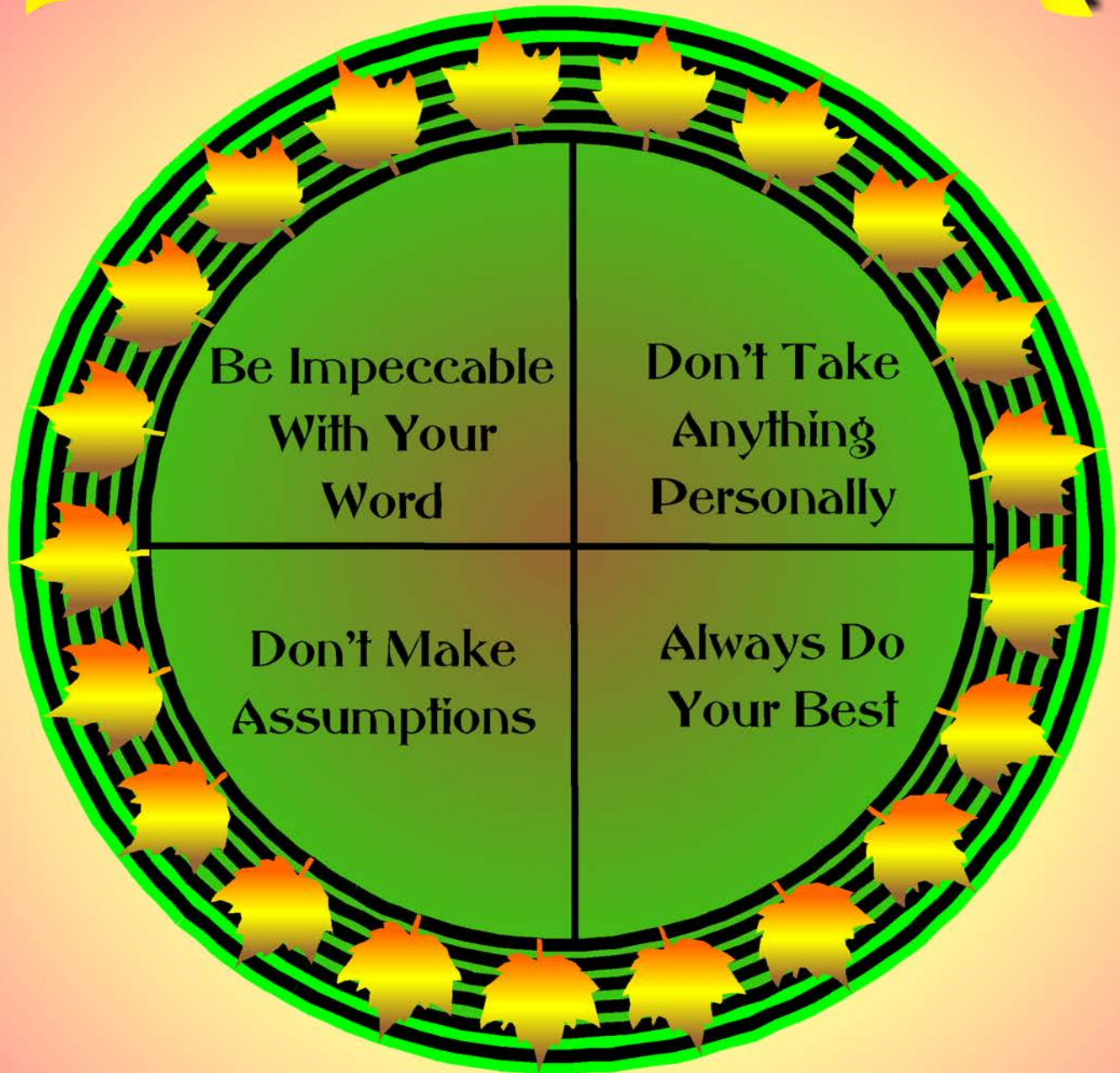


# THE FOUR



# AGREEMENTS

# **THE FOUR AGREEMENTS**

## **Four Month Curriculum**

*Based on information found in the book, "The Four Agreements" by Don Miguel Ruiz  
Curriculum created by Rev. Diane Venzera*

***This curriculum is created in the Rotation Model meaning that the same lesson focus and Bible story is used for one month to allow for in-depth exploration. But, each week the creative expression is offered in a different modality to allow for all of the different ways we learn and experience our world.***

***Materials may be copied for classroom use.***

## **MONTH #1**

<b>The 1<sup>st</sup> Agreement</b>		
<b><i>"Be Impeccable With Your Word"</i></b>		
<p><b>Bible Story: "Jesus Calms the Storm" Mark 4:36-41</b>  <i>Jesus and the disciples were in a boat on the sea when a great storm blew up. Jesus had fallen asleep and the disciples were so frightened that they woke him up. Jesus was dismayed by their lack of faith and showed them that by the power of His word He could do anything. Even calm the seas of a wild storm.</i></p>		
<b>DATE</b>	<b>LESSON FOCUS</b>	<b>LESSON EXPRESSION</b>
	<p><b>"Understand the Power of Your Words"</b>                      Your word is the power that you have to create:                      It is a gift that comes directly from God.</p>	<p><b>Discovery Zone</b>  <i>Exploring the gift of our words.                      "Sound Effect Story"</i></p>
	<p><b>"Create a Beautiful Dream"</b>                      Your word can create the most beautiful dream,                      or your word can destroy everything around you.                      Impeccability of the word only creates beauty,                      love and heaven on earth.</p>	<p><b>Creation Station</b>  <i>Using our words to create something beautiful.                      (Choose a word or phrase and create a picture.)</i></p> <p style="text-align: center;"><i>Also: "Tape Recorded Messages"</i></p>
	<p><b>"Seek To Know The Truth"</b>                      When you hear an opinion and believe it, you make an agreement and it becomes part of your belief system. The only thing that can break this agreement is to make a new one based on Truth. Only the Truth has the power to set you free.</p>	<p><b>Reel Spirit Movie Theater</b>  <i>"Billboard Dad"                      A bunch of kids at a swimming pool are making fun of Ryan.</i></p>
	<p><b>"Cultivate Faith."</b>                      To have great faith is to have great power, because your intent, your will is undivided. When your word isn't dissipated by doubt, the power of your word becomes even stronger.</p>	<p><b>Myrtle's Kitchen</b>  <i>Our words are tools are they cultivating or cutting?                      "Jolly Lolly Licks"</i></p>

## MONTH #2

<b>The 2<sup>nd</sup> Agreement</b>		
<b><i>"Don't Take Anything Personally"</i></b>		
<p>Bible Story: <b>"Jonah &amp; the Whale</b> <i>Jonah 1:4</i></p> <p><i>Jonah was a man who lived closed to God and was receptive to divine guidance, but he was also very opinionated. God commanded Jonah to go to Nineveh and help the people there. It was Jonah's opinion that the people there were not worth saving so he refused to go. Jonah then went through many difficult adventures and ended up in Nineveh anyway.</i></p>		
DATE	LESSON FOCUS	LESSON EXPRESSION
	<p><b>"Love and Respect Yourself."</b>            You are never responsible for the actions of others but you are responsible for YOU.</p>	<p><b>Reel Spirit Movie Theater</b>  <i>Younger: "Veggie Tales, Larryboy"</i>   <i>Older: "Simon Birch"</i></p>
	<p><b>"Be Immune to the Opinion of Others."</b>            What others say and do is a projection of their own reality, then own dream. When you are immune to the opinions and actions of others, you won't be the victim of needless suffering.</p>	<p><b>Discovery Zone</b>  <i>"Two Person Drama"</i></p>
	<p><b>"See Others As They Really Are."</b>            When you see other people as they are without taking it personally, you can never be hurt by what they say or do.</p>	<p><b>Creation Station</b>  <i>Masks: Looking past appearances.</i></p>
	<p><b>"Embrace Your Freedom"</b>            You gain a huge amount of freedom when you take nothing personally. No spell can affect you regardless of how strong it may be. And if you live without fear, if you love, you will be happy with your life.</p>	<p><b>Myrtle's Kitchen</b>  <i>"Color with Joy"</i></p>

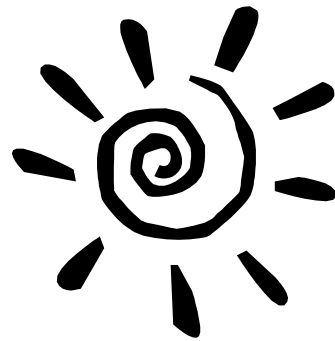
## MONTH #3

<b>The 3<sup>rd</sup> Agreement</b>		
<b><i>"Don't Make Assumptions"</i></b>		
Bible Story: <b>"The Story of Esther"</b> <i>Esther</i> <i>Esther saved her people from death by not assuming that she would fail in the task she had ahead of her. Even though at time the situation seems hopeless, she never gave up her faith and she was successful. It is important for us to get all of the details before we jump to conclusions about anything.</i>		
<b>DATE</b>	<b>LESSON FOCUS</b>	<b>LESSON EXPRESSION</b>
	<b>"Communicate Clearly With Others."</b> Speak openly and honestly about what you want and need. Ask for what you want, don't make people guess.	<b>Music &amp; More</b> <i>Communication through music and song.</i>
	<b>"Assume Nothing."</b> Don't assume you know what others want or need. Ask questions.	<b>Reel Spirit Movie Theater</b> <i>Veggie Tales: :Esther: The Girl Who Became Queen"</i>  <i>"Indiana Jones &amp; the Last Crusade"</i>
	<b>"Say Goodbye to Sadness &amp; Drama"</b> Sadness and drama are rooted in making assumptions and taking things personally. When we take the time to discern the Truth we say goodbye to sadness & drama.	<b>Discovery Zone</b> <i>"Ace Reporter"</i>
	<b>"Be Yourself Around Others"</b> The biggest assumption that humans make it that everyone sees life the way we do. We need to understand that we are all unique expressions of God.	<b>Creation Station</b> <i>"Who Am I?"</i>

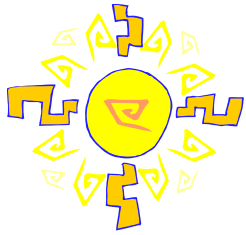
## MONTH #4

<b>The 4<sup>th</sup> Agreement</b>		
<b><i>"Always Do Your Best"</i></b>		
<p><b>Bible Story: "David &amp; Goliath" 1 Sam 17</b></p> <p><i>The Israelites were scared of the Philistine giant named Goliath. He had challenged them to a battle and none of the soldiers were brave enough to face him. Finally a shepherd boy named David said he would fight Goliath. He had no weapons and no armor. He had only his sling-shot and his faith in God. He used both of these to do the best he could and he defeated Goliath.</i></p>		
<b>DATE</b>	<b>LESSON FOCUS</b>	<b>LESSON EXPRESSION</b>
	<p><b>"Your Best Will Change From Moment to Moment."</b></p> <p>Your best will depend on how you are feeling so do the best that you can under any circumstance.</p>	<p><b>Discovery Zone</b></p> <p><i>"Silly Olympics"</i></p>
	<p><b>"Take Action on Your Ideas"</b></p> <p>Doing your best means to take action. You can have many great ideas in your head, but without action upon an idea, there will be no manifestation, no results and no reward.</p>	<p><b>Creation Station</b></p> <p><i>Shine On</i></p>
	<p><b>"Our Agreement With Ourselves."</b></p> <p>It is important for us to honor ourselves and to like ourselves just as we are. We must take action on our dreams.</p>	<p><b>Creation Station</b></p> <p><i>Stating our intentions, creating a map to our dreams and making a commitment to bring them into manifestation.</i></p>

# The Four Agreement



## Overviews



# The First Agreement

“Be Impeccable With Your  
Word”

## Background Information...

### **PURPOSE:**

The purpose of the First Agreement is to understand how important it is to speak with integrity, to say only what you mean. We must avoid using the word to speak against ourselves or to gossip about others. Use the power of your word in the direction of truth and love.

### **BIBLE QUOTES THAT SUPPORT THIS LESSON:**

#### **John 1:1**

“In the beginning was the Word, and the Word was with God, and the Word was God.”

#### **John 5:24**

“Very truly, I tell you, anyone who hears my word and believes him who sent me has eternal life and does not come under judgment, but has passed from death to life.”

#### **Genesis 1:3-4**

“And God said, “Let there be light;” and there was light. And God saw that the light was good; and God separated the light from the darkness.”

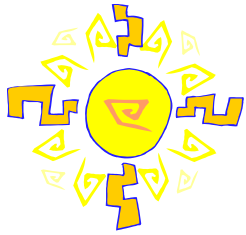
#### **Ezekiel 12:25**

“But I the Lord will speak the word that I speak, and it will be fulfilled.”

## **IMPORTANT POINTS**

- ♥ The word is not just a sound or a written symbol. The word is a force; it is the power you have to express and communicate, to think, and thereby to create the events in your life.
- ♥ Your word is the power that you have to create. Your word is the gift that comes directly from God. Through the word you express your creative power. It is through the word that you manifest everything, regardless of what language you speak.
- ♥ The word is the most powerful tool you have as a human; it is the tool of magic. But like a sword with two edges, your word can create the most beautiful dream, or your word can destroy everything around you.
- ♥ Depending upon how it is used, the word can set you free, or it can enslave you even more than you know. All the magic you possess is based on your word. Your word is pure magic, and misuse of your word is negative magic.
- ♥ The human mind is like a fertile ground where seeds are continually being planted. The seeds are opinions, ideas, and concepts. You plant a seed, a thought and it grows. The word is like a seed, and the human mind is fertile, but only for the kinds of seeds it is prepared for. It is important to see which kind of seeds our mind is fertile for, and to prepare it to receive the seeds of love.
- ♥ The Truth is the most important part of being impeccable with your word. Only the Truth will set us free.
- ♥ Being impeccable with your word is not using the word against yourself. If I love myself I will express that love in my interactions with you, and then I am being impeccable with my word, because that action will produce a like reaction. If I love you, then you will love me. If I have gratitude for you, you will have gratitude for me.
- ♥ Being impeccable with your word is the correct use of your energy; it means to use your energy in the direction of truth and love for yourself.
- ♥ Learning to be impeccable with your word can change your whole life. It can lead you to personal freedom, to huge success and abundance; it can take away all fear and transform it into joy and love.





# The Second Agreement

“Don’t Take Anything  
Personally”

## Background Information...

*Created by Cindy Spies*

### **PURPOSE:**

The purpose of the Second Agreement is to understand how important it is **Not** to feel hurt or rejected when someone give their opinion, disagrees with us or handles a situation differently than we would. It is important to take a step back, honor the Christ in each other, and realize that each person says what he says and does what he does based on the agreements he has made about how he sees the world. All opinions are valid and important. We can disagree, but yet honor the Christ in each other, and treat each other with love and respect.

### **BIBLE QUOTES THAT SUPPORT THIS LESSON:**

#### **Romans 8:6**

“If the Holy Spirit is the boss over your mind, it leads to life and peace.”

#### **Proverbs 21:28**

“A person who tells a lie about someone else will be lost, but the man who listens to the Truth will speak forever.”

#### **Isaiah 42:16**

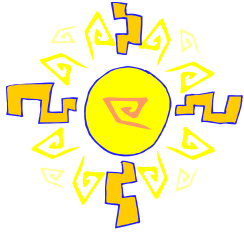
“I will guide them. I will turn the darkness before them into light, the rough places into level ground.”

