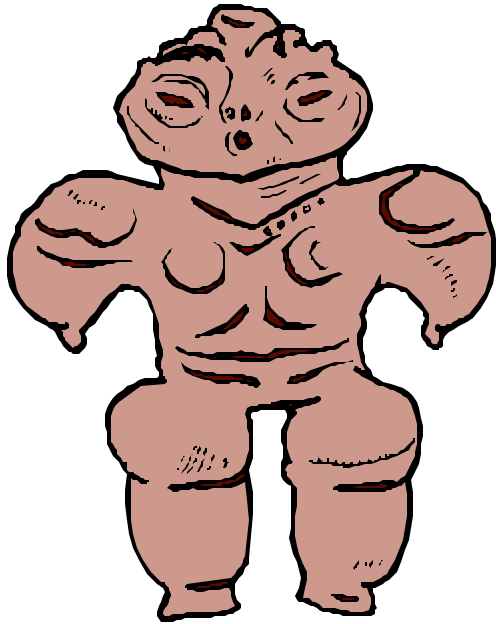
By Linda Kavelin Popov, Dan Popov, Ph.D.,
and John Kavelin



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.

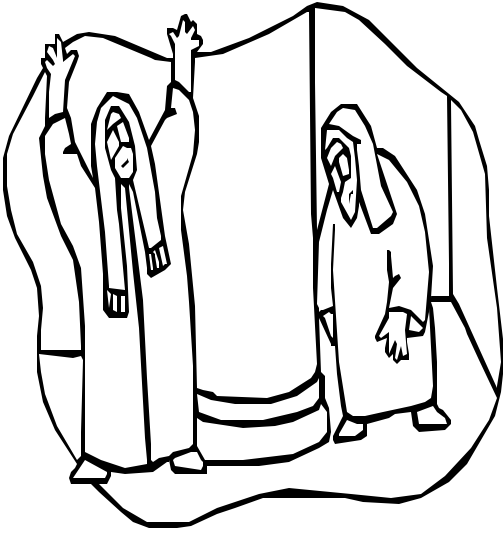
And Abraham's father began to worship God, too.

What's In A Name?

Acts 3:1-10 (NVSV)

By Patricia Noble, MACT, RSCF

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One day Peter and John were going up to the temple at the hour of prayer, at three o'clock in the afternoon. And a man lame from birth was being carried in. People would lay him daily at the gate of the temple called the Beautiful Gate so that he could ask for alms from those entering the temple. When he saw Peter and John about to go into the temple, he asked them for alms. Peter looked intently at him, as did John, and said, "Look at us." And he fixed his attention on them, expecting to receive something from them. But Peter said, "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."

And he took him by the right hand and raised him up; and immediately his feet and ankles were made strong. Jumping up, he stood and began to walk, and he entered the temple with them, walking and leaping and praising God. All the people saw him walking and praising God, and they recognized him as the one who used to sit and ask for alms at the Beautiful Gate of the temple; and they were filled with wonder and amazement at what had happened to him.

Notes on the Metaphysical Meaning

What's In A Name?

Acts 3:1-10

By Patricia Noble, MACT, RSCF

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Bible Lesson

Peter and John, former disciples of Jesus and now leaders of the new religious movement that has Jerusalem in an uproar, are going to the temple to pray at three o'clock in the afternoon, according to prescribed custom. They still follow traditional Jewish religious practices, trying to stay loyal to the old even as they hope to awaken other Jews to the new way of thinking about God that led to the death of their beloved leader and friend.

At the east side of the temple, Peter and John turn in at the entrance called the Beautiful Gate. This is a magnificent structure, made of polished Corinthian bronze and ornamented with silver and gold. Here they encounter a lame beggar. Every day this man, crippled from birth, is carried by his family to this convenient place to beg for coins from the worshippers. At prayer time, people are feeling generous. Most days they fill his bowl. When the beggar asks Peter and John for money, he sees a different kind of generosity. Quickly taking in the details of the situation, Peter replies, *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.* As Peter raises the beggar, the lame man's ankles and feet suddenly gain strength and he jumps up and begins to walk. They enter the temple together, the beggar *walking and leaping and praising God.* Everyone who sees him marvels at the miracle of his healing.

