

# GIRWIAM'S RAINBOW

A Curriculum for Youth  
Based On the Ten Core Concepts of Science of Mind  
**APRIL**

**Synopsis:** The lessons this month concentrate on immortality. Spirit, God, is eternal and forever. We are more than our bodies. Our bodies die, but we do not. We are Spirit that lives forever.

**APRIL, WEEK TWO**

**PRETEEN / TEEN**



**CORE CONCEPT: IMMORTALITY**  
**TOPIC: THE EASTER STORY**

## **LESSON OBJECTIVES:**

- 1) Youth will listen to the Easter story.
- 2) Youth will explain in their own words that they are immortal, they live forever.

## **MATERIALS:**

Song charts, Music CD, and player  
Bible, Easter story

## **PREPARATION BEFORE CLASS:**

Materials ready as above  
Affirmation on board  
Quote on board: "Our contention is not that dead men live again, but that a living man never dies." SOM 377.2

## **ACTIVITIES:**

Story of Easter from Bible  
Other religions' beliefs on immortality  
Meditation  
Game

## **OUTLINE**

Opening  
Song:  
Prayer/affirmation  
Offering/song  
Get Acquainted/Attendance  
Lesson  
Story of Easter from Bible  
Other religions' beliefs  
Meditation  
  
Group prayer treatment  
Prayer/affirmation

## OPENING

### Opening song:

Youth stand in a circle and sing the song. Display the song chart so the youth can see the words.

Jamie Lula's "Something's Calling Me"

### Opening Prayer

Teacher gives the opening prayer.

*I invite you to close your eyes now and know that God is in, around, and through everyone of us. We are grateful to know that we live forever, for God lives forever and we are One with God. And so it is. Amen.*

**Affirmation:** God is forever. I am forever.

**Offering/song "I am so Blessed." Offering affirmation.** As I give, so I shall receive. There is a Circle of Life.

**Get acquainted:** Ask each child to tell any good news they have had this week. Continue until all children have been introduced. They can put a sticker by their name on the attendance chart.

### Discuss the quote written on the board:

"Our contention is not that dead men live again, but that a living man never dies."  
Ernest Holmes

## LESSON:

Tell the youth that today we are going to learn the meaning of Easter. Review the meaning of "immortality" and tell them this story is about immortality. Have the youth take turns reading the portions of the Easter story from the Bible, or read it to them.

(You can copy the Easter story on separate pages and cut the paragraphs apart. After reading the story, pass out the paragraphs in random order. Have them place them on the white board tray in the correct order.)

## THE STORY OF EASTER

By Linda Edwards @

<http://mislink.org/children/biblestories/text/easter.txt>

Many, many years ago, (two thousand years) the Bible tells the story of why we celebrate Easter.

What an awfully sad day it had been for the friends of Jesus! They had stood watching sorrowfully, as Jesus hung on the cross dying. They didn't fully understand why it had to happen.

They remembered how Jesus had healed the sick and made blind people see. They remembered how He had fed thousands of people with just a few loaves of bread and fish. They even remembered how He had caused dead people to come back to life. He was such a good, kind man; why did He have to die?

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Just before the sun was beginning to sink into the west, Joseph, one of Jesus' friends, noticed that Jesus was no longer breathing. He hurriedly went to ask Pilate if he could have the body of Jesus so he could bury him. When Pilate agreed, the friends carefully wrapped Jesus' body in clean clothes. Then they took him to a tomb to bury him.

The next day, the Pharisees started thinking about Jesus. They were the people that had wanted to kill Jesus. They remembered how He had taught them, saying that He would rise again after three days. They were worried that it might be true! They also thought that Jesus' disciples would remember and might try to steal the body from the tomb so they could say that Jesus rose again. They went to Pilate, suggesting that the tomb be closed up with a huge stone and that guards be placed all around the tomb.

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Mary and some other women had decided to get up very early in the morning and go to visit the tomb where Jesus was placed. While walking down the road, they were discussing how they were going to get inside the tomb. They had brought along some spices and perfume that they wanted to place on Jesus' body. They knew the huge stone had been placed in the doorway and they had no idea how they were going to move it.

What a SURPRISE they found when they reached the tomb! The stone had already been moved! And . . . there was an ANGEL sitting on the stone! The women were quite afraid, but the angel spoke gently to them:

"Don't be afraid. I know that you have come to see Jesus. He is not here; for he is risen just as he said. Come inside and see the place where he lay."

The women went inside the tomb and found it empty, just as the angel had told them.

The angel spoke to the women one more time: "Go quickly and tell the other disciples that Jesus has risen from the dead; and he is going into Galilee where you will see him."

The women did just as the angel had told them. They ran quickly from the tomb, with fear and great joy, to tell the good news to the other disciples. But . . . when the women found Peter and their other friends and tried to tell them the good news, no one believed them! Peter decided that he needed to find out for himself. He went inside. The body was not there.

He wondered if it could possibly be true. Did Jesus really rise from the dead? Was Jesus really alive?

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Two of Jesus' other friends were going on a journey to a village called Emmaus. As they walked and talked, a man came along and joined the group. He walked along with them and wanted to join their discussion.

As they continued their journey, they invited the man to come in with them and have dinner. Suddenly at the dinner table, they realized that the man was JESUS! They had been talking to Jesus the whole time and didn't even know it!