#### **I John 4:7**

“Beloved, let us know one another, because love is from God; everyone who loves is born of God and knows God.”

## **IMPORTANT POINTS**

- ♥ I trust and respect the Christ Spirit in me, my inner guide to help me understand what is true about me.
- ♥ I need to go apart, be still and give the Christ Spirit a chance to “talk” through me and to guide me.
- ♥ I cannot make someone love and respect me. I can only honor the Christ in me. When I honor and respect the Christ in me, I can see the Christ in you – and you can see the Christ in me. Wow! Life is good! We can honor and respect the Christ in each other even though we may disagree about things.
- ♥ No one can hurt me unless I give them permission to, even though the Christ in me knows better.
- ♥ When I think someone has hurt me, I take a step back, and remember who I am. I am God’s child and I remember to honor and respect the Christ in me. I bless the person who may have hurt me, and realize that this person momentarily forget to honor the Christ in both of us. I will continue to honor the Christ in both of us. The peace I feel in my heart and express in the world can only have a good effect on both of us.
- ♥ *"If someone is not treating you with love and respect, it is a gift if they walk away from you." Don Miguel Ruiz*



# The Third Agreement

“Don’t Make Assumptions”

## Background Information...

*Created by Cindy Spies*

### **PURPOSE:**

The purpose of the Third Agreement is to understand how important it is to state our thoughts, to voice our needs and to ask for additional information so that we can communicate more clearly. When our communication is clear, it is much easier to honor the Christ in ourselves and others.

### **BIBLE QUOTES THAT SUPPORT THIS LESSON:**

#### **Matthew 21:22**

“All things you ask for in prayer, you will receive if you have faith.”

#### **Luke 6:36**

“You must have loving-kindness just as your Father has loving-kindness. Do not say what is wrong in other people’s lives. Then other people will not say what is wrong in your life. Do not say someone is guilty. Forgive other people and other people will forgive you.”

#### **Luke 6:43-45**

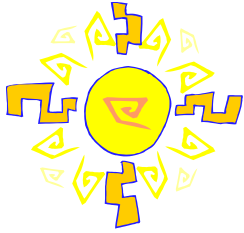
“A good tree cannot have bad fruit. A bad tree cannot have good fruit. For every tree is known by its fruit. Men do not gather twigs from thorns. They do not gather grapes from thistles. Good comes from a good man because of the richness he has in his heart. The mouth speaks what the heart is full of.”

#### **Proverbs 15:22**

“Plans go wrong without talking together, but they will go well when wise men talk about what to do.”

## **IMPORTANT POINTS:**

- ♥ When we make an assumption about the meanings of what another person is saying or doing, we are headed for trouble! We take a big chance in causing a problem in our relationship with that person because we don't take the time to ask for more information, to find out what the person really means.
- ♥ It is especially easy to assume that the people whom we're closest to SHOULD be able to read our minds, to KNOW how we feel, to ANTICIPATE our needs before we even state them. We ASSUME that "IF YOU REALLY CARE ABOUT ME," then that person will KNOW what to do to make us happy. And when the person FAILS to do so, we become upset and TAKE IT PERSONALLY.
- ♥ We are often critical of ourselves and ASSUME that other people will judge us just as harshly as we judge ourselves. That's why sometimes we have a fear of being ourselves around others.
- ♥ ASK, ASK, ASK, ASK! Ask for clarification. Ask for additional information. When we ask for more information, we are in effect saying, "I want to honor the Christ in you and me. I want to understand what you mean. Will you help me to understand? Tell me more..."
- ♥ Gossip is poison, because it is based on assumptions. Gossip totally dishonors the Christ in others. Gossip is spreading around assumptions.
- ♥ Find the courage to ask questions and express what you really want. Communicate with others as clearly as you can to avoid misunderstandings, sadness and drama. With just this one agreement, you can completely transform your life.
- ♥ The human mind creates a lot of chaos, which causes us to misinterpret everything and misunderstand everything. We only see what we want to see and hear what we want to hear. We don't perceive things the way they are. We literally dream things up in our imaginations. Because we don't understand something, we make an assumption about the meaning, and when the Truth comes out, we find out it was not what we thought it was at all.
- ♥ We make the assumption that everyone sees life the way we do. We also make assumptions about ourselves, and this creates a lot of inner conflict. You overestimate or underestimate yourself because you haven't taken the time to ask yourself questions and to answer them.
- ♥ Just imagine the day that you stop making assumptions with your friends and eventually with everyone else in your life. Your way of communicating will change completely, and your relationships will no longer suffer from conflicts created by mistaken assumptions.



# The Fourth Agreement

**“Always Do Your Best”**

## Background Information...

### **PURPOSE:**

The purpose of the Third Agreement is to understand how important it is to always do your best. Under any circumstance, always do your best, no more and no less. Even though your best may change from moment to moment, always strive to do the best that you can at the time.

### **BIBLE QUOTES THAT SUPPORT THIS LESSON:**

#### **I Cor. 15:58**

“Be ye steadfast, unmoveable, always abounding in the work of the Lord.”

#### **Gal 6:9**

“Let us not be weary in well doing; for in due season we shall reap.”

#### **Eccl. 9:10**

“Whatsoever thy hand findeth to do, do it with thy might.”

#### **1 Cor. 10:31**

“Do all to the glory of God.”

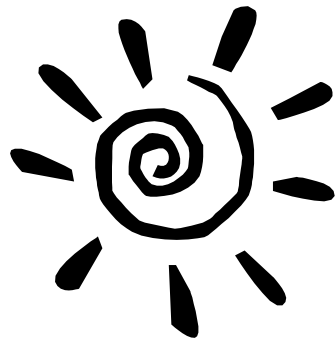
#### **Deuteronomy 11:13**

“Love the Lord your God and serve him with all your heart, and with all your soul and he will give you rain for all seasons.”

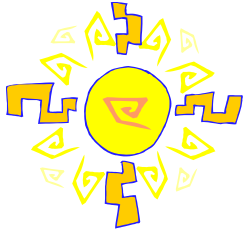
## **IMPORTANT POINTS:**

- ♥ Everything is alive and changing all the time, so your best will sometimes be high quality, and other times it will not be as good. Your best will depend on whether you are feeling wonderful and happy or upset, angry or jealous.
- ♥ In your everyday moods your best can change from one moment to another, from one hour to the next, from one day to another. Your best will also change over time. As you build the habit of the four new agreements, your best will become better than it used to be.
- ♥ If you try too hard to do more than your best, you will spend more energy than is needed and in the end your best will not be enough. If you do less than your best, you subject yourself to frustrations, self-judgment, guilt and regrets.
- ♥ Just do your best – in any circumstance in your life. If you always do your best there is no way you can judge yourself. And if you don't judge yourself there is no way you are going to suffer from guilt, blame and self-punishment.
- ♥ Doing your best, you are going to live your life intensely. You are going to be productive, you are going to be good to yourself, because you will be giving yourself to your family, to your community, to everything.
- ♥ If you have done your best, and someone judges you, you've got the answer, "I did my best." There are no regrets. That is why we always do our best.
- ♥ Doing your best really doesn't feel like work because you enjoy whatever you are doing. You know you're doing your best when you are enjoying the action or doing it in a way that will not have negative repercussions for you. You do your best because you want to do it, not because you have to do it.
- ♥ When you are doing your best just for the pleasure of doing it, you are taking action because you enjoy the action. Action is about living fully. Inaction is the way that we deny life.

# The First Agreement



## Overview



# The First Agreement

“Be Impeccable With Your  
Word”

## Background Information...

### **PURPOSE:**

The purpose of the First Agreement is to understand how important it is to speak with integrity, to say only what you mean. We must avoid using the word to speak against ourselves or to gossip about others. Use the power of your word in the direction of truth and love.

### **BIBLE QUOTES THAT SUPPORT THIS LESSON:**

#### **John 1:1**

“In the beginning was the Word, and the Word was with God, and the Word was God.”

#### **John 5:24**

“Very truly, I tell you, anyone who hears my word and believes him who sent me has eternal life and does not come under judgment, but has passed from death to life.”

#### **Genesis 1:3-4**

“And God said, “Let there be light;” and there was light. And God saw that the light was good; and God separated the light from the darkness.”

#### **Ezekiel 12:25**

“But I the Lord will speak the word that I speak, and it will be fulfilled.”



## **IMPORTANT POINTS**

- ♥ The word is not just a sound or a written symbol. The word is a force; it is the power you have to express and communicate, to think, and thereby to create the events in your life.
- ♥ Your word is the power that you have to create. Your word is the gift that comes directly from God. Through the word you express your creative power. It is through the word that you manifest everything, regardless of what language you speak.
- ♥ The word is the most powerful tool you have as a human; it is the tool of magic. But like a sword with two edges, your word can create the most beautiful dream, or your word can destroy everything around you.
- ♥ Depending upon how it is used, the word can set you free, or it can enslave you even more than you know. All the magic you possess is based on your word. Your word is pure magic, and misuse of your word is negative magic.
- ♥ The human mind is like a fertile ground where seeds are continually being planted. The seeds are opinions, ideas, and concepts. You plant a seed, a thought and it grows. The word is like a seed, and the human mind is fertile, but only for the kinds of seeds it is prepared for. It is important to see which kind of seeds our mind is fertile for, and to prepare it to receive the seeds of love.
- ♥ The Truth is the most important part of being impeccable with your word. Only the Truth will set us free.
- ♥ Being impeccable with your word is not using the word against yourself. If I love myself I will express that love in my interactions with you, and then I am being impeccable with my word, because that action will produce a like reaction. If I love you, then you will love me. If I have gratitude for you, you will have gratitude for me.
- ♥ Being impeccable with your word is the correct use of your energy; it means to use your energy in the direction of truth and love for yourself.
- ♥ Learning to be impeccable with your word can change your whole life. It can lead you to personal freedom, to huge success and abundance; it can take away all fear and transform it into joy and love.

# The First Agreement



## Weekly Lessons

# The First Agreement

**“Be Impeccable With Your Word”**

## 1<sup>st</sup> Agreement – Week 1

*“Understand the Power of Your Words”*

### Pre-session Activity

#### **Prayer Chains**

*Materials: Strips of paper, markers & staplers.*

Invite the children to write their prayer requests on the strips of paper. Make sure they are worded in a positive tone and reflect their desire not their problem. It is important to realize that the actual words that we use are important.

### Gathering Circle

- ♥ Welcome
- ♥ Share the Daily Word
- ♥ Announcements
- ♥ Collect the Love Offering
- ♥ Prayer Circle Affirmation: ***“I use the power of my words for good.”***

# Lesson Focus

***"Your word is the power that you have to create: it is a gift that comes directly from God."***

## Story...

**"Jesus Calms the Storm" Mark 4:36-41**

or use the synopsis below:

### Story Synopsis from – "The Rhyme Bible"

"Jesus was tired from preaching all day. "It's time," he said, "To get away." Near the dock some fishing boats lay, so they got in a boat and sailed away. A gentle breeze began to blow as the evening sun was sinking low. The disciples sailed across the deep, and Jesus soon fell fast asleep. But suddenly the wind grew strong. It pushed the little boat along. When thunderclouds began to form, the disciples knew it was a storm! The waves grew tall and splashed around. The wind made such a howling sound! The little boat pitched up and down until they cried, "We're going to drown! Jesus wake up! Don't you care that waves are splashing everywhere?" Jesus lifted up his head. He looked around and then he said, "Be calm! Be still, O wind and sea!" And it was calm immediately. The disciples couldn't believe their eyes! The storm had stopped, to their surprise! But Jesus said, "You need not fear! Didn't you know that I was here? Have faith in God – He's always near."

### Metaphysical Interpretation:

*Jesus boarded the boat with the intention of getting away to somewhere peaceful after he had been working with people all day. As the boat sailed away – Jesus fell asleep – which means he took some time to go within and replenish himself. The disciples, which represents different parts of ourselves were fine as long as the sea was smooth. As soon as a storm came up and began to rock the boat they panicked. How many times does this happen to us – a difficulty or "storm" comes up in our lives and instead of going within we get more upset. They woke Jesus up to save them and He calmed the storm just by speaking the word of Truth. This shows us the power we have to create peace in our lives – we need to look to our Christ presence and declare the Truth we know and then have faith in it.*

## Discussion Questions...

*Make sure everyone understands the actual events that happened in the story.*

- ♥ What is happening in this story?
- ♥ Who was in the boat?
- ♥ What was Jesus doing?
- ♥ What were the disciples doing?
- ♥ How did the disciples feel when the storm began?
- ♥ What did they do to Jesus?
- ♥ What did Jesus do?
- ♥ What happened after Jesus spoke the word?

*Structure these questions to see if the students understand the deeper message of the story.*

- ♥ Why did Jesus fall asleep in the boat?
- ♥ Why were the disciples so afraid?
- ♥ What does the storm represent in our lives? Have you ever felt like you were being "tossed around on a stormy sea?"
- ♥ Why did the disciples get angry with Jesus?
- ♥ Have you ever felt angry when you were really scared? Tell us about it.

*These questions should focus on how the principle being discussed can be used in their lives.*

- ♥ How did Jesus calm the storm?
- ♥ Why did it work?
- ♥ What is this story telling us?
- ♥ How can the words we use help us create good things in our lives?

***YOUR ADDITIONAL QUESTIONS...***

# Creative Expression...



## Discovery Zone

### Sound Effect Story

*From: "Act It Out!" by Randy L. Ritz*

"Sound Effect Story" is a drama which uses created sound effects to tell the main parts of a Bible story. It helps children:

- ♥ Explore their voices
- ♥ Restate a familiar story
- ♥ Gain confidence in performing
- ♥ Cooperate with one another

Make a photocopy of the attached story so the children each have a copy of it.

1. Divide your class into groups of five.
2. Give each group a copy of the story with the beginning, middle and end of the story clearly marked and numbered. The group chooses a narrator who reads the assigned story out loud to those in his group, and who will later read when the story is performed for the class **(three minutes.)**
3. The groups rehearse the story by adding sound effects. As the narrator speaks, each group recreated the action using only sound effects for each verse. Vocal noises and physical noises (chairs tipping, paper ripping, etc) can be used. More than one person can make the same sound **(ten minutes.)**
4. The class sits to hear each of the groups perform its "Sound Effect Story," but members of the class/audience must have their eyes closed **(two minutes).**
5. Keep groups on task and on time. Use a stop watch.
6. Follow each performance with a lively discussion using the following questions.

### **Questions:**

- ♥ What sounds did you like best?
- ♥ What effect did the sounds have on how you felt about the story?
- ♥ Was the story more powerful because of the sound effects?
- ♥ How is this an example of using the power of your words?

### **Story Copy:**

- ♥ *Read the story over.*
- ♥ *Decide who will be the narrator.*
- ♥ *Decide what sound effects are necessary to make the story come alive. Examples: (feet walking, wind blowing, birds chirping, people talking, people crying, doors closing, people working, stone rolling, heavenly sounds, thunder, dead guy walking around...)*
- ♥ *Decide who will make what sound effects.*
- ♥ *Practice, practice, practice.*
- ♥ *Present your story to the other classes.*

### **"Jesus Calms the Storm" Mark 4:36-41**

#### **Beginning:**

"Jesus was tired from preaching all day. "It's time," he said, "To get away." Near the dock some fishing boats lay, so they got in a boat and sailed away. A gentle breeze began to blow as the evening sun was sinking low.

