



Family Ministry - Weekly Activity Sheets



AUGUST THEME: Spiritual Growth

Our Weekly Lesson: BEING AN INDIVIDUALIZED EXPRESSION OF GOD:

What does it mean to be an individualized expression of God? Since our ego so often encourages separation and individualism, where is our ego in this experience?

SUNDAY: I AM AN INDIVIDUALIZE EXPRESSION OF GOD

Unity teaches that each person is a unique expression of God created with sacred worth. Living from that awareness transforms our lives and the world. The more we awaken to our divine nature, the more fully God expresses in and through our lives.

As individualized expressions of the Divine, we are learning to integrate our uniqueness with oneness and to appreciate and honor a multi-textured nature of unity over the safety of sameness. The true essence of community can be found in our capacity to meet each other at depth beyond tolerance, transcending yet including our personal opinions and beliefs.

Bible Verse: From the Gospel of John Chapter 6 "I Am the bread of Life Chapter 8 "I Am the light of the world" Chapter 10 "I Am the door of the sheep" Chapter 10 "I Am the son of God" Chapter 11 "I Am the resurrection and the life" chapter 14 "I Am the way, and the truth and the life" Chapter 15 "I Am the true vine" Affirmations: "I Am as God created me. "I Am a spiritual being, having a human experience" "I Am is my true identity." I Am grateful; I am wholeness; I Am peace; I Am joy; I Am abundance; I Am a child of God" Unity Statement of Being God is All, both visible and invisible One presence, one mind, one power is All This One that is All, Is perfect Life, perfect Love and perfect Substance I am an individualized expression of God I am ever one with this Perfect Life, perfect Love and perfect Substance

Spiritual Point: The presence of God is in each human being we meet (and that includes us, too). Our job is to begin seeing that truth every day. We believe that deep within us is the Divine Spark. It goes by many names: the Comforter, the Holy Spirit, the Christ Consciousness. In Christianity, Jesus promised that he would send us the Divine Comforter to be with us. Hinduism recognizes the same idea when they greet people by saying "Namaste." The word Namaste roughly translates into "the part of me that is good and holy and perfect sees the part of you that is good and holy and perfect."

Family Activity/Discussion: Review the list below of words that Jesus used to describe his Individual Expression. As a Family, come up with other references for each other to communicate how you are an Individualized expression.



Did you know you are part of this list?

- I am the Bread of Life (John 6:35)
- I am the Light of the World (John 8:12)
- I am the Door (John 10:9)
- I am the Good Shepherd (John 10:11,14)
- I am the Resurrection and the Life (John 11:25)
- I am the Way and the Truth and the Life (John 14:6)
- I am the Vine (John 15:1,5)

MONDAY: UNITY PRINCIPLES: GOD IS, I AM, I CREATE IT, I PRAY IT, I LIVE IT

What unity principle support the concepts of your individuality?

1. God is all good and active in everything, everywhere.
2. I am naturally good because God's Divinity is in me and in everyone.
3. I create my experiences by what I choose to think and what I feel and believe.
4. Through affirmative prayer and meditation, I connect with God and bring out the good in my life.
5. I do and give my best by living the Truth that I know. I make a difference!

TUESDAY: BIBLE SCAVENGER HUNT: We have been talking about Psalms 23.

Where can you find that book in the Bible?

Who supposed wrote the book of Psalms? How many chapters are there in Psalms?

WEDNESDAY: I LOVE MUSIC

What do you think it means to dance to the beat of your own drum?

Can you think of any songs with a strong drum rhythm.

How does the sound of the drum relate to your heartbeat?

THURSDAY: FROM REVEREND GLENN MCINTOSH—PSALMS 23

Last Sunday, Reverend Glenn suggested that we re-read Psalms 23 . He said this passage is a trust challenge. Do you see the challenge in this passage? Psalm 23 reminds us that in life or in death — in times of plenty or want — God is good and worthy of our trust. The psalm uses the metaphor of a shepherd's care for his sheep to describe the wisdom, strength and kindness of our God.