Peter and John do not take personal credit for healing the beggar. As Peter will tell the Jewish authorities later, in every thing they do, the apostles declare their authority to be the crucified Jesus. In Hebrew, the name Jesus (deliverance through Jehovah) stands for authority. Jesus Christ represents the supreme example of divine authority flowing out from Divine Mind through our own mind. Metaphysically, Jesus stands for the I AM identity in us, the self, the directive power, raised to divine understanding and power. (Metaphysical Bible Dictionary, 345) This I AM identity is the Christ in us. When we speak about ourselves, saying "I AM Nancy," or "I AM sick," or "I AM healthy," we are invoking the power of a name, whether it is our own name or a descriptive adjective by which we refer to ourselves. In Old Testament language, the phrase most often used is *Hear the word of the Lord.* Jesus adds a personal dimension to the concept of divine authority. He says, *Whatever you ask in my name that will I do.* In the New Testament, the apostles customarily offer healing *in the name of Jesus Christ of Nazareth.* In all these instances, what is invoked is the power of the word, specifically, a name.

Moses gave the Jews the name of God as he understood it, *I AM THAT I AM.* They were not to speak the sacred name of god but to say simply I AM. Moses told the people that the Word of Power was in their mouths and hearts. In a very real sense, then, whenever

Notes on the Metaphysical Meaning (2)

What's In A Name?

Acts 3:1-10

By Patricia Noble, MACT, RSCF

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Bible Lesson

we say "I am," we are describing God and invoking the Word of Power. Answered prayer is God manifesting in our experience in the form that reflects our understanding of God. Therefore, we need to be careful how we describe ourselves. Whatever we invoke, believing, becomes our reality. When we speak our own name, we are recognizing our oneness with God, the true Source of the Power which does the healing and changes conditions. The word we speak is creative; therefore it is essential that we speak with daring about the new condition we wish to create.

What permits healing is a shift in consciousness, a sudden or gradual change in the way we regard ourselves. The Science of Mind philosophy teaches that the universal Law of Cause and Effect holds us to account for every act, every thought, every motive, thus creating our conditions for us. (*What Religious Science Teaches*, 69) Until now the crippled beggar has not grasped the Truth of God, which is also the truth about him. In *Diagrams for Living*, Emmett Fox states:

Your life and mine, our body, our affairs, are the embodiment of our concept of God...What we understand, we demonstrate, and when we understand sin, sickness, lack and inharmony more than we understand God, we demonstrate these things—we embody them.

Why is the lame man healed now and not before? Perhaps it has to do with the consciousness surrounding him all his life as much as with his own consciousness. The man's family *believes* he is lame and that this is the best he can do. They see him as lame and unable to do anything but beg. The man and his family have created *expectations* based on *appearances*. Peter, however, has no such investment in appearances. Instantly he sees right through the man's life story, right through to the Christ within him—the potential for Truth to demonstrate—and speaks the word of authority. Suddenly the lame man sees himself in a different way. His consciousness changes, and in that instant his body reacts. Strength floods into his feet and ankles, and he jumps up and begins to walk. Exceeding our expectations often constitutes healing.

In our own lives the way we use I AM—the name we invoke—is powerful and reflects our consciousness. New ways of thinking produce new ways of being.

*I used to be stone deaf. I would see people
stand up and go through all kinds of gyrations.
They called it dancing. It looked absurd to me—
until one day I heard the music!*
(“Music to the Deaf,” in *The Song of the Bird* by Anthony DeMello)

Notes for Facilitators

What's In A Name?

Acts 3:1-10

By Patricia Noble, MACT, RSCF

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Bible Lesson

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 teens are unfamiliar, such as Piano Sonatas by Prokofiev or Robert Schumann's "Carnaval."

Facilitator's Notes: The major learning of this story involves the quality of generosity and the power of a word or a name to start the flow of Divine Power and permit healing. Begin the lesson by asking one of the teens to read the story.

What goes through your mind when you hear this story? (Discussion. Explore all facets of the story. Ask: What do you think the beggar does all day? What about his family? Do you think he knows he can walk? What happens to make him walk? What happens 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? How do you think his family feels, now that the beggar can walk? Etc.)

What does Peter say to 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.*) Why do you think these words are so powerful in the story? (Sharing and discussion.) Do you think you could heal people this way? (Sharing and discussion.) This story illustrates the power of words—in this case, the name of Jesus Christ—to bring about change. Descriptive words are creative. Even the way we talk about ourselves has power to create conditions for us. When we say, "I am...." we're invoking the power to create for ourselves. How do you use the power of the word—for example, your own name or descriptive adjectives about yourself—in everyday situations? What happens? (Discussion. Key idea: POSITIVE AND NEGATIVE REFERENCES TO SELF ARE EQUALLY POWERFUL.)