#### **Middle:**

The disciples sailed across the deep, and Jesus soon fell fast asleep. But suddenly the wind grew strong. It pushed the little boat along. When thunderclouds began to form, the disciples knew it was a storm! The waves grew tall and splashed around. The wind made such a howling sound! The little boat pitched up and down until they cried, "We're going to drown! Jesus wake up! Don't you care that waves are splashing everywhere?"

#### **End:**

Jesus lifted up his head. He looked around and then he said, "Be calm! Be still, O wind and sea!" And it was calm immediately. The disciples couldn't believe their eyes! The storm had stopped, to their surprise! But Jesus said, "You need not fear! Didn't you know that I was here? Have faith in God – He's always near."

# Prayer Circles

*This can be done in individual classrooms or the group can come back together at the end of class time. Assign someone to speak aloud a prayer from the heart.*

- ♥ Invite everyone to form a circle and join hands.
- ♥ Invite each person to state a simple prayer request (they may pass if they need to.)
- ♥ The group leader then voices a prayer that serves the needs of the group and focuses the attention on the earlier Prayer Circle Affirmation: ***"I use the power of my words for good."***

**Close with the Prayer for Protection.**



# The First Agreement

**“Be Impeccable With Your  
Word”**

## 1<sup>st</sup> Agreement – Week 2

*“Create a Beautiful Dream”*

### Pre-session Activity

#### **Prayer Chains**

*Materials: Strips of paper, markers & staplers.*

Invite the children to write their prayer requests on the strips of paper. Make sure they are worded in a positive tone and reflect their desire not their problem. It is important to realize that the actual words that we use are important.

### Gathering Circle

- ♥ Welcome
- ♥ Share the Daily Word
- ♥ Announcements
- ♥ Collect the Love Offering
- ♥ Prayer Circle Affirmation: ***“My words create a beautiful dream.”***

# Lesson Focus

***"Your word can create the most beautiful dream, or your word can destroy everything around you. Impeccability of the word only creates beauty, love and heaven on earth."***

## Story...

**"Jesus Calms the Storm"** *Mark 4:36-41*

or use the synopsis below:

### Story Synopsis from – "The Rhyme Bible"

"Jesus was tired from preaching all day. "It's time," he said, "To get away." Near the dock some fishing boats lay, so they got in a boat and sailed away. A gentle breeze began to blow as the evening sun was sinking low. The disciples sailed across the deep, and Jesus soon fell fast asleep. But suddenly the wind grew strong. It pushed the little boat along. When thunderclouds began to form, the disciples knew it was a storm! The waves grew tall and splashed around. The wind made such a howling sound! The little boat pitched up and down until they cried, "We're going to drown! Jesus wake up! Don't you care that waves are splashing everywhere?" Jesus lifted up his head. He looked around and then he said, "Be calm! Be still, O wind and sea!" And it was calm immediately. The disciples couldn't believe their eyes! The storm had stopped, to their surprise! But Jesus said, "You need not fear! Didn't you know that I was here? Have faith in God – He's always near."

### Metaphysical Interpretation:

*Jesus boarded the boat with the intention of getting away to somewhere peaceful after he had been working with people all day. As the boat sailed away – Jesus fell asleep – which means he took some time to go within and replenish himself. The disciples, which represents different parts of ourselves were fine as long as the sea was smooth. As soon as a storm came up and began to rock the boat they panicked. How many times does this happen to us – a difficulty or "storm" comes up in our lives and instead of going within we get more upset. They woke Jesus up to save them and He calmed the storm just by speaking the word of Truth. This shows us the power we have to create peace in our lives – we need to look to our Christ presence and declare the Truth we know and then have faith in it.*

## Discussion Questions...

*Make sure everyone understands the actual events that happened in the story.*

- ♥ What is happening in this story?
- ♥ Who was in the boat?
- ♥ What was Jesus doing?
- ♥ What were the disciples doing?
- ♥ How did the disciples feel when the storm began?
- ♥ What did they do to Jesus?
- ♥ What did Jesus do?
- ♥ What happened after Jesus spoke the word?

*Structure these questions to see if the students understand the deeper message of the story.*

- ♥ Why did Jesus fall asleep in the boat?
- ♥ Why were the disciples so afraid?
- ♥ What does the storm represent in our lives? Have you ever felt like you were being "tossed around on a stormy sea?"
- ♥ Why did the disciples get angry with Jesus?
- ♥ Have you ever felt angry when you were really scared? Tell us about it.

*These questions should focus on how the principle being discussed can be used in their lives.*

- ♥ How did Jesus calm the storm?
- ♥ What beautiful thing did Jesus create with his words?
- ♥ What beautiful thing can your words create?

***YOUR ADDITIONAL QUESTIONS...***

# Creative Expression...



## Creation Station

### **WORD ART**

*Materials: Cut-outs of letters or letter stencils, paper, pencils, markers, glitter glue, pipe cleaners, sequins, etc...*

#### **Choice #1**

Encourage the children to create the individual letters in their names or a positive word or phrase that reflects who they are. *(The letters can be different styles, shapes, sizes, colors, etc... Use your imagination. They can use the stencils or draw the letters freehand. The point is to create a piece of artwork using the letters that reflects a dream they want to create.)* The letters become the actual art work.

#### **Choice #2**

Using large sheets of construction paper folded in half long-ways. Write the child's name long-ways near one side of the fold of the paper. Using different colors of tempera paint, generously apply the colors to the letters. Once this is done fold the paper on the line and gently press the paint out to the edges of the paper. *(Before doing this make sure there is not too much paint in the center.)* Open it up and behold the beauty of your name.

### **TAPE RECORDED MESSAGES**

*Materials: Tape Recorders, Microphones and blank tapes, tapes & CDs of various kinds of music.*

#### **Choice #1**

Give each child the opportunity to record a message on the tape. Encourage the children to use positive, uplifting words and phrases; make noise; act goofy, etc... Then let each of them hear what they sound like on tape. Is it what they thought? Do they like the sound of it? Is there anything they would like to change about how they sound or what they are saying?

#### **Choice #2**

Play a variety of different statements and sounds (you can use a variety of music types) and encourage the children to talk about what thoughts and feelings are invoked with each type. This shows us the effects that music and sound have on us.

# Prayer Circles

*This can be done in individual classrooms or the group can come back together at the end of class time. Assign someone to speak aloud a prayer from the heart.*

- ♥ Invite everyone to form a circle and join hands.
- ♥ Invite each person to state a simple prayer request (they may pass if they need to.)
- ♥ The group leader then voices a prayer that serves the needs of the group and focuses the attention on the earlier Prayer Circle Affirmation: ***"My words create a beautiful dream."***

**Close with the Prayer for Protection.**

# The First Agreement

**“Be Impeccable With Your  
Word”**

## 1<sup>st</sup> Agreement – Week 3

*"Seek to Know the Truth"*

### Pre-session Activity

#### **Prayer Chains**

*Materials: Strips of paper, markers & staplers.*

Invite the children to write their prayer requests on the strips of paper. Make sure they are worded in a positive tone and reflect their desire not their problem. It is important to realize that the actual words that we use are important.

### Gathering Circle

- ♥ Welcome
- ♥ Share the Daily Word
- ♥ Announcements
- ♥ Collect the Love Offering
- ♥ Prayer Circle Affirmation: ***"I seek to know the Truth in all I think, say and do."***

# Lesson Focus

***"When you hear an opinion and believe it, you make an agreement and it becomes part of your belief system. The only think that can break this agreement is to make a new one based on Truth. Only the Truth has the power to set you free."***

## Story...

**"Jesus Calms the Storm" Mark 4:36-41**

or use the synopsis below:

### Story Synopsis from – "The Rhyme Bible"

"Jesus was tired from preaching all day. "It's time," he said, "To get away." Near the dock some fishing boats lay, so they got in a boat and sailed away. A gentle breeze began to blow as the evening sun was sinking low. The disciples sailed across the deep, and Jesus soon fell fast asleep. But suddenly the wind grew strong. It pushed the little boat along. When thunderclouds began to form, the disciples knew it was a storm! The waves grew tall and splashed around. The wind made such a howling sound! The little boat pitched up and down until they cried, "We're going to drown! Jesus wake up! Don't you care that waves are splashing everywhere?" Jesus lifted up his head. He looked around and then he said, "Be calm! Be still, O wind and sea!" And it was calm immediately. The disciples couldn't believe their eyes! The storm had stopped, to their surprise! But Jesus said, "You need not fear! Didn't you know that I was here? Have faith in God – He's always near."

### Metaphysical Interpretation:

*Jesus boarded the boat with the intention of getting away to somewhere peaceful after he had been working with people all day. As the boat sailed away – Jesus fell asleep – which means he took some time to go within and replenish himself. The disciples, which represents different parts of ourselves were fine as long as the sea was smooth. As soon as a storm came up and began to rock the boat they panicked. How many times does this happen to us – a difficulty or "storm" comes up in our lives and instead of going within we get more upset. They woke Jesus up to save them and He calmed the storm just by speaking the word of Truth. This shows us the power we have to create peace in our lives – we need to look to our Christ presence and declare the Truth we know and then have faith in it.*

## Discussion Questions...

*Make sure everyone understands the actual events that happened in the story.*

- ♥ What is happening in this story?
- ♥ Who was in the boat?
- ♥ What was Jesus doing?
- ♥ What were the disciples doing?
- ♥ How did the disciples feel when the storm began?
- ♥ What did they do to Jesus?
- ♥ What did Jesus do?
- ♥ What happened after Jesus spoke the word?

*Structure these questions to see if the students understand the deeper message of the story.*

- ♥ Why did the disciples assume that Jesus was just sleeping and would not help them?
- ♥ Why was Jesus upset with them when they woke him up?
- ♥ What did Jesus want them to know about him?
- ♥ What belief did the disciples need to change?

*These questions should focus on how the principle being discussed can be used in their lives.*

- ♥ Have you ever made something up about someone else? Why?
- ♥ How do you think they felt about it?
- ♥ Have you ever believe gossip about another person even though you were not sure it was true? Why?
- ♥ Have you been made fun of or had someone make fun of you before? How did that feel?
- ♥ What are some ways we can use our words to be kind to one another?

### ***YOUR ADDITIONAL QUESTIONS...***

***Watch this short movie clip and then lets talk about what the kids did and how Ryan might feel.***



# Creative Expression...



## **MOVIE CLIP** **"Billboard Dad"**

*Clip begins:*

*Clip Ends:*

### **Clip Description**

A bunch of kids at a swimming pool are making fun of Ryan.

- ♥ What happened in the movie clip?
- ♥ What were all of the kids doing?
- ♥ Why did they want to make fun of Ryan?
- ♥ How do you think Ryan felt?
- ♥ How do you think all of the other kids felt?
- ♥ What can we do to help people when others are picking on them?
- ♥ How do we be kind friends to one another?

## **Friendship Circle Web**

*Materials: A ball of yarn*

After watching and briefly discussing the movie clip, ask the children to sit in a circle. Explain to them that we are going to create a "Web of Friendship" by tossing the ball of yarn to one another and saying positive words of kindness.

Give the ball of yarn to the first student and ask them to say a kind word about friends or people in the circle – then holding on to the loose end of the yarn – toss it to someone across from them. That person catches the yarn ball, holds onto a piece of it, says a kind word and then tossed the yarn ball to another person. The point is that each student will have a piece of the yarn in their hand and as they say kind words and toss the yarn ball to others, they will create a web of friendship with the yarn.

# Prayer Circles

*This can be done in individual classrooms or the group can come back together at the end of class time. Assign someone to speak aloud a prayer from the heart.*

- ♥ Invite everyone to form a circle and join hands.
- ♥ Invite each person to state a simple prayer request (they may pass if they need to.)
- ♥ The group leader then voices a prayer that serves the needs of the group and focuses the attention on the earlier Prayer Circle Affirmation: ***"I seek to know the Truth in all I think, say and do."***

**Close with the Prayer for Protection.**

# The First Agreement

**“Be Impeccable With Your  
Word”**

## 1<sup>st</sup> Agreement – Week 4

*"Cultivate Faith"*

### Pre-session Activity

#### **Prayer Chains**

*Materials: Strips of paper, markers & staplers.*

Invite the children to write their prayer requests on the strips of paper. Make sure they are worded in a positive tone and reflect their desire not their problem. It is important to realize that the actual words that we use are important.

### Gathering Circle

- ♥ Welcome
- ♥ Share the Daily Word
- ♥ Announcements
- ♥ Collect the Love Offering
- ♥ Prayer Circle Affirmation: ***"I faith in my dream."***

# Lesson Focus

***"To have great faith is to have great power because your intent, your will, is undivided. When Your world isn't dissipated by doubt, the power or your word becomes even stronger."***

## Story...

**"Jesus Calms the Storm" Mark 4:36-41**

or use the synopsis below:

Story Synopsis from – "The Rhyme Bible"

"Jesus was tired from preaching all day. "It's time," he said, "To get away." Near the dock some fishing boats lay, so they got in a boat and sailed away. A gentle breeze began to blow as the evening sun was sinking low. The disciples sailed across the deep, and Jesus soon fell fast asleep. But suddenly the wind grew strong. It pushed the little boat along. When thunderclouds began to form, the disciples knew it was a storm! The waves grew tall and splashed around. The wind made such a howling sound! The little boat pitched up and down until they cried, "We're going to drown! Jesus wake up! Don't you care that waves are splashing everywhere?" Jesus lifted up his head. He looked around and then he said, "Be calm! Be still, O wind and sea!" And it was calm immediately. The disciples couldn't believe their eyes! The storm had stopped, to their surprise! But Jesus said, "You need not fear! Didn't you know that I was here? Have faith in God – He's always near."

Metaphysical Interpretation:

Jesus boarded the boat with the intention of getting away to somewhere peaceful after he had been working with people all day. As the boat sailed away – Jesus fell asleep – which means he took some time to go within and replenish himself. The disciples, which represents different parts of ourselves were fine as long as the sea was smooth. As soon as a storm came up and began to rock the boat they panicked. How many times does this happen to us – a difficulty or "storm" comes up in our lives and instead of going within we get more upset. They woke Jesus up to save them and He calmed the storm just by speaking the word of Truth. This shows us the power we have to create peace in our lives – we need to look to our Christ presence and declare the Truth we know and then have faith in it.

## Discussion Questions...

*Make sure everyone understands the actual events that happened in the story.*

- ♥ What is happening in this story?
- ♥ Who was in the boat?
- ♥ What was Jesus doing?
- ♥ What were the disciples doing?
- ♥ How did the disciples feel when the storm began?
- ♥ What did they do to Jesus?
- ♥ What did Jesus do?
- ♥ What happened after Jesus spoke the word?

*Structure these questions to see if the students understand the deeper message of the story.*

- ♥ Why did Jesus fall asleep in the boat?
- ♥ Why were the disciples so afraid?
- ♥ What does the storm represent in our lives? Have you ever felt like you were being "tossed around on a stormy sea?"
- ♥ Why did the disciples get angry with Jesus?
- ♥ Have you ever felt angry when you were really scared? Tell us about it.

*These questions should focus on how the principle being discussed can be used in their lives.*

- ♥ How did Jesus calm the storm?
- ♥ Why did it work?
- ♥ What is this story telling us?
- ♥ How can the words we use help us create good things in our lives?