1. **The LORD is my shepherd, I lack nothing.**
2. **He makes me lie down in green pastures, he leads me beside quiet waters,**
3. **He refreshes my soul. He guides me along the right paths for his name's sake.**
4. **Even though I walk through the darkest valley, I will fear no evil, for you are with me; your rod and your staff, they comfort me.**
5. **You prepare a table before me in the presence of my enemies. You anoint my head with oil; my cup overflows.**
6. **Surely your goodness and love will follow me all the days of my life, and I will dwell in the house of the LORD forever.**

“We get so hustled, worried, and flurried in our contact with the outside world that we find it hard to get still. This psalm is a beautiful picture teaching of the good Shepherd's care for us. It gives us a sense of protection to know that we can lack no good because we are in the care of something greater. We can rest from issues of the world if we give our trust to God as he makes us lie down in green pastures. Once still, our soul are restored when we realize the presence of an indwelling God . Our Shepard leads us away from our dark thoughts of lack, fear, doubt, anxiety , anger, as the knowledge of unconditional love can comfort us. We have come into the consciousness of the care of the infinite Love, and we shall be fed. Oil is a symbol of joy and the anointment of joy is upon us. We shall not want anything in this life; This body is the house of the Lord. If I realize that it is the living temple of the living God, I shall certainly live in it forever - not the body of limitation, but the renewed, unlimited, glorified body which is truly the house of the Lord.”—TruthUnity.Org

WEEKEND : FAMILY ACTIVITIES

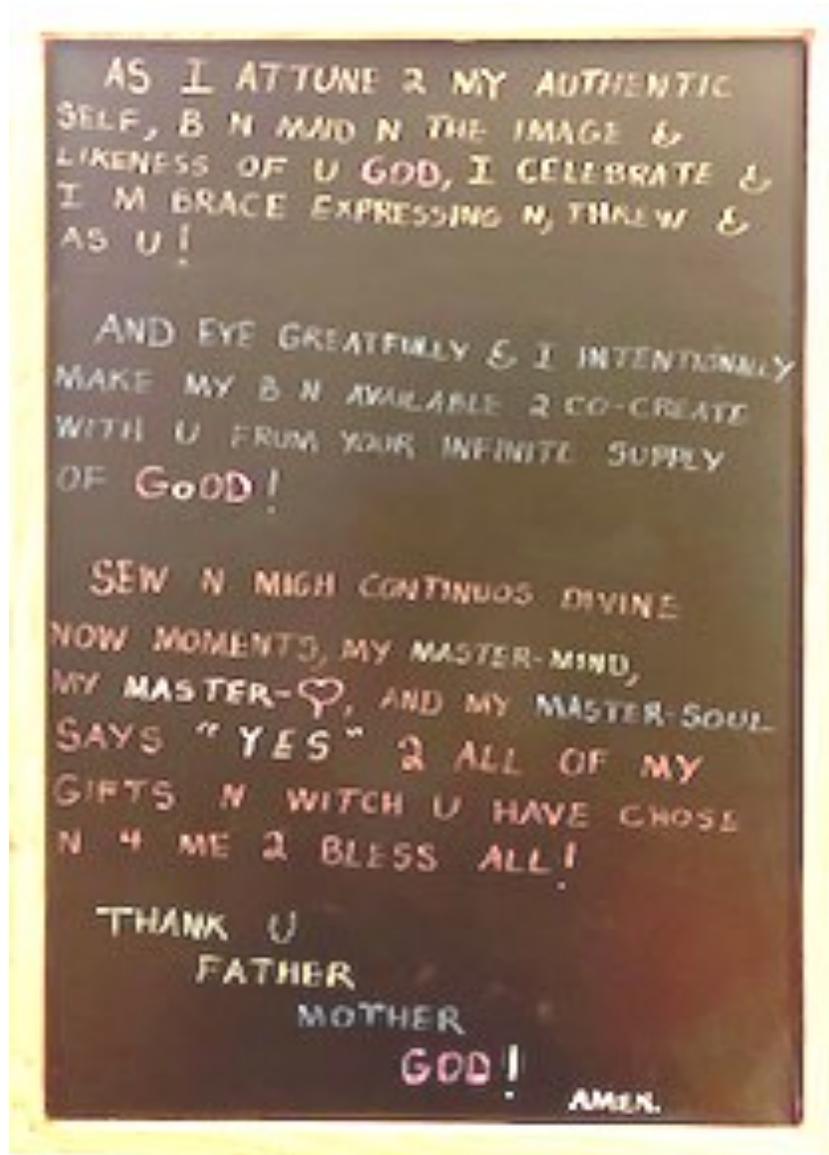
This week:

Listen to what your soul is calling you to do and awaken to your role as the creator of your life. As you engage in your work and relationships imagine that this is the first day. Recognize, release, and allow old identities to fall away and

Activity: Make a Joyful Noise:

Look around the house and find things to make unique musical instruments. Once your instruments are found, get together and become a band, create a song together and accompany your song with your instruments. The intention is to show how each other can come together uniquely and to be in harmony as a family.

OH! MR. TODD. . .



What does Mr. Todd have to say?

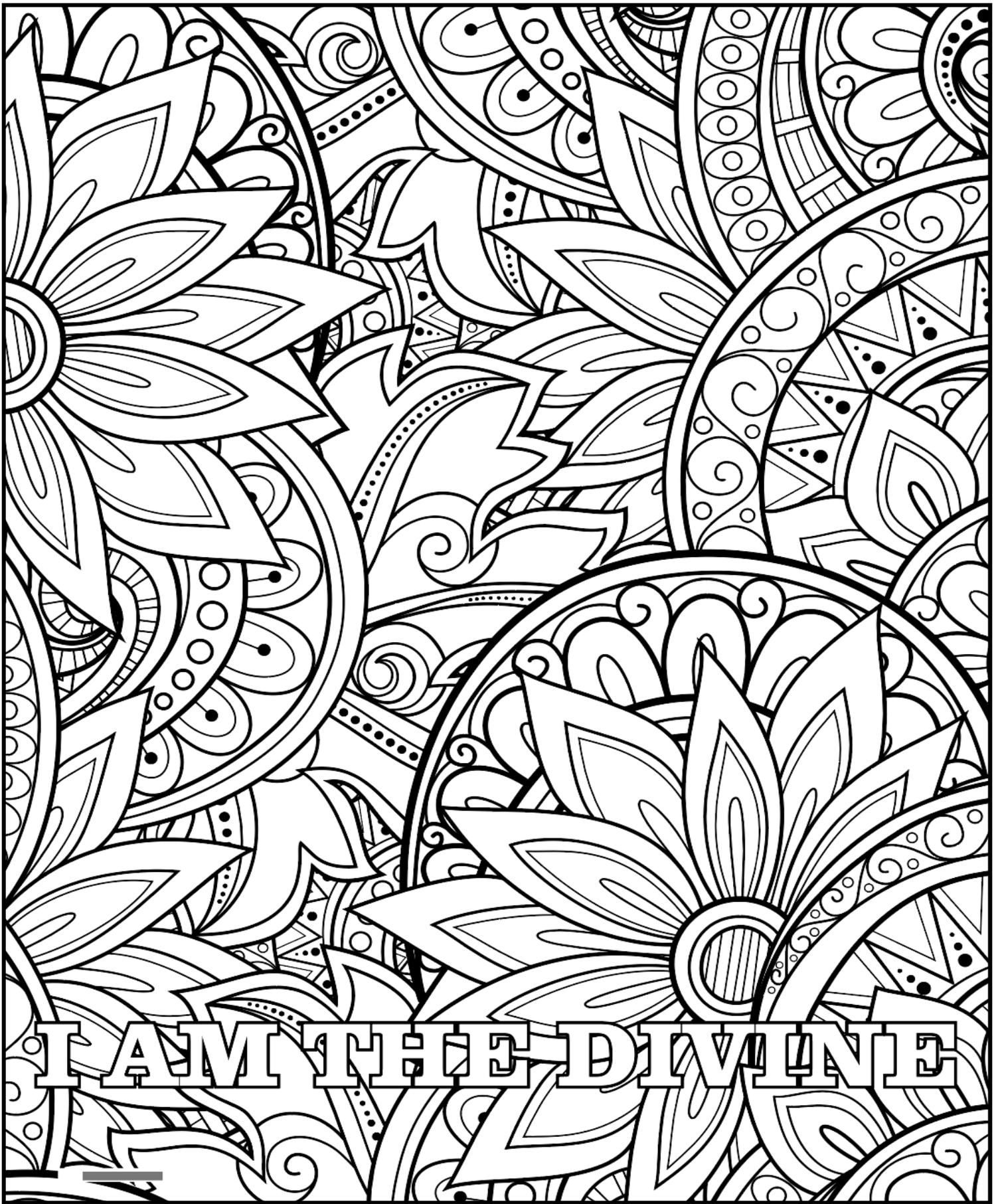
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Instructions for Winning Prizes:

Every week we will share activities and discussion to undertake as a family. Once you've performed all of the activities, return . . . **STARS** will be rewarded towards a **Prize!** Feel free to post your thoughts, pictures and discussions on our Facebook Page: <https://www.facebook.com/RUYouthandFamily>



NAME _____



NAME _____

He maketh me
lie down in
green pastures



He leadeth me
beside the still waters



He restoreth
my soul.



He leadeth me in
the paths of
righteousness
for His name's sake



PSALM 23

Yea, though I walk
through the valley
of the shadow of
death
I will fear
no evil.



For thou art
with me



Thy rod and
thy staff
they
comfort
me.



The Lord is my Shepherd
I shall not want.



Thy
mercy
and
goodness
and
mercy
shall
follow
me
all
the
days
of
my
life

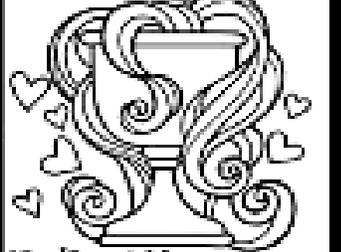
Thou preparest
a table
before
me
in the presence
of mine
enemies



Thou anointest
my head with oil



My cup
runneth
over



And I will dwell in the house of the Lord forever.



NAME _____

Psalm 23

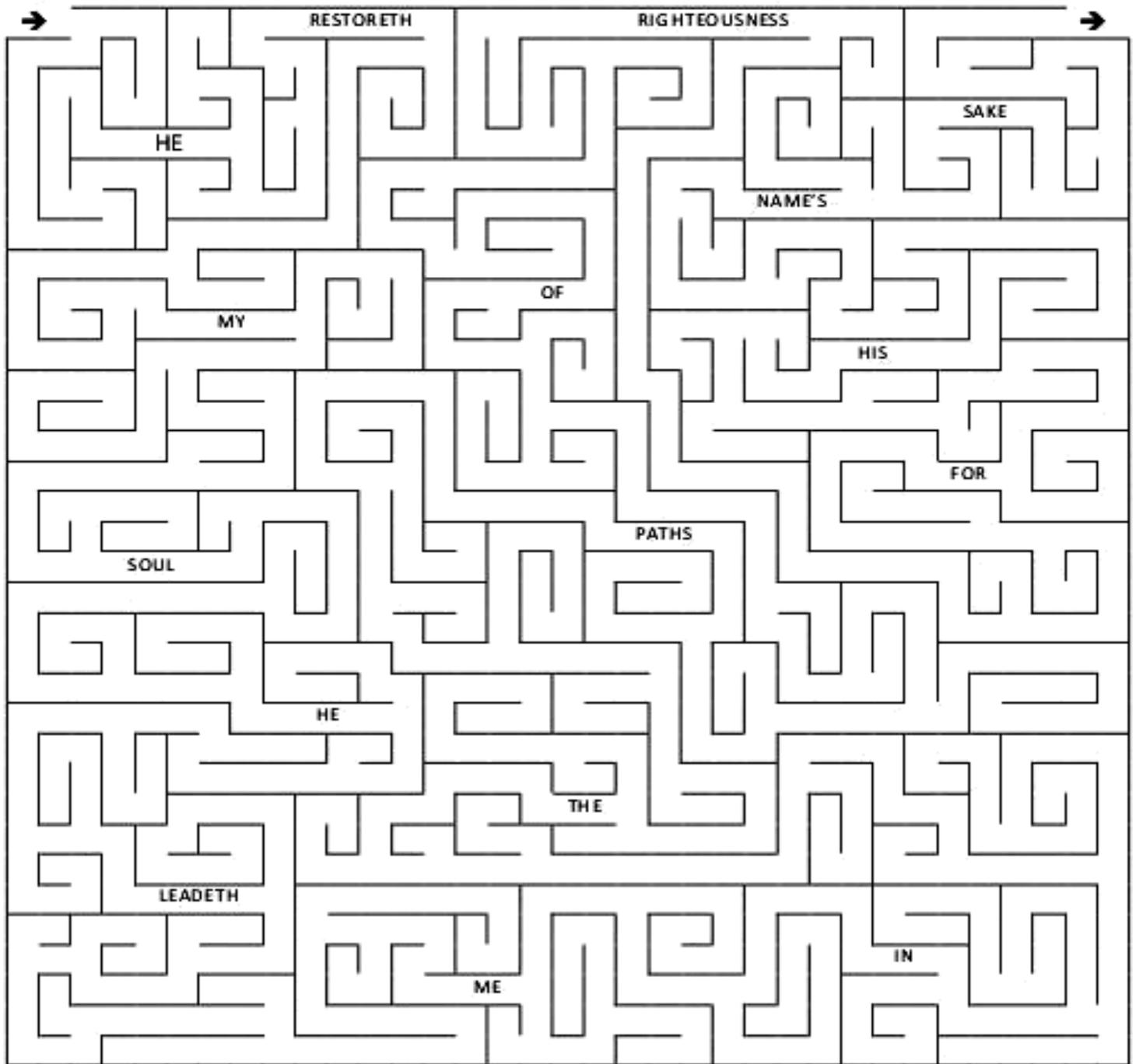
N	Y	G	O	O	D	T	G	D	O	E	E	P	D
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I	R	V	A	L	L	E	Y	S	M	L	G	P	M
E	O	S	D	I	L	I	V	E	O	E	L	A	A

STAFF
 EVIL
 LORD
 FEAR
 SOUL
 JESUS
 SHADOW
 VALLEYS
 PROTECTION
 PATH
 GOOD
 SHEEP
 SHEPHERD
 OIL
 ENEMY
 PSALM

NAME _____

PSALM 23:3 (KJV)

"He restoreth my soul: he leadeth me in the paths of righteousness for his name's sake."