Then . . . ANOTHER strange thing happened. As soon as they realized who it really was that sat at the table with them . . . Jesus disappeared! They got up from their meal and returned to Jerusalem where they told all the other disciples the good news that Jesus REALLY DID raise from the dead and had talked with them.

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As they were talking, Jesus again appeared to them. They were afraid and thought they were seeing a ghost, but Jesus told them not to be afraid. He showed them His hands and feet where He had been nailed to the cross, so they would believe that it was really Him.

When they saw the nail holes in His hands and feet, they finally believed that Jesus had risen from the dead, just like He said He would. They were so happy and joyful to have their friend with them again. They were so excited that they had to tell EVERYBODY the good news that JESUS IS ALIVE! What does that mean to us?

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1. What was the message to the world from this Easter story?
2. Discuss the quote: "Jesus revealed himself to his followers after his resurrection, to show them that death is but a passing to a higher sphere of life and action. To know that we maintain an identity independent of the physical body is proof enough of immortality." SOM 377.2

## What do other religions believe about immortality, heaven and hell, life after death?

**Traditional Christians:** The reality of death is acknowledged as part of the human condition, affected by sin. Although eternal life is a gift that is granted to all who accept salvation through Jesus Christ, faithful Christians await the second coming of Jesus for complete realization of their immortality. The one thing that sets Christianity apart from other religions is the resurrection of Jesus, stating that Jesus died and rose again so that all souls could live forever.

**Islam:** This life is a transitory gift of Allah. After death, those who obey Allah and His Messenger will be admitted to (Paradise), Gardens with rivers flowing beneath, to abide therein forever and that will be the supreme achievement. But those who disobey Allah and transgress His limits will be admitted to a fire, to abide therein; and they shall have a humiliating punishment.

**Hinduism:** Hinduism believes in the rebirth and reincarnation of souls. Death is therefore not a great calamity, not an end of all, but a natural process in the existence of soul as a separate entity, by which it reassembles its resources, adjusts its course and returns again to the earth to continue its journey. In Hinduism death is a temporary cessation of physical activity, a necessary means of recycling the resources and energy and an opportunity for the soul to review its programs and policies. When a person dies, his soul along with some residual consciousness leaves the body through an opening in the head and goes to another world and returns again after spending some time there.

**Buddhism:** From its inception, Buddhism has stressed the importance of death, since awareness of death is what prompted the Buddha to perceive the ultimate futility of worldly concerns and pleasures. Realizing that death is inevitable for a person who is caught up in worldly pleasures and attitudes, he resolved to renounce the world and devote himself to finding a solution to this most basis of existential dilemmas. A Buddhist looks at death as a breaking apart of the material of which we are composed. However, Buddhism does not look at death as a continuation of the soul, but as an awakening. Dying and being reborn has been compared by some Buddhists as a candle flame. When the flame of one lit candle is touched to the wick of an unlighted candle, the light passes from one candle to another. The actual flame of the first candle does not pass over but is responsible for lighting the second candle.

**Judaism:** Judaism has stressed the natural fact of death and its role in giving life meaning. The fear of death, concern about the fate of our own soul and those of our loved ones are all discussed in Jewish literature. It is usually thought that paradise is the place where we finally understand the true concept of God.

**Other religions:** Egyptian, Native American, and other belief systems believe in an afterlife. Egyptians buried objects and pets belonging to a person next to their body, thinking they could take these things into the afterlife.

Allow the youth to discuss these different beliefs and examine their own beliefs about life after death. Encourage them to discuss various beliefs different than their own without judgment or without making them wrong, stupid, or ignorant. Help them see that all perspectives are "correct" from the culture or teachings of the area or religious group. In Science of Mind we honor all religions, all paths to God. We have free will to choose which path, which story, resonates closest to our own soul's journey.

**Meditation:** Ask the youth to relax their bodies and sit with a straight back, taking everything out of their hands and off their laps.  
 Go to that God space inside.....Listen to your breath.....Quiet your body....quiet your thoughts....and listen...listen. Now imagine yourself in a meadow on a beautiful spring day. The grass is green and the sky is blue. It smells like flowers...You are very still and you can watch the rabbits hopping about...You see butterflies flying from flower to flower...Just sit here for awhile and enjoy the sunshine on your face, and the smell of the flowers. It is so beautiful, and peaceful.  
 Invite the image of Jesus into your meditation. Go deep within and ask, what does the resurrection (coming back to life) mean to me? How does this relate to my life? What do I believe about life after death?  
 Feel the peace of this knowingness. Now begin to come back to the here and now. Feel the chair beneath you. Wiggle your fingers and toes, and when you are ready, open your eyes.

**Statement of My Belief**

Help the youth write a statement of their belief about Jesus' resurrection. Have them write ways they can talk with their Christian friends, discussing ways that Jesus was showing us the Truth for all of us. Discuss ways they can "bridge" not "fight" in their conversations about the eternality of life.

**Group treatment:**

The youth stand and form a circle. The leader, holding the class prayer stick, opens the treatment with steps one and two and says his/her own realization step. The prayer stick is then passed to the next youth and each youth adds their own realization step as they pass the stick around the circle. The leader ends with thanksgiving and release.

<b>Closing Prayer: Hold hands in a circle.</b>	<b>Affirmation:</b>  God is forever. And I am forever.
Let's all hold hands and know that we are part of Spirit and we live forever. We are love. We are loving. And we are lovable. And so it is. Amen.	