***YOUR ADDITIONAL QUESTIONS...***

# Creative Expression...



## **JOLLY LOLLY LICKS**

*From:*

*Materials: Craft sticks, waxed paper, powdered sugar, butter or margarine, red food coloring, and pink cake sprinkles.*

*Before class, prepare edible dough by mixing a box of powdered sugar with 3 T melted butter and several drops of red food coloring. Mix and knead the pink dough until it's thick and stiff enough to hold its shape once molded. If the dough is too dry, add a bit more butter. If the dough is too sticky, add more powdered sugar. Store the dough in an airtight container until you need it. It will last several days.*

Set out the dough, candy sprinkles, and craft sticks. Spread wax paper where kids will be working. Gather children and say: ***I have a funny riddle for you. See if you can guess what I am talking about.***

***It's with each of us throughout our days.  
It's not sharp like a knife but can cut both ways.  
What is it?***

Allow for discussion, then if they can't figure it out say, ***"Let me give you a clue. It's the last place our words are before they reach someone's ears! Your tongue.***

Read Psalm 145:21 – *"My mouth will speak the praise of the Lord, and all flesh will bless his holy name forever and ever."*

Then discuss with them:

- ♥ **How can our words cut both ways? In other words, how do our words both help and hurt others?**
- ♥ **In what ways do our words show what we're like on the inside? How we think and feel?**
- ♥ **Why should we be careful of what words come out on our tongues?**
- ♥ **What kinds of words do you think God wants us to speak?**

Hand each child a craft stick and a golf-ball-sized lump of dough. Show kids how to fashion tongues from the dough. Be sure the candy tongues are a least ½" thick at the base. Poke the sticks through the base of the candy tongues, then sprinkle candy "taste buds" over the tops of the tongues.

After the snacks are made say, "Let's use our candy tongues and our real tongues to offer a prayer asking Spirit to help us speak sweet words at all times. When you hear me say a sweet word, repeat that word and then take one lick of your treat.

**Prayer:**

***Dear God, you are wonderful (pause)***

***Thank you for giving us kind words to say. (pause)***

***We remember to speak sweet words instead of unkind ones. (pause)***

***We speak words that encourage, lift and help others. (pause)***

***And words to praise you, too! (pause)***

***Amen.***

*Encourage the children to speak kindly to one another as they enjoy their treats.*

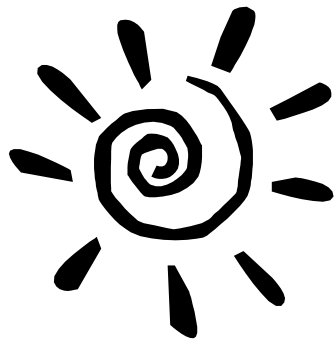
## Prayer Circles

*This can be done in individual classrooms or the group can come back together at the end of class time. Assign someone to speak aloud a prayer from the heart.*

- ♥ Invite everyone to form a circle and join hands.
- ♥ Invite each person to state a simple prayer request (they may pass if they need to.)
- ♥ The group leader then voices a prayer that serves the needs of the group and focuses the attention on the earlier Prayer Circle Affirmation: ***"My words create a beautiful dream."***

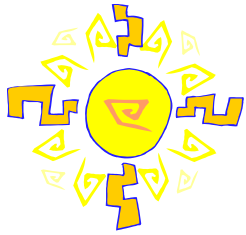
## Close with the Prayer for Protection.

# The Second Agreement



## Overview





# The Second Agreement

“Don’t Take Anything  
Personally”

## Background Information...

*Created by Cindy Spies*

### **PURPOSE:**

The purpose of the Second Agreement is to understand how important it is **Not** to feel hurt or rejected when someone give their opinion, disagrees with us or handles a situation differently than we would. It is important to take a step back, honor the Christ in each other, and realize that each person says what he says and does what he does based on the agreements he has made about how he sees the world. All opinions are valid and important. We can disagree, but yet honor the Christ in each other, and treat each other with love and respect.

### **BIBLE QUOTES THAT SUPPORT THIS LESSON:**

#### **Romans 8:6**

“If the Holy Spirit is the boss over your mind, it leads to life and peace.”

#### **Proverbs 21:28**

“A person who tells a lie about someone else will be lost, but the man who listens to the Truth will speak forever.”

#### **Isaiah 42:16**

“I will guide them. I will turn the darkness before them into light, the rough places into level ground.”

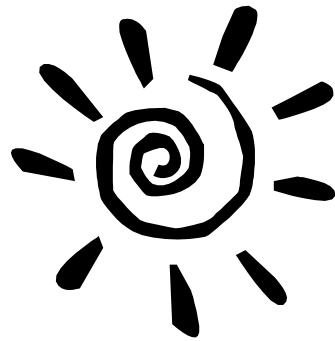
#### **I John 4:7**

“Beloved, let us know one another, because love is from God; everyone who loves is born of God and knows God.”

## **IMPORTANT POINTS**

- ♥ I trust and respect the Christ Spirit in me, my inner guide to help me understand what is true about me.
- ♥ I need to go apart, be still and give the Christ Spirit a chance to “talk” through me and to guide me.
- ♥ I cannot make someone love and respect me. I can only honor the Christ in me. When I honor and respect the Christ in me, I can see the Christ in you – and you can see the Christ in me. Wow! Life is good! We can honor and respect the Christ in each other even though we may disagree about things.
- ♥ No one can hurt me unless I give them permission to, even though the Christ in me knows better.
- ♥ When I think someone has hurt me, I take a step back, and remember who I am. I am God’s child and I remember to honor and respect the Christ in me. I bless the person who may have hurt me, and realize that this person momentarily forget to honor the Christ in both of us. I will continue to honor the Christ in both of us. The peace I feel in my heart and express in the world can only have a good effect on both of us.
- ♥ *"If someone is not treating you with love and respect, it is a gift if they walk away from you." Don Miguel Ruiz*

# The Second Agreement



## Weekly Lessons

# The Second Agreement

**“Don’t Take Anything  
Personally”**

## 2<sup>nd</sup> Agreement – Week 1

*"Love and Respect Yourself"*

### Pre-session Activity

#### **Prayer Chains**

*Materials: Strips of paper, markers & staplers.*

Invite the children to write their prayer requests on the strips of paper. Make sure they are worded in a positive tone and reflect their desire not their problem. It is important to realize that the actual words that we use are important.

### Gathering Circle

- ♥ Welcome
- ♥ Share the Daily Word
- ♥ Announcements
- ♥ Collect the Love Offering
- ♥ Prayer Circle Affirmation: ***"I belief in myself because I Am a child of God."***

# Lesson Focus

***"The first step in getting past the negative opinions of others is for us to have a strong sense of self-respect. We also need to have faith in God and in ourselves as this will help us when people don't see the wonderful gifts we have to offer."***

## Story...

**"The Story of Job"** Job 1-42

We will use the movies to set up the lesson for this week – *SELF-RESPECT* –, so we will begin with Job next week.



### **MOVIE CLIP**

**Preschool, Kindergarten & 1<sup>st</sup> Grade**

#### **"Veggie Tales – Larryboy"**

*Watch the entire movie.*

#### Discussion:

Discuss the movie.

### **Second to Uniteens**

#### **"Simon Birch"**

*Clip begins: 31 minutes, 15 seconds      Clip Ends: 32 minutes, 45 seconds*

#### Clip Description

Miss Leavey grills Simon, berating him for misbehaving. She tells him he doesn't belong in church and questions his belief that God will use him. Miss Wentworth rescues Simon, telling Miss Leavey that Simon has more faith than she will ever understand.

Simon doesn't believe Miss Leavy's opinion of him. He KNOWS from a source within himself that he is worthwhile and has an important contribution to make.

- ♥ Why do you think Miss Leavy is upset with Simon?
- ♥ Why does she think he has no value to God?
- ♥ How does Simon feel about her opinion?
- ♥ What power does Simon have in overcoming her negative opinion?
- ♥ Where can Simon turn to for help?
- ♥ Have you ever been in a similar situation?
- ♥ What did you do?
- ♥ Have your friends ever said anything about you that was unkind?
- ♥ How did you react?
- ♥ What are some things we can do to make ourselves feel better?

### ***YOUR ADDITIONAL QUESTIONS...***

## **Creative Expression...**

### **Self-Respect**

*Materials: Colored paper & markers, stencils if needed.*

Using large decorative letters – write your name up & down along the left-hand side of the paper. Then using the each of the letters – create a word or phrase that says something positive about yourself.

H appy

A thletic

R easonable

R eally fun

Y oung

# Prayer Circles

*This can be done in individual classrooms or the group can come back together at the end of class time. Assign someone to speak aloud a prayer from the heart.*

- ♥ Invite everyone to form a circle and join hands.
- ♥ Invite each person to state a simple prayer request (they may pass if they need to.)
- ♥ The group leader then voices a prayer that serves the needs of the group and focuses the attention on the earlier Prayer Circle Affirmation: ***"I seek to know the Truth in all I think, say and do."***

**Close with the Prayer for Protection.**

# The Second Agreement

**“Don’t Take Anything  
Personally”**

## 2<sup>nd</sup> Agreement – Week 2

*"Be Immune to the Opinion of Others"*

### Pre-session Activity

#### **Prayer Chains**

*Materials: Strips of paper, markers & staplers.*

Invite the children to write their prayer requests on the strips of paper. Make sure they are worded in a positive tone and reflect their desire not their problem. It is important to realize that the actual words that we use are important.

### Gathering Circle

- ♥ Welcome
- ♥ Share the Daily Word
- ♥ Announcements
- ♥ Collect the Love Offering
- ♥ Prayer Circle Affirmation: ***"No matter what I encounter, I know I am a special person."***



# Lesson Focus

***"What others say and do is a projection of their own reality their own dream. When you are immune to the opinions and actions of others, you won't be the victim of needless suffering."***

## Story...

**"Jonah & the Whale" Job 1-42**

*Adapted from: "The Lion Storyteller Bible"*

### Literal Story

Jonah was a groaner. That's right a groaner. So when God told him to go to Nineveh and tell the people there to straighten up, what did Jonah do? Jonah groaned, "Not Nineveh!" he groaned. "Anywhere but Nineveh. The people who live there are not very nice and I don't like them!" This was just Jonah's opinion but God wanted him to go anyway. So what did Jonah do? He bought himself a ticket for a boat ride, a boat ride that would take him far away from Nineveh. God listened to Jonah groan. God watched him buy his ticket, but God still wanted Jonah to go to Nineveh.

So when the boat reached the deepest part of the sea, a great storm arose. "God, help us!" cried a sailor. "We're sinking!" "God must be very angry," cried the captain, with someone here on board." And what did Jonah do? Jonah groaned. "It's me, Jonah groaned. "I'm the one God is angry with. He told me to go to Nineveh, and here I am sailing in the opposite direction. Throw me into the sea and your troubles will be over."

The sailors then threw Jonah into the water and the almost immediately the sea grew calm. "Oh, dear," Jonah groaned, "I'm sinking, I going to drown." "Oh my," Jonah groaned, "that is the biggest fish I've ever seen!" And before he could groan another groan the fish opened its mouth and swallowed Jonah whole.

It was God who sent the fish – to rescue Jonah and to give him time to think. He had plenty to groan about, of course – the fish's slimy belly, the seaweed, the smell. But Jonah was still alive and that was something to cheer about! So Jonah stopped his groaning and prayer a prayer:

"I was sinking, Lord. I was drowning. But you saved me.  
So now I will do whatever you want."

Three days later, the fish spat Jonah up on a beach. And Jonah kept his promise, he went straight to Nineveh and told the people that they needed to shape up. Forty days is all you have and if you don't change by then, your city will be destroyed.

The people of Nineveh listened and they changed from the King right down to the poorest slave. They stopped being mean to one another and stopped talking about one another. And what did Jonah do? Jonah groaned and sat down under in the shadow of a tree. "I knew this would happen," he groaned. "You are a loving God who loves to forgive. But I still think the people of Nineveh stink! I wish they had been destroyed!" Then, while Jonah was sleeping a worm destroyed his tree. When Jonah woke up he groaned again, "The tree is dead and now I have no shade." "Oh, Jonah," God sighed. "You cry about the tree but you still say mean things about the people of Nineveh. I want you to be kind to them and love them." "And finally," God added, "I want you to stop your groaning!"

## Metaphysical Interpretation

Jonah was basically a good man but he did not like the people of Nineveh and he did not want to help them. He said mean things about them to everyone who would listen. He did everything he could to avoid going to Nineveh to help them. He let his opinions of them rule his mind and he was not interested in looking beyond their appearance and finding something good about them. But, God (the Christ presence within us) wants us to look past our beliefs about some people and see the good in them. If we are in a position to help someone then we should do that and not get caught up in the opinions of others or even ourselves. When Jonah ignored what he was supposed to be doing – he encountered many difficulties and then he ended up in Nineveh anyway. So, this story shows us how important it is to be kind to one another and not be influenced by negative things others say and believe.

## Discussion Questions...

*Make sure everyone understands the actual events that happened in the story.*

- ♥ What did God want Jonah to do?
- ♥ How did Jonah respond?
- ♥ Why did Jonah buy a boat ticket?
- ♥ What happened to him on the boat?
- ♥ What happened to him after he was thrown into the water?
- ♥ Where did the fish take Jonah?
- ♥ What did Jonah do when he got there?
- ♥ How did he feel about doing it?

*Structure these questions to see if the students understand the deeper message of the story.*

- ♥ Why didn't Jonah want to go to Nineveh?
- ♥ What did he believe about the people there?
- ♥ What are some reasons he might have believed that?
- ♥ Why did Jonah groan so much?
- ♥ Why did he end up helping the people? Was he happy about it? How could you tell?

*These questions should focus on how the principle being discussed can be used in their lives.*

- ♥ What could Jonah have done instead of groaning all the time?
- ♥ What could he have done that would have helped him understand the people of Nineveh?
- ♥ Have you ever not wanted to be around people that you heard negative things about?
- ♥ Was your opinion based on your direct experience or a rumor?
- ♥ Have you ever been treated unfairly because of something people believed was true but may not have been? How did it make you feel?
- ♥ If we hear negative things about people what are some things we should do?

# Creative Expression...



## Discovery Zone

### **Two-Person Drama**

*From: "Act it Out!"*

These Two-Person Dramas place students in dramatic opposition to one another. To set the drama, the class must be in pairs. For example, one person is Jonah and the other is God (or the Christ within). All pairs do the drama simultaneously. The more your class does "Two-Person Drama," the quicker and deeper the students drop into the roles you provide for them. How these challenges are played out give students insight into God's power of love and acceptance.

### **Background Preparation**

#### Learner Goals

- ♥ Recognize the power of the Christ within in all situations.
- ♥ Become more familiar with the Bible stories.
- ♥ Improve concentration and verbal skills.

#### Preparation

- ♥ Choose the story – "JONAH & THE WHALE"
- ♥ Read over the story to understand the background of the disagreement.
- ♥ Write out two or three scenarios for the two characters. *See below:*

#### Scenario

**Person 1:** God

**Person 2:** Jonah

#### **Scenarios:**

1. How can God convince Jonah that it is in his best interest to let go of his opinions and help the people of Nineveh?
2. Can Jonah convince God that it is OK to treat some people differently?
3. What happens when we decide to be kind to one another?