The beggar is 42 years old; he has been crippled from birth. What has to change before he can be healed? (Discussion. Possible answers: *his consciousness; he has to believe in himself; he has to believe he can be healed; etc.*) What does it mean to have a change in consciousness? (Discussion. Encourage sharing of personal experiences. *Has anything like that ever happened to you? Would you call it a miracle? How did your experience change your life?*)

Notes for Facilitators (2)

What's In A Name?

Acts 3:1-10

By Patricia Noble, MACT, RSCF

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Bible Lesson

Experiential Exercise: Having a shift in consciousness means we see things differently. In the poem, "Music for the Deaf," the poet tells us what it's like to have a shift in consciousness:

*I used to be stone deaf. I would see people
stand up and go through all kinds of gyrations.
They called it dancing. It looked absurd to me—
until one day I heard the music!*

Let's see what it's like to explore music through all our senses, not just through hearing. Find a place to stretch out on the floor. Take off your shoes; get comfortable; close your eyes; take a few deep breaths. (Start the music playing.)

*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 teens to make drawings and/or collages of their experience while listening to the music. Encourage sharing of their impressions.

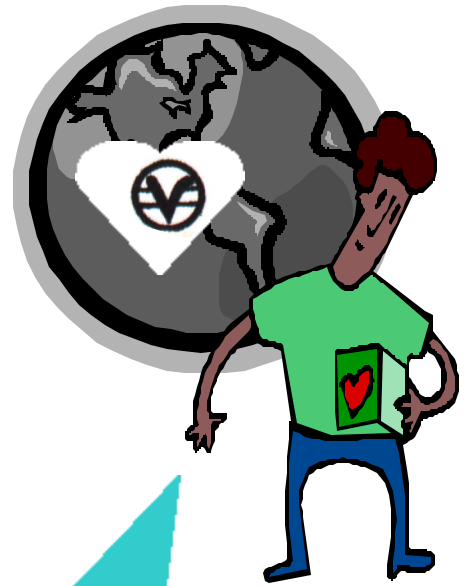
Suggested Activity: Encourage the teens this week to be aware of the words they use to describe themselves and others. Are they using positive or negative adjectives? How do they feel when they use positive words? When they use negative words? Writing their impressions in a journal will help them become more conscious of the power of words to shape their experiences.

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

Global Heart Teens

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
Practical Application Lesson
Bible Lesson
Affirmation
Closing Prayer

Affirmation:

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

-Meditation-

There is only one Mind, so my mind is a function in that one Mind. God's Mind expresses intelligence, love and perfect right action. These activities are now in me and are now working through me. I let these spiritual ideas have full control of my thinking and my feeling today. I set aside all my personal opinions based upon the questionable appearances of evil. Divine Intelligence in me guides me to right and loving decisions. God's Love in me causes me to speak well of my fellowman. God's Life in me maintains me in perfect health. These are statements of Truth and I accept them. There is nothing in me to oppose them, for God is in control of my thinking today. (And so It Is!)

—*Richer Living, 49*

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.”

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.

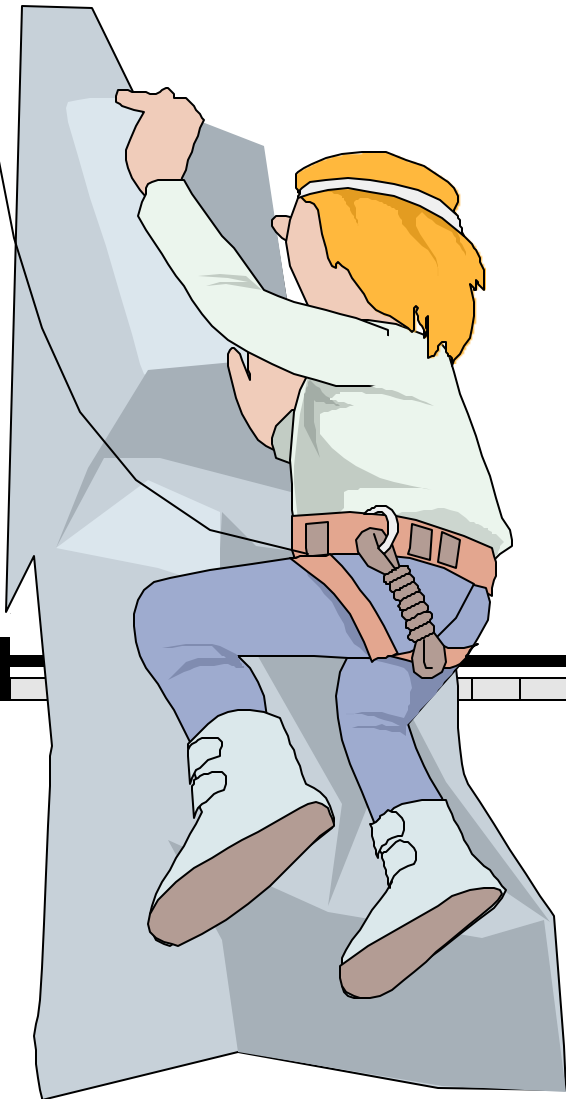
Trusting others is believing that people will do what they say without having to get them to do it. Trusting yourself is having faith in your own capacity to learn and grow.