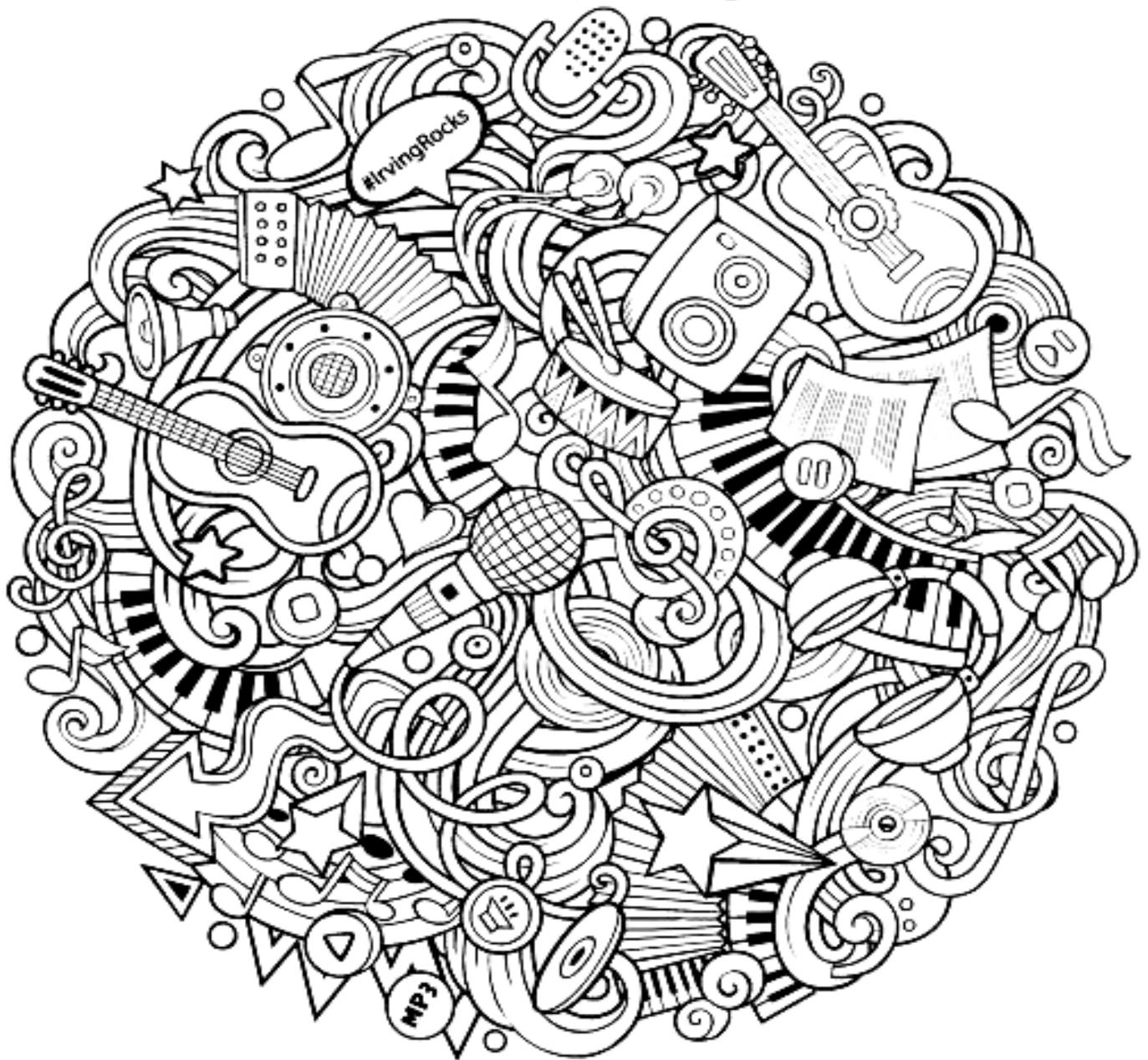
DIRECTIONS: Follow the words of the Bible verse through the maze to the end.

NAME _____



NAME _____

HIDDEN MUSIC



The beat goes on in our vibrant city, and you can keep the beat going too when you locate these music-related items in the picture. Color them as you find each one.

- | | | | |
|-------------|---------------|-------------------|------------------|
| 1 Accordion | 6 Headphones | 11 Semiquaver | 16 Tambourine |
| 2 Beam Note | 7 Keyboard | 12 Sheet Music | 17 Treble Clef |
| 3 Drum | 8 Microphone | 13 Speaker | 18 Vinyl |
| 4 Earbuds | 9 Play Button | 14 Speaker Button | 19 Volume Symbol |
| 5 Guitar | 10 Quaver | 15 Stop Button | |

NAME _____