### **Putting It All Together**

1. Read the story to the class.
2. Divide the class into pairs in which one person is God and one is Jonah.
3. Read the first scenario and invite the pairs to each argue their point. Then reverse roles.
4. Then act out the remaining scenarios and reverse roles.
5. Follow up with a discussion based on the following questions:
  - a. What was it like to be each of the characters?
  - b. Who would you rather be and why?
  - c. What did you learn about this story and how can you apply it to your life?

### **Stick Puppets**

*Materials: 3 craft sticks for each child, cut-outs of God, Jonah & the whale for each child, glue, and markers.*

Invite the children to create 3 puppets and re-tell the story of Jonah using their own words and understanding. Encourage them to explore the importance of being kind to people.

## **Prayer Circles**

*This can be done in individual classrooms or the group can come back together at the end of class time. Assign someone to speak aloud a prayer from the heart.*

- ♥ Invite everyone to form a circle and join hands.
- ♥ Invite each person to state a simple prayer request (they may pass if they need to.)
- ♥ The group leader then voices a prayer that serves the needs of the group and focuses the attention on the earlier Prayer Circle Affirmation: ***"No matter what I encounter, I know that I am a special person."***

**Close with the Prayer for Protection.**

# The Second Agreement

**“Don’t Take Anything  
Personally”**

## 2<sup>nd</sup> Agreement – Week 3

*"See Others As They Really Are"*

### Pre-session Activity

#### **Prayer Chains**

*Materials: Strips of paper, markers & staplers.*

Invite the children to write their prayer requests on the strips of paper. Make sure they are worded in a positive tone and reflect their desire not their problem. It is important to realize that the actual words that we use are important.

### Gathering Circle

- ♥ Welcome
- ♥ Share the Daily Word
- ♥ Announcements
- ♥ Collect the Love Offering
- ♥ Prayer Circle Affirmation: ***"I see the world through loving eyes."***

# Lesson Focus

***"When you see other people as they are without taking it personally, you can never be hurt by what they say or do."***

## Story...

**"Jonah & the Whale" Job 1-42**

*Adapted from: "The Lion Storyteller Bible"*

### Literal Story

Jonah was a groaner. That's right a groaner. So when God told him to go to Nineveh and tell the people there to straighten up, what did Jonah do? Jonah groaned, "Not Nineveh!" he groaned. "Anywhere but Nineveh. The people who live there are not very nice and I don't like them!" This was just Jonah's opinion but God wanted him to go anyway. So what did Jonah do? He bought himself a ticket for a boat ride, a boat ride that would take him far away from Nineveh. God listened to Jonah groan. God watched him buy his ticket, but God still wanted Jonah to go to Nineveh.

So when the boat reached the deepest part of the sea, a great storm arose. "God, help us!" cried a sailor. "We're sinking!" "God must be very angry," cried the captain, with someone here on board." And what did Jonah do? Jonah groaned. "It's me, Jonah groaned. "I'm the one God is angry with. He told me to go to Nineveh, and here I am sailing in the opposite direction. Throw me into the sea and your troubles will be over."

The sailors then threw Jonah into the water and the almost immediately the sea grew calm. "Oh, dear," Jonah groaned, "I'm sinking, I going to drown." "Oh my," Jonah groaned, "that is the biggest fish I've ever seen!" And before he could groan another groan the fish opened its mouth and swallowed Jonah whole.

It was God who sent the fish – to rescue Jonah and to give him time to think. He had plenty to groan about, of course – the fish's slimy belly, the seaweed, the smell. But Jonah was still alive and that was something to cheer about! So Jonah stopped his groaning and prayer a prayer:

"I was sinking, Lord. I was drowning. But you saved me.  
So now I will do whatever you want."

Three days later, the fish spat Jonah up on a beach. And Jonah kept his promise, he went straight to Nineveh and told the people that they needed to shape up. Forty days is all you have and if you don't change by then, your city will be destroyed.

The people of Nineveh listened and they changed from the King right down to the poorest slave. They stopped being mean to one another and stopped talking about one another. And what did Jonah do? Jonah groaned and sat down under in the shadow of a tree. "I knew this would happen," he groaned. "You are a loving God who loves to forgive. But I still think the people of Nineveh stink! I wish they had been destroyed!" Then, while Jonah was sleeping a worm destroyed his tree. When Jonah woke up he groaned again, "The tree is dead and now I have no shade." "Oh, Jonah," God sighed. "You cry about the tree but you still say mean things about the people of Nineveh. I want you to be kind to them and love them." "And finally," God added, "I want you to stop your groaning!"

### Metaphysical Interpretation

Jonah was basically a good man but he did not like the people of Nineveh and he did not want to help them. He said mean things about them to everyone who would listen. He did everything he could to avoid going to Nineveh to help them. He let his opinions of them rule his mind and he was not interested in looking beyond their appearance and finding something good about them. But, God (the Christ presence within us) wants us to look past our beliefs about some people and see the good in them. If we are in a position to help someone then we should do that and not get caught up in the opinions of others or even ourselves. When Jonah ignored what he was supposed to be doing – he encountered many difficulties and then he ended up in Nineveh anyway. So, this story shows us how important it is to be kind to one another and not be influenced by negative things others say and believe.

## **Discussion Questions...**

*Make sure everyone understands the actual events that happened in the story.*

- ♥ What did God want Jonah to do?
- ♥ What did Jonah think of the people of Nineveh?
- ♥ Why didn't he want to help them?

*Structure these questions to see if the students understand the deeper message of the story.*

- ♥ How did Jonah's opinion of the people of Nineveh hurt him? What happened to him because he refused to go to Nineveh?
- ♥ What other choices could Jonah have made?

*These questions should focus on how the principle being discussed can be used in their lives.*

- ♥ What could have happened to Jonah if he didn't let his opinions affect his life so much?
- ♥ What are some things that we can do to see the good in others, no matter what we might have heard?
- ♥ Why is it so important for us to do that?

### **ADDITIONAL QUESTIONS:**

## Creative Expression...



## Creation Station

### **Masks: Looking Past Appearances**

*Materials: White plastic masks, sequins, feathers, beads, ribbon, glitter, small strips of paper, glue and markers.*

Encourage the children to create a mask that represents who they appear to be to the whole and then on the inside of the mask write an affirmation describing who they truly are inside.

## **Prayer Circles**

*This can be done in individual classrooms or the group can come back together at the end of class time. Assign someone to speak aloud a prayer from the heart.*

- ♥ Invite everyone to form a circle and join hands.
- ♥ Invite each person to state a simple prayer request (they may pass if they need to.)
- ♥ The group leader then voices a prayer that serves the needs of the group and focuses the attention on the earlier Prayer Circle Affirmation: **"I see the world through loving eyes."**

**Close with the Prayer for Protection.**



# The Second Agreement

**“Don’t Take Anything  
Personally”**

2<sup>nd</sup> Agreement – Week 4

*“Embrace Your Freedom”*

## Pre-session Activity

### **Prayer Chains**

*Materials: Strips of paper, markers & staplers.*

Invite the children to write their prayer requests on the strips of paper. Make sure they are worded in a positive tone and reflect their desire not their problem. It is important to realize that the actual words that we use are important.

## Gathering Circle

- ♥ Welcome
- ♥ Share the Daily Word
- ♥ Announcements
- ♥ Collect the Love Offering
- ♥ Prayer Circle Affirmation: ***“I am free and unlimited! I am a divine child of God.”***

# Lesson Focus

***"You gain a huge amount of freedom when you take nothing personally. No spell can affect you regardless of how strong it may be. And if you live without fear, if you love, you will be happy with your life."***

## Story...

**"Jonah & the Whale" Job 1-42**

*Adapted from: "The Lion Storyteller Bible"*

### Literal Story

Jonah was a groaner. That's right a groaner. So when God told him to go to Nineveh and tell the people there to straighten up, what did Jonah do? Jonah groaned, "Not Nineveh!" he groaned. "Anywhere but Nineveh. The people who live there are not very nice and I don't like them!" This was just Jonah's opinion but God wanted him to go anyway. So what did Jonah do? He bought himself a ticket for a boat ride, a boat ride that would take him far away from Nineveh. God listened to Jonah groan. God watched him buy his ticket, but God still wanted Jonah to go to Nineveh.

So when the boat reached the deepest part of the sea, a great storm arose. "God, help us!" cried a sailor. "We're sinking!" "God must be very angry," cried the captain, with someone here on board." And what did Jonah do? Jonah groaned. "It's me, Jonah groaned. "I'm the one God is angry with. He told me to go to Nineveh, and here I am sailing in the opposite direction. Throw me into the sea and your troubles will be over."

The sailors then threw Jonah into the water and the almost immediately the sea grew calm. "Oh, dear," Jonah groaned, "I'm sinking, I going to drown." "Oh my," Jonah groaned, "that is the biggest fish I've ever seen!" And before he could groan another groan the fish opened its mouth and swallowed Jonah whole.

It was God who sent the fish – to rescue Jonah and to give him time to think. He had plenty to groan about, of course – the fish's slimy belly, the seaweed, the smell. But Jonah was still alive and that was something to cheer about! So Jonah stopped his groaning and prayer a prayer:

"I was sinking, Lord. I was drowning. But you saved me.

So now I will do whatever you want."

Three days later, the fish spat Jonah up on a beach. And Jonah kept his promise, he went straight to Nineveh and told the people that they needed to shape up. Forty days is all you have and if you don't change by then, your city will be destroyed.

The people of Nineveh listened and they changed from the King right down to the poorest slave. They stopped being mean to one another and stopped talking about one another. And what did Jonah do? Jonah groaned and sat down under in the shadow of a tree. "I knew this would happen," he groaned. "You are a loving God who loves to forgive. But I still think the people of Nineveh stink! I wish they had been destroyed!" Then, while Jonah was sleeping a worm destroyed his tree. When Jonah woke up he groaned again, "The tree is dead and now I have no shade." "Oh, Jonah," God sighed. "You cry about the tree but you still say mean things about the people of Nineveh. I want you to be kind to them and love them." "And finally," God added, "I want you to stop your groaning!"

### Metaphysical Interpretation

Jonah was basically a good man but he did not like the people of Nineveh and he did not want to help them. He said mean things about them to everyone who would listen. He did everything he could to avoid going to Nineveh to help them. He let his opinions of them rule his mind and he was not interested in looking beyond their appearance and finding something good about them. But, God (the Christ presence within us) wants us to look past our beliefs about some people and see the good in them. If we are in a position to help someone then we should do that and not get caught up in the opinions of others or even ourselves. When Jonah ignored what he was supposed to be doing – he encountered many difficulties and then he ended up in Nineveh anyway. So, this story shows us how important it is to be kind to one another and not be influenced by negative things others say and believe.

## **Discussion Questions...**

*Make sure everyone understands the actual events that happened in the story.*

- ♥ What did God want Jonah to do?
- ♥ How did Jonah respond?
- ♥ What happened to Jonah?

*Structure these questions to see if the students understand the deeper message of the story.*

- ♥ What would Jonah's life have been like if he had let go of his negative opinions at the beginning and followed God's guidance?
- ♥ What happens to us when we follow God's guidance?

*These questions should focus on how the principle being discussed can be used in their lives.*

- ♥ What are some things we can do to make the world a better place?

### **ADDITIONAL QUESTIONS:**

# Creative Expression...



## Color With Joy

*From: "Edible Object Talks"*

*Materials: White poster board cut into art palette shapes, licorice sticks, gel icing in various colors and graham crackers.*

Set out the snack ingredients, then gather kids and say: **Let's begin by playing a game. We'll slap our knees two times, then clap our hands twice, then snap our fingers two times. When we are familiar with the rhythm, we'll go around the circle and each person can name a color after the snap-snap. Let's see how many colors we can name.**

Play until you have named all the colors you can think of. Then say: **Think of all the colors God used to paint the world so beautifully. There's the dewy green of new spring grass, the sparkling blue of the sea and its reflection on water – and just think of the soft orange of fresh, ripe peaches. Colors are something we often take for granted since we see them all the time. But just imagine how boring everything would be if God had not created colors! How do you think we should respond to all of God's creative coloring?**

Read Psalm 136:1-9      Then ask:

- ♥ Why is it important to recognize even the small things that people do for us?
- ♥ What would life be like without beauty?
- ♥ How can we show appreciation for all that we have?

Then hand each child a poster-board palette and a licorice stick. Show kids how to nibble one end of the sticks and bite them gently to fray the ends into "paintbrushes." Then squeeze a small dollop of each color of gel icing onto the palettes and have the kids paint a thank-you card to someone in their lives onto the graham cracker.

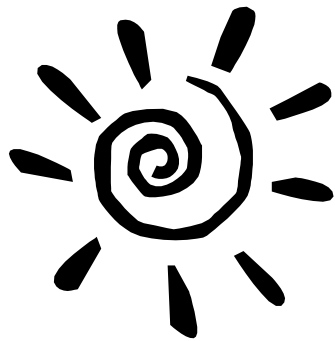
# Prayer Circles

*This can be done in individual classrooms or the group can come back together at the end of class time. Assign someone to speak aloud a prayer from the heart.*

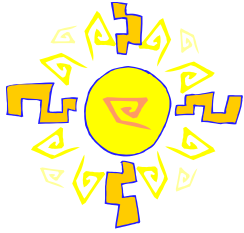
- ♥ Invite everyone to form a circle and join hands.
- ♥ Invite each person to state a simple prayer request (they may pass if they need to.)
- ♥ The group leader then voices a prayer that serves the needs of the group and focuses the attention on the earlier Prayer Circle Affirmation: ***"I am free and unlimited! I am a divine child of God."***

**Close with the Prayer for Protection.**

# The Third Agreement



## Overview



# The Third Agreement

“Don’t Make Assumptions”

## Background Information...

*Created by Cindy Spies*

### **PURPOSE:**

The purpose of the Third Agreement is to understand how important it is to state our thoughts, to voice our needs and to ask for additional information so that we can communicate more clearly. When our communication is clear, it is much easier to honor the Christ in ourselves and others.

### **BIBLE QUOTES THAT SUPPORT THIS LESSON:**

#### **Matthew 21:22**

“All things you ask for in prayer, you will receive if you have faith.”

#### **Luke 6:36**

“You must have loving-kindness just as your Father has loving-kindness. Do not say what is wrong in other people’s lives. Then other people will not say what is wrong in your life. Do not say someone is guilty. Forgive other people and other people will forgive you.”

#### **Luke 6:43-45**

“A good tree cannot have bad fruit. A bad tree cannot have good fruit. For every tree is known by its fruit. Men do not gather twigs from thorns. They do not gather grapes from thistles. Good comes from a good man because of the richness he has in his heart. The mouth speaks what the heart is full of.”

#### **Proverbs 15:22**

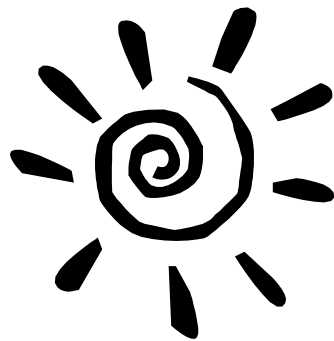
“Plans go wrong without talking together, but they will go well when wise men talk about what to do.”