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



Practical Application Lesson: 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

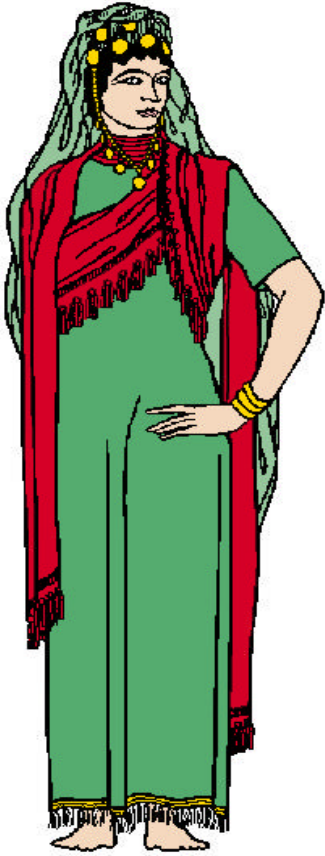
THERE IS NO NEED TO FEAR ANYTHING IN THIS LIFE IF WE BELIEVE THAT, CALLED ON OR NOT, GOD IS ALWAYS PRESENT! If we believe that we have available at all times the Wisdom that created this universe, and which can and will overcome anything that disturbs us, we shall never be afraid.

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



Now when the queen of Sheba heard of the fame of Solomon concerning the name of the Lord, she came to test him with hard questions.

She came to Jerusalem with a very great retinue, with camels that bore spices, very much gold, and precious stones; and when she came to Solomon, she spoke with him about all that was in her heart.

So Solomon answered all her questions; there was nothing so difficult for the king that he could not explain it to her.

And when the queen of Sheba had seen all the wisdom of Solomon, the house that he had built, the food on his table, the seating of his servants, the service of his waiters and their apparel, his cupbearers, and his entryway by which he went up to the house of the Lord, there was no more spirit in her.

Then she said to the king: "It was a true report which I heard in my own land about your words and your wisdom.

"However I did not believe the words until I came and saw it with my own eyes; and indeed the half was not told me. Your wisdom and the prosperity exceed the fame of which I heard.

"Happy are your men and happy are these your servants, who stand continually before you and hear your wisdom!

"Blessed be the Lord your God, who delighted in you, setting you on the throne of Israel! Because the Lord has loved Israel forever, therefore He made you king, to do justice and righteousness."

Then she gave the king one hundred and twenty talents of gold, spices in great abundance and precious stones. There never again came such abundance of spices as the queen of Sheba gave to King Solomon.

Also, the ships of Hiram, which brought gold from Ophir, brought great quantities of almuq wood and precious stones from Ophir.

And the king made steps of the almuq wood for the house of the Lord and for the king's house, also harps and stringed instruments for singers. There never again came such almuq wood, nor has the like been seen to this day.

And King Solomon gave the queen of Sheba all she desired, whatever she asked, besides what Solomon had given her according to the royal bounty. So she turned and went to her own country, she and her servants.

Notes for Facilitators on the Metaphysical Meaning

The Queen of Sheba

1 Kings 10:1-13

Adapted from *Women of the Bible
Speak to Women of Today*
By Dorothy Elder

Bible Lesson

The reference to the Queen of Sheba, contained in 1 Kings (and also in twelve verses of 2 Chronicles 9, as well as referenced by Jesus) is a story or legend that has captured the attention of most people who have read or heard it. And I think the attention it has been given is unique. I wonder why this account has so captured the imagination and thought of so many. It is not an unusual story—a story that depicts the meeting of a very rich queen with a very wise and rich king. So then why? What is in the archetype of our own unconscious that responds to this story? Let us find some answers.

This account, like the myths that have followed mankind through the ages, has a deep esoteric truth as well as a truth that can help us understand our own path to perfection.

According to the account, the Queen of Sheba had heard about Solomon and his wisdom, his fame, concerning the name of the Lord. She wanted to test him with “hard questions.” She came from a great distance; some report it took her two to three years to get to Jerusalem where Solomon reigned. She brought much wealth with her, a huge retinue, and many gifts for Solomon.

She met Solomon and asked him many questions, and “Solomon answered all her questions; there was nothing hidden from the king which he could not explain to her.” After she had heard his answers, observed his house, and seen his offerings in the Temple, “she was breathless and amazed.”

Her response to the king indicated her conviction that he was indeed wise. She said that she had to come see for herself if the reports she had heard about him were true, and she mentions the indications of this Truth in his outer circumstances. Then she declared that his God should be blessed who had “delighted in you and set you on the throne of Israel.” She gave him great gifts; he gave her whatever she desired; and she returned to her own land.

Solomon was wise from the Spirit and in his intellect. His name means name of God. He was at a high point of power, intellect, judgment, reasoning, understanding. God had given him wealth and peace also, since Wisdom brings these. One writer says his name means: *Sol* (light) *o* (glory) *mon* (truth) and that his name predicated his path—light, glory, truth.

Notes for Facilitators on the Metaphysical Meaning

The Queen of Sheba

1 Kings 10:1-13

Adapted from *Women of the Bible
Speak to Women of Today*
By Dorothy Elder

Bible Lesson

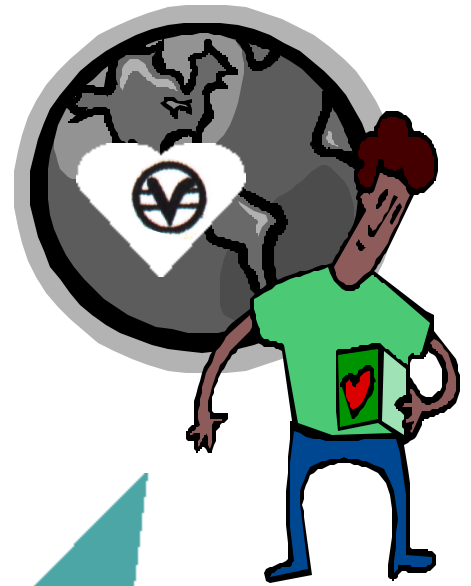
It was Leo Buscaglia who, in his book *Loving Each Other*, reported on a research project which indicated that communication between people was at the top of the qualities that enhanced a relationship and continued growth in love. The second was affection, the third compassion and forgiveness. In this legend we have demonstrated communication, affection, compassion. All of these are spiritual qualities that need expression and acceptance if we are to love in the highest sense.

Solomon and Sheba talked, listened, and responded. Their affection was demonstrated in the gifts they gave to each other. She gave gold (truth at the highest level), camels (material gifts), and spices (things of the Spirit or immortality). Solomon gave Sheba "all that she desired, whatever she asked besides what was given her by the bounty of King Solomon." Now her accepting these gifts means that his high spiritual consciousness gave her spiritual gifts and she returned home "blessing the Lord your God," which may mean she accepted the belief in the One God, for "she was breathless and amazed." This indicates deep humility based on a new understanding. Sheba came from a country that worshiped "heathen" gods. Returning home is coming to rest. Perhaps she returned with a God that gave her that. Sheba symbolizes "return to original state."

Global Heart Teens

Living the Virtues
from the Inside-Out

August – Week Five
“God Does the Work”
Virtue: Prayerfulness



Suggested Agenda:

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

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

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.”

-Meditation-

I delight in finding good everywhere I look. I enjoy the feeling of spiritual security. I am free of fear, and strong in faith. I know that only God acts in my life today. Unto me is revealed the riches of the kingdom of heaven. All power is given unto me to use rightly. Glorious opportunities unfold before me. The eternal Mind whispers in my ear the sweet Ideas of Truth. I am free of the past, at peace in the present, and

Virtue of the Week:

Prayerfulness

What Is Prayerfulness?