## **IMPORTANT POINTS:**

- ♥ When we make an assumption about the meanings of what another person is saying or doing, we are headed for trouble! We take a big chance in causing a problem in our relationship with that person because we don't take the time to ask for more information, to find out what the person really means.
- ♥ It is especially easy to assume that the people whom we're closest to SHOULD be able to read our minds, to KNOW how we feel, to ANTICIPATE our needs before we even state them. We ASSUME that "IF YOU REALLY CARE ABOUT ME," then that person will KNOW what to do to make us happy. And when the person FAILS to do so, we become upset and TAKE IT PERSONALLY.
- ♥ We are often critical of ourselves and ASSUME that other people will judge us just as harshly as we judge ourselves. That's why sometimes we have a fear of being ourselves around others.
- ♥ ASK, ASK, ASK, ASK! Ask for clarification. Ask for additional information. When we ask for more information, we are in effect saying, "I want to honor the Christ in you and me. I want to understand what you mean. Will you help me to understand? Tell me more..."
- ♥ Gossip is poison, because it is based on assumptions. Gossip totally dishonors the Christ in others. Gossip is spreading around assumptions.
- ♥ Find the courage to ask questions and express what you really want. Communicate with others as clearly as you can to avoid misunderstandings, sadness and drama. With just this one agreement, you can completely transform your life.
- ♥ The human mind creates a lot of chaos, which causes us to misinterpret everything and misunderstand everything. We only see what we want to see and hear what we want to hear. We don't perceive things the way they are. We literally dream things up in our imaginations. Because we don't understand something, we make an assumption about the meaning, and when the Truth comes out, we find out it was not what we thought it was at all.
- ♥ We make the assumption that everyone sees life the way we do. We also make assumptions about ourselves, and this creates a lot of inner conflict. You overestimate or underestimate yourself because you haven't taken the time to ask yourself questions and to answer them.
- ♥ Just imagine the day that you stop making assumptions with your friends and eventually with everyone else in your life. Your way of communicating will change completely, and your relationships will no longer suffer from conflicts created by mistaken assumptions.



# The Third Agreement



## Weekly Lessons

# The Third Agreement

**“Don’t Make Assumptions”**

## 3<sup>rd</sup> Agreement – Week 1

*“Communicate Clearly With Others”*

### Pre-session Activity

#### **Prayer Chains**

*Materials: Strips of paper, markers & staplers.*

Invite the children to write their prayer requests on the strips of paper. Make sure they are worded in a positive tone and reflect their desire not their problem. It is important to realize that the actual words that we use are important.

### Gathering Circle

- ♥ Welcome
- ♥ Share the Daily Word
- ♥ Announcements
- ♥ Collect the Love Offering
- ♥ Prayer Circle Affirmation: ***“I communicate clearly so my ideas are understood.”***

# Lesson Focus

***"Speak openly and honestly about what you want and need. Ask for what you want, don't make people guess."***

## Story...

**"Esther Saves the Day"** *The Book of Esther*  
*From: "The Rhyme Bible"*

### Literal Story

Once there was a king who had almost everything. But he still wasn't happy, for he didn't have a queen. The wise men suggested that he issue this command: Let a search be made in every corner of the land! Now Esther was an orphan who lives with Mordecai. The king's men saw her as they were riding by. They took her to the palace and brought her to the king. The king was very pleased with her and chose her as his queen. Mordecai would often sit beside the palace gate. He saw a man named Haman who was riding proud and straight. When Haman looked at Mordecai, his heart was filled with hate, for Mordecai would never bow as Haman passed the gate. Haman was so angry that he went and got permission to kill God's special people, the Jewish population. The rule went out across the land to people everywhere. When Mordecai heard of it, it filled him with despair. He told Queen Esther, "You must go and kneel before the king. Perhaps you can persuade him to stop this awful thing!"

So Esther fixed a banquet as soon as she was able. She asked the king and Haman to join her at the table. The king was very happy with the dinner she had made. "Please tell me what you want," he said. "You needn't be afraid!" Esther cried, "Please spare my life and save my people too! This wicked man has made a plan to murder every Jew!" The king jumped up and hollered, "Haman, is this true? Then you will die and Mordecai will rule instead of you." The people made a holiday to celebrate the way that Esther saved her people's lives on that important day!

***For Older children you can use "BIBLE STORIES FOR CHILDREN" Page 176.***

### Metaphysical Interpretation

In this story Esther was a Jewish queen for the Persian people. The king did not know that Esther was Jewish when he was tricked by Haman into allowing all of the Jewish people to be killed. Esther knew that she must take action. By all appearances – anyone who went before the king and displeased him was killed. Esther was worried about displeasing him because she wanted him to spare her people. She gathered her courage and her faith and did not make negative assumptions and in a unique way asked the king to spare her people. But not assuming that she would fail, Esther made a big difference in history.

## Discussion Questions...

*Make sure everyone understands the actual events that happened in the story.*

- ♥ How was Esther made queen?
- ♥ What is happening in the story?

*Structure these questions to see if the students understand the deeper message of the story.*

- ♥ Why did Haman want to kill all of the Jewish people?
- ♥ Why do you think the king Okayed his plan?
- ♥ Why were Mordecai and Esther so upset over these plans?
- ♥ Why was Esther afraid to speak up at first? What was she assuming?
- ♥ Why did she change her mind and ask to see the king?
- ♥ What happened when she asked him to spare the Jewish people?

*These questions should focus on how the principle being discussed can be used in their lives.*

- ♥ How does this story relate to the Agreement: *"Speak openly and honestly about what you want and need. Ask for what you want, don't make people guess.*
- ♥ What could have happened if Esther had kept silent?
- ♥ Has there every been a time when you needed to speak up about something you needed?  
What did you do? What happened?

***ADDITIONAL QUESTIONS:***

# Creative Expression...



## Musical Interpretation

Choose some lively music and invite the children to dance and feel the music.

# Prayer Circles

*This can be done in individual classrooms or the group can come back together at the end of class time. Assign someone to speak aloud a prayer from the heart.*

- ♥ Invite everyone to form a circle and join hands.
- ♥ Invite each person to state a simple prayer request (they may pass if they need to.)
- ♥ The group leader then voices a prayer that serves the needs of the group and focuses the attention on the earlier Prayer Circle Affirmation: ***"I communicate clearly so my ideas are understood."***

**Close with the Prayer for Protection.**

# The Third Agreement

**“Don’t Make Assumptions”**

## 3<sup>rd</sup> Agreement – Week 2

***“Assume Nothing”***

### Pre-session Activity

#### **Prayer Chains**

*Materials: Strips of paper, markers & staplers.*

Invite the children to write their prayer requests on the strips of paper. Make sure they are worded in a positive tone and reflect their desire not their problem. It is important to realize that the actual words that we use are important.

### Gathering Circle

- ♥ Welcome
- ♥ Share the Daily Word
- ♥ Announcements
- ♥ Collect the Love Offering
- ♥ Prayer Circle Affirmation: ***“I ask for clarity if I am not sure of what to do next.”***

# Lesson Focus

*"Sometimes you must act on faith because appearance can be deceiving."*

## Story...



### MOVIE – Preschool to 1<sup>st</sup> grade

**"Esther, The Girl Who Became Queen"** (*Veggie Tales*)  
*36 Minutes*

"The king needs a new queen, and Esther has been chosen! But she is about to find out that being queen is going to take more courage than she ever imagined. When a small-town girl wakes up with the weight of the world on her shoulders and the fate of her people in her hands, can she find the courage to do what's right? Filled with the drama, humor and great music, the *"Girl Who Became Queen"* teaches kids that you never need to be afraid to do what's right."

## Discussion Questions...

*Make sure everyone understands the actual events that happened in the story.*

- ♥ How was Esther made queen?
- ♥ What is happening in the story?

*Structure these questions to see if the students understand the deeper message of the story.*

- ♥ Why did Haman want to kill all of the Jewish people?
- ♥ Why do you think the king OKayed his plan?
- ♥ Why were Mordecai and Esther so upset over these plans?
- ♥ Why was Esther afraid to speak up at first? What was she assuming?
- ♥ Why did she change her mind and ask to see the king?
- ♥ What happened when she asked him to spare the Jewish people?

*These questions should focus on how the principle being discussed can be used in their lives.*

- ♥ How does this story relate to the Agreement: *"Speak openly and honestly about what you want and need. Ask for what you want, don't make people guess."*
- ♥ What could have happened if Esther had kept silent?

- ♥ Has there every been a time when you needed to speak up about something you needed? What did you do? What happened?

### ***ADDITIONAL QUESTIONS:***

## **MOVIE – 2<sup>nd</sup> to 8<sup>th</sup> Grade**

### **“Indiana Jones & The Last Crusade”**

***Clip begins: 1hour 47 minutes***

***Clip ends: 1 hour 48 minutes***

In this clip Indy stands at a chasm that separates him from the Holy Grail. He must take an impossible step of faith in order to cross. He does so, stepping out into thin air, and discovers an “invisible” walkway across the chasm.

## **Discussion Questions...**

*Make sure everyone understands the actual events that happened in the story.*

- ♥ What is happening in the story?

*Structure these questions to see if the students understand the deeper message of the story.*

- ♥ What did Indy have to do? Why?
- ♥ Why was it important for him to get the Holy Grail?
- ♥ How did he feel about crossing the chasm?
- ♥ What did he see and assume would happen?

*These questions should focus on how the principle being discussed can be used in their lives.*

- ♥ Why did he start to cross the chasm?
- ♥ What do you think helped him cross?
- ♥ Have you ever felt you had to step out into “thin air?” What did you do?
- ♥ What could have happened if you assumed you wouldn’t succeed and you took no action?
- ♥ Why is it important to ask for clarity if we are unsure of something?

### ***ADDITIONAL QUESTIONS:***



# Creative Expression...

## Love Notes

*Materials: Card stock, stickers, markers*

Invite the children to create love notes to people who are important to them and to the people of the world. It is not enough for us to assume people know we love them. It is up to us to SHOW them that we do.

# Prayer Circles

*This can be done in individual classrooms or the group can come back together at the end of class time. Assign someone to speak aloud a prayer from the heart.*

- ♥ Invite everyone to form a circle and join hands.
- ♥ Invite each person to state a simple prayer request (they may pass if they need to.)
- ♥ The group leader then voices a prayer that serves the needs of the group and focuses the attention on the earlier Prayer Circle Affirmation: **"I ask for clarity if I am unsure of what to do next."**

**Close with the Prayer for Protection.**

# The Third Agreement

**“Don’t Make Assumptions”**

## 3<sup>rd</sup> Agreement – Week 3

*“Say Goodbye to Sadness & Drama”*

### Pre-session Activity

#### **Prayer Chains**

*Materials: Strips of paper, markers & staplers.*

Invite the children to write their prayer requests on the strips of paper. Make sure they are worded in a positive tone and reflect their desire not their problem. It is important to realize that the actual words that we use are important.

### Gathering Circle

- ♥ Welcome
- ♥ Share the Daily Word
- ♥ Announcements
- ♥ Collect the Love Offering
- ♥ Prayer Circle Affirmation: ***“I Am unlimited because I take the time to see the Truth.”***

# Lesson Focus

***"Sadness and drama are rooted in making assumptions and taking things personally. When we take the time to discern the Truth we say goodbye to sadness and drama."***

## Story...

**"Esther Saves the Day"** *The Book of Esther*  
From: "The Rhyme Bible"

### Literal Story

Once there was a king who had almost everything. But he still wasn't happy, for he didn't have a queen. The wise men suggested that he issue this command: Let a search be made in every corner of the land! Now Esther was an orphan who lives with Mordecai. The king's men saw her as they were riding by. They took her to the palace and brought her to the king. The king was very pleased with her and chose her as his queen. Mordecai would often sit beside the palace gate. He saw a man named Haman who was riding proud and straight. When Haman looked at Mordecai, his heart was filled with hate, for Mordecai would never bow as Haman passed the gate. Haman was so angry that he went and got permission to kill God's special people, the Jewish population. The rule went out across the land to people everywhere. When Mordecai heard of it, it filled him with despair. He told Queen Esther, "You must go and kneel before the king. Perhaps you can persuade him to stop this awful thing!"

So Esther fixed a banquet as soon as she was able. She asked the king and Haman to join her at the table. The king was very happy with the dinner she had made. "Please tell me what you want," he said. "You needn't be afraid!" Esther cried, "Please spare my life and save my people too! This wicked man has made a plan to murder every Jew!" The king jumped up and hollered, "Haman, is this true? Then you will die and Mordecai will rule instead of you." The people made a holiday to celebrate the way that Esther saved her people's lives on that important day!

### Metaphysical Interpretation

In this story Esther was a Jewish queen for the Persian people. The king did not know that Esther was Jewish when he was tricked by Haman into allowing all of the Jewish people to be killed. Esther knew that she must take action. By all appearances – anyone who went before the king and displeased him was killed. Esther was worried about displeasing him because she wanted him to spare her people. She gathered her courage and her faith and did not make negative assumptions and in a unique way asked the king to spare her people. But not assuming that she would fail, Esther made a big difference in history.

***For Older children you can use "BIBLE STORIES FOR CHILDREN" Page 176. The story from this book needs to be shared & briefly discussed before doing the Creative Expression activity.***

# Discussion Questions...

*Make sure everyone understands the actual events that happened in the story.*

- ♥ How was Esther made queen?
- ♥ What is happening in the story?

*Structure these questions to see if the students understand the deeper message of the story.*

- ♥ Why did Haman want to kill all of the Jewish people?
- ♥ Why do you think the king Okayed his plan?
- ♥ Why were Mordecai and Esther so upset over these plans?
- ♥ Why was Esther afraid to speak up at first? What was she assuming?
- ♥ Why did she change her mind and ask to see the king?
- ♥ What happened when she asked him to spare the Jewish people?

*These questions should focus on how the principle being discussed can be used in their lives.*

- ♥ How does this story relate to the Agreement: "*Sadness and drama are rooted in making assumptions and taking things personally. When we take the time to discern the Truth we say goodbye to sadness and drama.*"
- ♥ Esther thought about how to approach the king for a long time – she planned it out. Why do you think she did that instead of running right in and demanding to be heard?
- ♥ Have you ever acted impulsively or without thinking first and created even more problems? Tell us about it.
- ♥ Why do you think it is important to think before you act?

## **ADDITIONAL QUESTIONS:**

# Creative Expression



## Discovery Zone

### OLDER CHILDREN:

#### Ace Reporter

**Purpose:** The Ace Reporter is reporting on the events of the Bible story as it is acted out by the other students. They have the opportunity to interview each character to get their perspective on what just happened.

**Characters & their Assumptions** Read the attached story to the actors so that they have a feel for what things their characters are “assuming.” They need to understand this in order to be able to complete the action.

- ♥ **Narrator:** *Reads the story as the action begins.*
- ♥ **The Reporter:** *He has no assumptions and is there to uncover the Truth.*
- ♥ **The King:** *He assumed that he could trust Haman’s judgment and that he was a good and honest man.*
- ♥ **Haman:** *He assumed the king was weak and would let him do what ever he wanted to.*
- ♥ **Esther:** *She was afraid that the king would not want to talk to her and would kill her if she dared to try to speak to him uninvited.*
- ♥ **Mordecai:** *Was wise – he got the details about Haman before he took action against him.*
- ♥ *Additional students can be guards or can watch the drama and then act it out the second time around.*

#### **The Action:**

The Narrator **reads the attached “news story” aloud** to the reporter and tells him/her to get to Persian immediately in order to discover the Truth of what really happened because Haman was disputing the events and there were many conflicting reports.