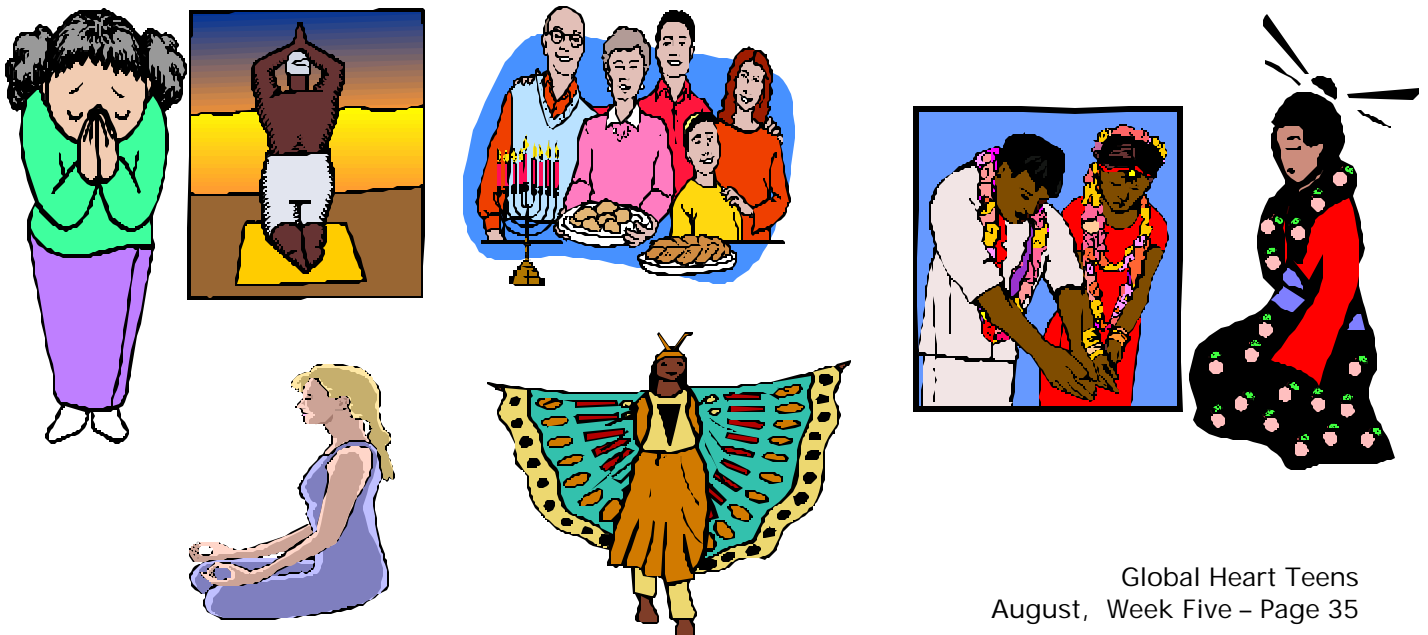
Prayerfulness can be practiced in many ways. Prayer is talking with God. You can pray in silence or out loud. You can sing or dance in prayer. You can use any language. God always hears your thoughts and understands your heart.

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



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

By Patricia Noble, MACT, RSCF

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Jabez was honored more than his brothers; and his mother named him Jabez, saying, "Because I bore him in pain." Jabez called on the God of Israel, saying, "Oh, that you would bless me and enlarge my border, and that your hand might be with me, and that you would keep me from hurt and harm!" And God granted what he asked.

Notes on the Metaphysical Meaning

The Prayer of Jabez

1 Chronicles 4:9-10

By Patricia Noble, MACT, RSCF

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Bible Lesson

The Prayer of Jabez is about how every achievement starts with a vision. A vision is something that is always there, from the dawn of time, but people can only catch it when the consciousness of individuals or society is ready to receive it (e.g., electricity). Until then, the vision, if anyone happens to think of it, remains a fantasy. When the time is right, the one who catches the vision and embraces it as his or her own must take responsibility for it, nurture it, and be committed to bringing it into form.

The good news is, we don't have to do it alone. In fact, a vision by definition is something we can't do by ourselves: It is bigger than we are; it requires the participation of others; and it probably will not be completed in our lifetime. Moses had a vision of freedom for his people and heard God tell him that he would be the one to lead his people to freedom. He was terrified! But God assured Moses that he would not do this great thing alone but would be assisted by other leaders, and that God would stay by his side until the work was completed.

No matter whether the vision be world peace, the eradication of hunger, eliminating AIDS and other dread diseases, or our own personal healing or achievement—no one person has all of the vision; the individual contributions of many people are necessary for the totality of the vision to manifest. And the Divine Creative Spirit, the original Source of the vision, has already provided the resources we will need, and will be there within us as we engage ourselves in bringing the vision into form.

The most important resource of all is prayer. One of the Ten Core Concepts of the Science of Mind philosophy says that in the Infinite Nature of God, all conceivable Good is eternally available, ready to flow into human experience. The flow of this Good is activated by prayer, which is the expression of essential belief, faith, and acceptance. We use affirmative prayer (spiritual mind treatment) less to make things happen than to increase our belief in and our acceptance of Universal Good.

The Prayer of Jabez is a classic example of affirmative prayer. Metaphysically, we can say that this story represents an awakening (birth of Jabez, whose name means who causes pain, he causes sorrow) to the understanding that evil causes sorrow, and that in this awakening there is a realization of victory, an inner assurance of the good that is so earnestly desired. In the translation by George Lamsa, the late great Aramaic scholar, the Prayer of Jabez is a tender blessing bestowed by the parents out of deep love for their son, and that it is also a powerful vision:

Notes on the Metaphysical Meaning (2)

The Prayer of Jabez

1 Chronicles 4:9-10

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Bible Lesson

"And one of them was dear to his father and to his mother, so they called his name Our Eyes. And they said to him, 'The Lord shall surely bless you and enlarge your territory, and his hand shall be with you and shall deliver you from evil, that it may not have power over you, and he shall grant you that which you request of him.'"

Prayer and vision go hand in hand, because, having committed ourselves to the vision, it now becomes the foundation of all we do. The vision becomes our intention. When we set our intention and then express it in words or with passion, we have sent it out into what Deepak Chopra calls "the field of awareness," and the Universe must respond to it. This is what Paul meant when he said, "Pray without ceasing."

As Ernest Holmes said, "This Law says that whenever and wherever there is an adequate subjective image, which does not contradict the nature of the Universe, that image will not only tend to take form, but will take form and will manifest."

Everything starts with an idea, but our own thinking is limited by present consciousness—usually, we are thinking "in the box." Visioning takes our thinking "outside the box," as we let go of our preconceived ideas and allow Spirit's version to flow into our consciousness. Remember Moses: he had an idea of freedom, but it was God who brought him into the full realization of the vision that was so immense that he first denied it and refused to take responsibility for it.

Prayer and vision work together like the parts of a car. If the Universe is like an idling engine, ready to go but waiting for someone to put it in gear, prayer is like the gear shift lever. To get a car into gear, we have to move the gearshift lever. Every time we drive the car, we have to shift the transmission into the proper gear. We don't make the car move; we only cooperate with the principle of the engine and do what must be done to set the car in motion. Just as the car doesn't move by itself, the vision doesn't just happen to us. We have to set our intention, shift gears, and then go for it!

Prayer is essential to achieving the vision. Prayer is the verbalized, ritualized expression of intention. We have many examples of effective prayer including The Lord's Prayer – a powerful treatment for aligning intention with the Source and The Unity Prayer of Protection (see page 36).

Notes on the Metaphysical Meaning (3)

The Prayer of Jabez

1 Chronicles 4:9-10

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Bible Lesson

Science of Mind affirmative prayer, or spiritual mind treatment, is easy to learn and expresses our individual desires in our own words, fulfilling all the requirements for effective prayer. The Prayer of Jabez, translated into modern New Thought language, becomes an affirmation and an effective prayer for accomplishment of vision through positive change:

**God blesses me and enlarges my consciousness
of limitless good,
delivers me from the power of any negative condition,
And always grants me that good for which
I have set my intention.**

Notes for Teen Facilitators

The Prayer of Jabez

1 Chronicles 4:9-10

By Patricia Noble, MACT, RSCF

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Bible Lesson

The major learning of this story involves the power of vision in the achievement of desires and the role of prayer in bringing the vision into manifestation. When Jabez spoke his word, God responded and gave Jabez what he asked for. Begin the lesson by asking the teens to read the Prayer of Jabez together.

What was Jabez' vision? (Discussion. *Bless me, enlarge my border, keep me from hurt and harm.*) Do you have a vision for something you would like to see accomplished? This could be something that is just for you, in your life, or a larger vision for the world. What ideas have you had for positive change to make life better, for yourself or for others? (Allow time for sharing. If necessary, prompt the discussion by suggesting some projects they could consider: conquering diseases, bringing peace to the world, going to college, writing a book, etc.)