The Ace Reporter goes to “Persian” and finds **all of the main characters talking at once and arguing with each other about their assumptions. When they see the reporter they each want his attention so they can tell their side of the story.** There were a lot of assumptions flying back and forth and the reporter is assigned to uncover the Truth. **He does this by interviewing each character, one at a time.**

**QUESTIONS FOR THE REPORTER TO ASK:** *As the reporter asks the questions the character answers them and if they so desire the other characters can argue with the answers. The other characters can also be talking amongst themselves.*

**The King:**

1. Why did you make Haman your Prime Minister?
2. What did he do that was so wonderful?
3. Why did you assume that he was a man of honor?
4. How do you feel about your decision now that he plot was uncovered?
5. What would you do differently next time?

**Haman:**

1. How did you get the king to trust you so much?
2. Why did you think you would get away with such an evil plot?
3. Why did you underestimate Mordecai?
4. How do you feel about your assumptions now?

**Esther**

1. Why did you assume the king would not want to talk to you?
2. What would have happened if you hadn't taken any action?
3. What did you learn from this experience?

**Mordecai**

1. To what do you attribute you incredible understanding and insight?
2. How did you know what to do?
3. How do you feel about what has happened?

Once the interviews are complete the Ace Reporter can wrap it up by summing up the details discussed.

**YOUNGER CHILDREN:**

**Clay Sculptures**

*Materials: Clay, pipe cleaners, beads, misc. materials.*

Encourage each child to create each of the characters from the materials supplied and to then reenact the story.

# Prayer Circles

*This can be done in individual classrooms or the group can come back together at the end of class time. Assign someone to speak aloud a prayer from the heart.*

- ♥ Invite everyone to form a circle and join hands.
- ♥ Invite each person to state a simple prayer request (they may pass if they need to.)
- ♥ The group leader then voices a prayer that serves the needs of the group and focuses the attention on the earlier Prayer Circle Affirmation: ***"I Am unlimited because I take the time to see the Truth."***

**Close with the Prayer for Protection.**

# The Third Agreement

**“Don’t Make Assumptions”**

## 3<sup>rd</sup> Agreement – Week 4

*“Be Yourself Around Others”*

### Pre-session Activity

#### **Prayer Chains**

*Materials: Strips of paper, markers & staplers.*

Invite the children to write their prayer requests on the strips of paper. Make sure they are worded in a positive tone and reflect their desire not their problem. It is important to realize that the actual words that we use are important.

### Gathering Circle

- ♥ Welcome
- ♥ Share the Daily Word
- ♥ Announcements
- ♥ Collect the Love Offering
- ♥ Prayer Circle Affirmation: ***“I am an unique expression of God. I am good the way I am.”***



# Lesson Focus

***"The biggest assumption that humans make is that everyone sees life the way we do. We need to understand that we are all unique expressions of God."***

## Story...

**"Esther Saves the Day"** *The Book of Esther*  
From: "The Rhyme Bible"

### Literal Story

Once there was a king who had almost everything. But he still wasn't happy, for he didn't have a queen. The wise men suggested that he issue this command: Let a search be made in every corner of the land! Now Esther was an orphan who lives with Mordecai. The king's men saw her as they were riding by. They took her to the palace and brought her to the king. The king was very pleased with her and chose her as his queen. Mordecai would often sit beside the palace gate. He saw a man named Haman who was riding proud and straight. When Haman looked at Mordecai, his heart was filled with hate, for Mordecai would never bow as Haman passed the gate. Haman was so angry that he went and got permission to kill God's special people, the Jewish population. The rule went out across the land to people everywhere. When Mordecai heard of it, it filled him with despair. He told Queen Esther, "You must go and kneel before the king. Perhaps you can persuade him to stop this awful thing!"

So Esther fixed a banquet as soon as she was able. She asked the king and Haman to join her at the table. The king was very happy with the dinner she had made. "Please tell me what you want," he said. "You needn't be afraid!" Esther cried, "Please spare my life and save my people too! This wicked man has made a plan to murder every Jew!" The king jumped up and hollered, "Haman, is this true? Then you will die and Mordecai will rule instead of you." The people made a holiday to celebrate the way that Esther saved her people's lives on that important day!

### Metaphysical Interpretation

In this story Esther was a Jewish queen for the Persian people. The king did not know that Esther was Jewish when he was tricked by Haman into allowing all of the Jewish people to be killed. Esther knew that she must take action. By all appearances – anyone who went before the king and displeased him was killed. Esther was worried about displeasing him because she wanted him to spare her people. She gathered her courage and her faith and did not make negative assumptions and in a unique way asked the king to spare her people. But not assuming that she would fail, Esther made a big difference in history.

## Discussion Questions...

*Make sure everyone understands the actual events that happened in the story.*

- ♥ How was Esther made queen?
- ♥ What is happening in the story?

*Structure these questions to see if the students understand the deeper message of the story.*

- ♥ Why did Haman want to kill all of the Jewish people?
- ♥ Why do you think the king Okayed his plan?
- ♥ Why were Mordecai and Esther so upset over these plans?
- ♥ Why was Esther afraid to speak up at first? What was she assuming?

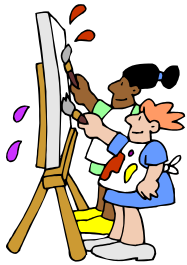
- ♥ Why did she change her mind and ask to see the king?
- ♥ What happened when she asked him to spare the Jewish people?

*These questions should focus on how the principle being discussed can be used in their lives.*

- ♥ How does this story relate to the Agreement: *"The biggest assumption that humans make is that everyone sees life the way we do. We need to understand that we are all unique expressions of God."*
- ♥ Esther thought about how to approach the king for a long time – she planned it out. Why do you think she did that instead of running right in and demanding to be heard?
- ♥ Have you ever acted impulsively or without thinking first and created even more problems? Tell us about it.
- ♥ Why do you think it is important to think before you act?

### **ADDITIONAL QUESTIONS:**

## **Creative Expression**



Creation Station

### **Who Am I?**

*Materials: Cardboard Squares, Polaroid camera & film, glue, markers, sequins, feathers, beads, etc.*

Take a picture of each child as they enter and then encourage them to create a picture of themselves, with symbols and writing that tells the story of who they are.

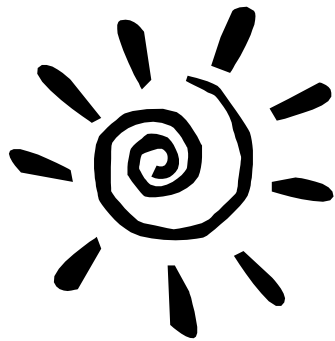
# Prayer Circles

*This can be done in individual classrooms or the group can come back together at the end of class time. Assign someone to speak aloud a prayer from the heart.*

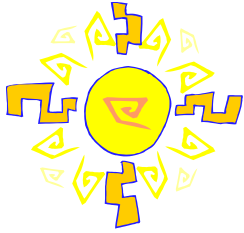
- ♥ Invite everyone to form a circle and join hands.
- ♥ Invite each person to state a simple prayer request (they may pass if they need to.)
- ♥ The group leader then voices a prayer that serves the needs of the group and focuses the attention on the earlier Prayer Circle Affirmation: ***"I am an unique expression of God. I am good the way I am."***

**Close with the Prayer for Protection.**

# The Fourth Agreement



## Overview



# The Fourth Agreement

**“Always Do Your Best”**

## Background Information...

### **PURPOSE:**

The purpose of the Third Agreement is to understand how important it is to always do your best. Under any circumstance, always do your best, no more and no less. Even though your best may change from moment to moment, always strive to do the best that you can at the time.

### **BIBLE QUOTES THAT SUPPORT THIS LESSON:**

#### **I Cor. 15:58**

“Be ye steadfast, unmoveable, always abounding in the work of the Lord.”

#### **Gal 6:9**

“Let us not be weary in well doing; for in due season we shall reap.”

#### **Eccl. 9:10**

“Whatsoever thy hand findeth to do, do it with thy might.”

#### **1 Cor. 10:31**

“Do all to the glory of God.”

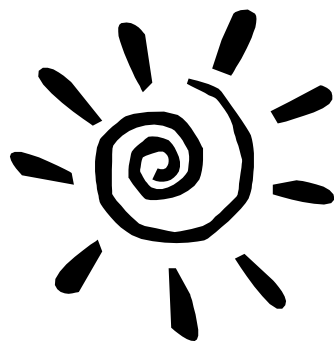
#### **Deuteronomy 11:13**

“Love the Lord your God and serve him with all your heart, and with all your soul and he will give you rain for all seasons.”

## **IMPORTANT POINTS:**

- ♥ Everything is alive and changing all the time, so your best will sometimes be high quality, and other times it will not be as good. Your best will depend on whether you are feeling wonderful and happy or upset, angry or jealous.
- ♥ In your everyday moods your best can change from one moment to another, from one hour to the next, from one day to another. Your best will also change over time. As you build the habit of the four new agreements, your best will become better than it used to be.
- ♥ If you try too hard to do more than your best, you will spend more energy than is needed and in the end your best will not be enough. If you do less than your best, you subject yourself to frustrations, self-judgment, guilt and regrets.
- ♥ Just do your best – in any circumstance in your life. If you always do your best there is no way you can judge yourself. And if you don't judge yourself there is no way you are going to suffer from guilt, blame and self-punishment.
- ♥ Doing your best, you are going to live your life intensely. You are going to be productive, you are going to be good to yourself, because you will be giving yourself to your family, to your community, to everything.
- ♥ If you have done your best, and someone judges you, you've got the answer, "I did my best." There are no regrets. That is why we always do our best.
- ♥ Doing your best really doesn't feel like work because you enjoy whatever you are doing. You know you're doing your best when you are enjoying the action or doing it in a way that will not have negative repercussions for you. You do your best because you want to do it, not because you have to do it.
- ♥ When you are doing your best just for the pleasure of doing it, you are taking action because you enjoy the action. Action is about living fully. Inaction is the way that we deny life.

# The Fourth Agreement



## Weekly Lessons

# The Fourth Agreement

*“Always Do Your Best”*

## 4<sup>th</sup> Agreement – Week 1

*“Your Best Will Change From Moment to Moment”*

### Pre-session Activity

#### **Prayer Chains**

*Materials: Strips of paper, markers & staplers.*

Invite the children to write their prayer requests on the strips of paper. Make sure they are worded in a positive tone and reflect their desire not their problem. It is important to realize that the actual words that we use are important.

### Gathering Circle

- ♥ Welcome
- ♥ Share the Daily Word
- ♥ Announcements
- ♥ Collect the Love Offering
- ♥ Prayer Circle Affirmation: *“I always do my best.”*



# Lesson Focus

***"Your best will depend on how your are feeling so do the best that you can under any circumstance.."***

## Story...

**"David & Goliath"** I Sam 17

*Adapted from: "The Lion Storyteller Bible"*

### Literal Story

Who was mean and tall and strong? A giant named Goliath! Who had spear that was sharp and long! A giant named Goliath! Every morning and every night Goliath! Every morning and every night Goliath tried to pick a fight. "Come and get me if you can!" But all God's people turned and ran. A boy named David came one day. He heard what Goliath had to say. But David said, "This man's a clod! He's making fun of the Living God! The king found out what David said, but then the king just shook his head. "How can someone as young as you expect to do what a soldier can't do?" "God will be with me," David said. So at last the king nodded his head. David turned and left the king. He took his staff and he took his sling. He walked on down to a little stream where he found five stones that were smooth and clean.

Goliath saw David, and it made him mad. He let out a roar to frighten the lad. But David kept coming. He didn't run away. And that's when Goliath heard him say, "YOU come to me with a spear and a sword. But I come to you in the name of the Lord!"

David made the sling go around and around. The stone flew up with a whistling sound, and giant Goliath fell to the ground.

### Metaphysical Interpretation

Goliath was a bully and he believed that since he was so big that he could defeat everyone. He relied on other people's fears in order to win. But, David understood his connection to God and he knew that the Christ within him was his true strength. When we rely on the Christ presence within us we are able to accomplish great things, even things we previously thought were beyond our abilities.

## Discussion Questions...

*Make sure everyone understands the actual events that happened in the story.*

- ♥ Who was Goliath?
- ♥ What was he doing to the people of Israel?
- ♥ How did the people of Israel respond to him?
- ♥ Who was the only one who would fight Goliath?
- ♥ How did he defeat Goliath?

*Structure these questions to see if the students understand the deeper message of the story.*

- ♥ How do you think David felt when he learned that Goliath wanted to fight him?
- ♥ How did David prepare himself?

*These questions should focus on how the principle being discussed can be used in their lives.*

- ♥ Why did David believe he could win?
- ♥ Explain how David did his best in this situation.
- ♥ Have you ever had to face a difficult situation? What did you do?
- ♥ Did you do your best? Why or why not?

**ADDITIONAL QUESTIONS:**

## Creative Expression...



## Discovery Zone

### Silly Olympics

*See attached materials:*

*ALWAYS DO YOUR BEST!*

## Prayer Circles

*This can be done in individual classrooms or the group can come back together at the end of class time. Assign someone to speak aloud a prayer from the heart.*

- ♥ Invite everyone to form a circle and join hands.
- ♥ Invite each person to state a simple prayer request (they may pass if they need to.)
- ♥ The group leader then voices a prayer that serves the needs of the group and focuses the attention on the earlier Prayer Circle Affirmation: **"I always do my best."**

## Close with the Prayer for Protection.

# The Fourth Agreement

## *“Always Do Your Best”*

### 4<sup>th</sup> Agreement – Week 2

*“Take Action on Your Ideas”*

### **Pre-session Activity**

#### **Prayer Chains**

*Materials: Strips of paper, markers & staplers.*

Invite the children to write their prayer requests on the strips of paper. Make sure they are worded in a positive tone and reflect their desire not their problem. It is important to realize that the actual words that we use are important.

### **Gathering Circle**

- ♥ Welcome
- ♥ Share the Daily Word
- ♥ Announcements
- ♥ Collect the Love Offering
- ♥ Prayer Circle Affirmation: ***“I have good ideas and I make them come true.”***

# Lesson Focus

***"Doing your best means to take action. You can have many great ideas in your head, but without action upon an idea, there will be no manifestation, no results and no reward."***

## Story...

**"David & Goliath"** I Sam 17

*Adapted from: "The Lion Storyteller Bible"*

### Literal Story

Who was mean and tall and strong? A giant named Goliath! Who had spear that was sharp and long! A giant named Goliath! Every morning and every night Goliath! Every morning and every night Goliath tried to pick a fight. "Come and get me if you can!" But all God's people turned and ran. A boy named David came one day. He heard what Goliath had to say. But David said, "This man's a clod! He's making fun of the Living God! The king found out what David said, but then the king just shook his head. "How can someone as young as you expect to do what a soldier can't do?" "God will be with me," David said. So at last the king nodded his head. David turned and left the king. He took his staff and he took his sling. He walked on down to a little stream where he found five stones that were smooth and clean.

Goliath saw David, and it made him mad. He let out a roar to frighten the lad. But David kept coming. He didn't run away. And that's when Goliath heard him say, "YOU come to me with a spear and a sword. But I come to you in the name of the Lord!"

David made the sling go around and around. The stone flew up with a whistling sound, and giant Goliath fell to the ground.

### Metaphysical Interpretation

Goliath was a bully and he believed that since he was so big that he could defeat everyone. He relied on other people's fears in order to win. But, David understood his connection to God and he knew that the Christ within him was his true strength. When we rely on the Christ presence within us we are able to accomplish great things, even things we previously thought were beyond our abilities.