Notes for Teen Facilitators (2)

The Prayer of Jabez

1 Chronicles 4:9-10

By Patricia Noble, MACT, RSCF

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Bible Lesson

How does it feel to state a vision and talk about things you would like to achieve? (Allow time for sharing. Encourage teens to talk about the fear they may be feeling when they talk about change and whether they really can make something happen.) Some people say that the “itch” to change the world, or to accomplish things in your own life, is the “divine discontent” that gets change started. On the other hand, we sometimes are feeling so uncomfortable by the idea of change (so “itchy”) that we deny our dreams and retreat into doing nothing at all. Do you sometimes feel that your dreams are too big and that they will never happen because you are not big enough to make them happen? What form does your resistance take? (Discussion. Ask: Do you sometimes think your school assignments are too much for you to do the way they should be done? What do you do when this happens? Do you ask for help? What happens then?)

Jabez asked God for a big accomplishment—Bless me, enlarge my border, keep me from hurt and harm—and God responded by doing what Jabez asked. What do you think Jabez’ life was like? Why do you think Jabez had such power to get God to do what he asked? (Sharing and discussion. Look for ideas about the power of prayer, the power of intention, God as Universal Energy, etc.)

A vision is not something we have to do by ourselves. In fact, a vision is something that we can’t do by ourselves. It is too big. A vision has three aspects: It is bigger than I am; it requires the participation of other people; and it will never be completed in my lifetime. Anything smaller than that is not a vision; it is simply a goal. The Bible is a book that tells about people who had big visions that required God’s help, and about how God did help them to realize their visions. Moses had a vision of leading his people out of slavery in Egypt, but he was terrified to think that he might have to do it by himself. God told him not to worry; other leaders would assist him, and God would always be there with them. And, in the story, Moses died before the Israelites reached the Promised Land. The vision of freedom was not finished in Moses’ lifetime.

Do you pray when you have a big project in mind? How do you pray? What happens when you pray? (Sharing and discussion.) In a very real sense we are praying all the time, even when we are not aware we are doing it, because every idea has its own power within it. How much better for us to be praying consciously, so that we can state our desired outcome and receive the help we require. This is the principle of spiritual mind treatment, the five-step form of affirmative prayer that Science of Mind teaches.

**Notes for
Teen Facilitators
(3)**

The Prayer of Jabez

1 Chronicles 4:9-10

Retold for Grades 4-6

By Patricia Noble, MACT, RSCF

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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.

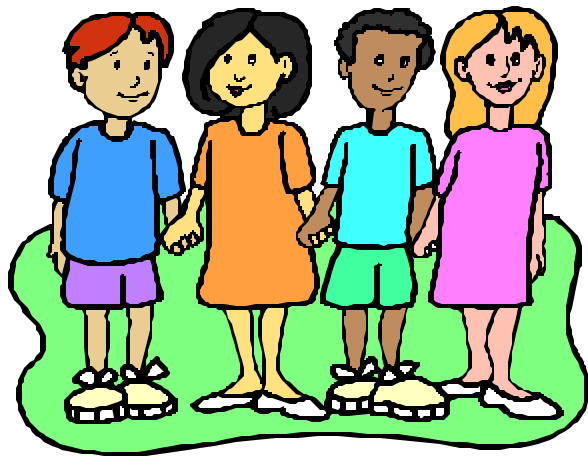
Release

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

One of the Ten core Concepts of Science of Mind states that in the Infinite Nature of God, all conceivable Good is eternally available, ready to flow into human experience. We use affirmative prayer (spiritual mind treatment) not so much to make things happen as to effectively increase our belief in and our acceptance of Universal Good. Jabez believed in the power of his prayer to give him what he believed he could have. Here's another way to say the Prayer of Jabez in modern language that reflects our New Thought way of affirmative prayer:

**God blesses me and enlarges my consciousness
of limitless good,
delivers me from the power of any negative condition,
And always grants me that good for which
I have set my intention.**

Pay attention to your ideas for positive change. Which ones do you feel passionate about? Write these ideas in your journal. Create a prayer for what you want to accomplish and ask God to help you. Observe what happens next.



**August
In Service!**

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August Teen Church Curriculum

Global Heart Teens

Living the Virtues from the Inside-Out

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