## Discussion Questions...

*Make sure everyone understands the actual events that happened in the story.*

- ♥ Who was Goliath?
- ♥ What was he doing to the people of Israel?
- ♥ How did the people of Israel respond to him?
- ♥ Who was the only one who would fight Goliath?
- ♥ How did he defeat Goliath?

*Structure these questions to see if the students understand the deeper message of the story.*

- ♥ How do you think David felt when he learned that Goliath wanted to fight him?
- ♥ How did David prepare himself?

*These questions should focus on how the principle being discussed can be used in their lives.*

- ♥ Why did David believe he could win?
- ♥ What action did he take?
- ♥ What good ideas do you have right now?
- ♥ What action can you take on them?

### **ADDITIONAL QUESTIONS:**

## **Creative Expression...**



Creation Station

### **Shine On**

*Materials: Star cutouts, glow-in-the-dark paint & markers, string or wire.*

Give each child a star and then ask them to come up with one "good idea" that they can do right now that will make our world a better place. Then, write the idea on the star in the glow-in-the-dark paint. Add their name to the back of it. Hang the stars from the ceiling, turn out the lights and watch the ideas glow!!!

## **Prayer Circles**

*This can be done in individual classrooms or the group can come back together at the end of class time. Assign someone to speak aloud a prayer from the heart.*

- ♥ Invite everyone to form a circle and join hands.
- ♥ Invite each person to state a simple prayer request (they may pass if they need to.)
- ♥ The group leader then voices a prayer that serves the needs of the group and focuses the attention on the earlier Prayer Circle Affirmation: **"I have good ideas and I make them come true."**

# The Fourth Agreement

**“Always Do Your Best”**

## 4<sup>th</sup> Agreement – Week 3

*"Our Agreement With Ourselves"*

### Pre-session Activity

#### **Prayer Chains**

*Materials: Strips of paper, markers & staplers.*

Invite the children to write their prayer requests on the strips of paper. Make sure they are worded in a positive tone and reflect their desire not their problem. It is important to realize that the actual words that we use are important.

### Gathering Circle

- ♥ Welcome
- ♥ Share the Daily Word
- ♥ Announcements
- ♥ Collect the Love Offering
- ♥ Prayer Circle Affirmation: ***"I am a divine child of God. I love the me I AM!"***

# Lesson Focus

***"It is important for us to honor ourselves and to like ourselves just as we are. We must take action on our dreams."***

## Story...

**"David & Goliath"** I Sam 17

*Adapted from: "The Lion Storyteller Bible"*

### Literal Story

Who was mean and tall and strong? A giant named Goliath! Who had spear that was sharp and long! A giant named Goliath! Every morning and every night Goliath! Every morning and every night Goliath tried to pick a fight. "Come and get me if you can!" But all God's people turned and ran. A boy named David came one day. He heard what Goliath had to say. But David said, "This man's a clod! He's making fun of the Living God! The king found out what David said, but then the king just shook his head. "How can someone as young as you expect to do what a soldier can't do?" "God will be with me," David said. So at last the king nodded his head. David turned and left the king. He took his staff and he took his sling. He walked on down to a little stream where he found five stones that were smooth and clean.

Goliath saw David, and it made him mad. He let out a roar to frighten the lad. But David kept coming. He didn't run away. And that's when Goliath heard him say, "YOU come to me with a spear and a sword. But I come to you in the name of the Lord!"

David made the sling go around and around. The stone flew up with a whistling sound, and giant Goliath fell to the ground.

### Metaphysical Interpretation

Goliath was a bully and he believed that since he was so big that he could defeat everyone. He relied on other people's fears in order to win. But, David understood his connection to God and he knew that the Christ within him was his true strength. When we rely on the Christ presence within us we are able to accomplish great things, even things we previously thought were beyond our abilities.

## Discussion Questions...

*Make sure everyone understands the actual events that happened in the story.*

- ♥ Who was Goliath?
- ♥ What was he doing to the people of Israel?
- ♥ How did the people of Israel respond to him?
- ♥ Who was the only one who would fight Goliath?
- ♥ How did he defeat Goliath?

*Structure these questions to see if the students understand the deeper message of the story.*

- ♥ How do you think David felt when he learned that Goliath wanted to fight him?
- ♥ How did David prepare himself?

*These questions should focus on how the principle being discussed can be used in their lives.*

- ♥ Why did David believe he could win?
- ♥ Explain how David did his best in this situation.
- ♥ Have you ever had to face a difficult situation? What did you do?
- ♥ Did you do your best? Why or why not?

***ADDITIONAL QUESTIONS:***

## Creative Expression...



**OLDER CHILDREN:**

**Eternity Investments**

*Materials: Eternity Investment sheets & markers*

Complete the sheets and make a commitment to yourself.

**ALL CHILDREN:**

**Treasure Maps**

*Materials: Construction paper, various magazines, glue, markers, glitter, etc.*

Encourage the children to create a collage of all of their talents, abilities, hopes, dreams and desires and then create a statement to add to the bottom of how they will live their lives to the best of their abilities.



# Prayer Circles

*This can be done in individual classrooms or the group can come back together at the end of class time. Assign someone to speak aloud a prayer from the heart.*

- ♥ Invite everyone to form a circle and join hands.
- ♥ Invite each person to state a simple prayer request (they may pass if they need to.)
- ♥ The group leader then voices a prayer that serves the needs of the group and focuses the attention on the earlier Prayer Circle Affirmation: ***"I am a divine child of God. I love the me I AM!"***

**Close with the Prayer for Protection.**

# Silly Olympics Games Rules for Events

---

Because of the international nature of the WWW, it is essential that rules are standardised across countries. I have tried not to assume anything, and although I may use brand names at times where I consider the brands to be international, I will always give general characteristics of items used.

If you have any queries, additions or suggestions to these rules, please let me know at [info@youth.co.za](mailto:info@youth.co.za)

---

## Contents

- ◆ [Running the evening](#)
  - ◆ [String Eating 5m](#)
  - ◆ [Eat 3 Marie Biscuits and Whistle 3 Notes](#)
  - ◆ [Down a Can of Coke](#)
  - ◆ [Marshmallows in Mouth](#)
  - ◆ [Seated Chair Against a Wall](#)
  - ◆ [Push a matchbox across a carpeted floor](#)
  - ◆ [Holding Lit Match](#)
  - ◆ [Lighting Candles with One Match](#)
  - ◆ [Paper Plate Frisbee Discus \(outdoor\)](#)
  - ◆ [Plastic straw Javelin](#)
  - ◆ [Put the Peanut](#)
  - ◆ [Cotton Wool Ball Shotput](#)
  - ◆ [Coin Catching](#)
  - ◆ [House of Cards](#)
  - ◆ [Ski Race](#)
  - ◆ [Standing Jump](#)
  - ◆ [Shoelace Tying](#)
  - ◆ [Rowing Regatta](#)
- 

## Running the Evening

The Goofy Olympics can become one of your most successful annual events. It requires quite a bit of preparation up front, and lots of equipment, but is really worth the effort.

- The best method I have found to run the evening is to choose 3 combined events and at least 4 separate events.
- Start by breaking the youth group into as many groups as you have separate events (some separate

events, like discus and javelin, and the match events, can be combined).

- Begin with a combined event (recommend string eating). Thereafter, send each of the groups to a different "station", where a leader will be on hand to take them through an event. Give them at least 15 minutes at each event. After the allotted time period, get them to move to the next event, in rotation. The leaders at each event will stay the same, and must have a scoresheet where they record people's names and the top scores for the event. (P.S. This is also a great way to find out people's names - you know, when you know they think you know, and you know you should know, but you don't know, and you know you're embarrassed to ask them their name again...).

- Once they are half way through the events, bring them together for another combined event (recommend the food events - eating biscuits, downing coke, marshmallows). Then go back to the separate events. Finish with a combined event (recommend another of the food events).

- If you have more time, I have found it a good idea to leave one rotation at the end where people can go back to their favourite event, and try to break the existing record.

- Follow the events with a talk, preferably by a Christian athlete, while the judges get the score cards from the individual stations, and write out winner's certificates, with the winning distance, time, amount, etc. (Prepare the templates for each event certificate before the start of the evening).

- Have an awards ceremony to finish the evening off.

- Finally, please report any records established during your evening to me.

**Go back to contents**

---

## String Eating 5m

The string used is standard packaging string. The string should have a minimum of four strands, and be (in total) a minimum of 1 millimetre thick.

This is a good event to start the evening. Break the group into two equal teams (preferably guys and girls). Have them stand in two rows, opposite a partner. Take the pre-cut 5 metre lengths of string, and give one end to each partner. They put this end in their mouths, and put their hands behind their backs. On your call, they begin to "eat" the string, without the use of their hands. The winning couple is the first to touch lips.

Make sure that you have a bin or bag handy for the people to spit the string into at the end. It's pretty gross when its all chewed up!

**Go back to contents**

---

## Eat 3 Marie Biscuits and Whistle 3 Notes

Marie biscuits are round, flat, "butter" biscuits, about 4mm thick and 6.5 centimetres in diameter. When soggy they tend to stick to your mouth.

This is a good combined event, where everybody participates, or you call for volunteers. Get the people to stand in a row, and give each of them three marie biscuits. On your command, they must eat all three, and the winner will be the first person to be able to whistle three different and distinct notes, without a flurry of biscuits coming out as well.

You will need a few judges here. When a person is ready to attempt to whistle, they must summon a judge, who will listen. The time is the time from beginning to the end of the third note

**[Go back to contents](#)**

---

## **Down a Can of Coke**

Sorry to all those Pepsi, Cola, etc, fans, but there just isn't anything like a can of Coca Cola. The cans are 350ml, and are not punctured in any way. The cans are opened by the contestants just before the command to begin drinking.

This is another good combined event, either for everyone (if your budget can handle it), or for volunteers. The contestants stand in a row, and each is given a can. On your command they open the cans. On your next command they begin to drink. When finished drinking, they must place the can upside down on their head, to prove that there isn't anything left inside.

Watch for the funniest sight in youth ministry - Coke coming out through the nose of a contestant!!

**[Go back to contents](#)**

---

## **Marshmallows in Mouth (without swallowing or chewing)**

It is virtually impossible to standardise marshmallows, since hardness cannot be measured easily. But the best marshmallows are not "fluffy and light" nor are they bricks. Try to get marshmallows about 4cm long and 2.5cm wide (tubular).

This is a great combined event, and an old favourite. Just be warned that choking is a side effect of stuffing things into your mouth. Begin each contestant with 5 marshmallows.

**[Go back to contents](#)**

---

## **Seated "Chair" Against the Wall**

This is an event for the real he-men in your youth group. There is no equipment required, except a blank patch of smooth wall.

Line up against the wall, with your backs right against the wall. Slowly move down the wall, "walking" your feet out, until you are in a sitting position - i.e. your thighs are parallel to the floor, and your knees are at a 90 degree angle. Your back should still be against the wall. Your hands should be on your thighs or knees. The winner is the last person who can remain in this position

Disqualification occurs when you lift a foot off the ground; when you touch the wall or floor with your hands; when you touch the floor with any part of your body other than your feet; when you move your back off of the wall completely, or when you scream out in pain and fall into a heap of muscle spasms.

**[Go back to contents](#)**

---

## **Push a matchbox across a carpeted floor**

You need an empty matchbox for each person and a hall (preferably carpeted). The matchbox must be empty, and is 5.2cm x 3.7cm x 1.6cm. In the hall, measure out a 20m track, which is as straight as possible. If your hall is less than 20m long, then go up one wall and along the adjacent wall - do not have more than a 90 degree turn in your track.

Contestants line up at the start, with their hands on the floor, and their noses on a matchbox which is on the floor. On your command they push the matchbox with their nose to the finish line. They are disqualified if they touch the box with anything other than their nose.

**[Go back to contents](#)**

---

## **Holding Lit Match**

Use a standard Lion match, 4.3cm long and 2mm square all round. Ensure that no-one tampers with the head of the match, which should be about 5mm long. This event should be held in an area that can take lit matches being dropped, that is fairly well ventilated, but has no draughts.

Each contestant lights a match and holds it as long as they can. When they drop it, or when the match goes out, their time is recorded.

**[Go back to contents](#)**

---

## **Lighting Candles with One Match**

For this event, use nice long candles, set up in candle holders. Use standard Lion matches, 4.3cm long and 2mm square all round.

Each contestant gets a pile of matches and a candle. Light one match. Light the candle with that match. Blow the candle out, but not the match. Relight the candle with that match. Blow the candle out again. Relight it, etc, etc. Count how many times you can light the candle with the one match. If the match goes out, it can be relit from the candle, as long as the candle is still alight. If both match and candle are out - so are you!

Be careful of match tampering - especially putting wax on burnt out matches. This is not allowed!

**[Go back to contents](#)**

---

## **Paper Plate Frisbee Discus (outdoor)**

The paper plates used in this event, are standard paper plates, preferably without the laminated or plastic coating. They are cardboard, with crinkled edges, round and about 25cm in diameter.

Contestants stand with their feet behind a line. They flip, throw, spin, toss the plates across an open space. The distance measured is where the plate ENDS UP (not necessarily where it lands) to the throwing line. Plates cannot be torn, bent, folded or changed in any other way.

**[Go back to contents](#)**

---

## **Plastic straw Javelin**

Plastic straws, about 25cm in length, and 4mm in diameter are used. Try to find ones that don't have that bendy bit in the middle.

Contestants stand with their feet behind a line. They flip, throw, spin, toss the straws across an open space. The distance measured is where the straw ENDS UP (not necessarily where it lands) to the throwing line. Straws cannot be torn, bent, folded or changed in any other way. Note especially that nothing can be put inside the straw before it is thrown.

**[Go back to contents](#)**

---

## **Put the Peanut**

Spit a peanut as far as you can. One peanut at a time. Shot Put rules apply for the feet - ie. no stepping over the line.

**[Go back to contents](#)**

---

## **Cotton Wool Ball Shotput**

This is a new event, so if you do it, please tell me the size of the cotton wool ball.

Contestants stand with their feet behind a line. They flip, throw, spin, toss the cotton wool balls across an open space. The distance measured is where the ball ENDS UP (not necessarily where it lands) to the throwing line. Cotton Wool balls cannot be torn, bent, folded or changed in any other way, and cannot have anything added to them, especially not water or any other liquid.

**[Go back to contents](#)**

---

## **Coin Catching**

For South Africans, use old 2c or new 5c coins for this event. These coins are 2.1 cm in diameter, and 1.5mm thick.

Take your hand, and place it palm upwards on your shoulder. Your elbow should now be pointing out in front of you. Take a pile of these coins and place them on the end of your elbow (you will find a nice flat spot there). Now pull your elbow down quickly and your hand over the top and grab the coins in your

hand. Count the number of coins you managed to catch - this is your score.

Note that the coins can be piled in more than one pile on your elbow. Do this event in front of a wall, and move all furniture away, as coins go all over the place.

**[Go back to contents](#)**

---

## **House of Cards**

Use a number of packs of standard playing cards. Try to get the laminated ones, that are 9cm long and 6.5cm wide.

On a secure base, build a house of cards, by stacking the cards up. Each completed level of the house (it is complete when it has at least one card flat on the top) is counted. The cards can be put on their ends, or on their sides at each level.

**[Go back to contents](#)**

---

## **Ski Race**

Take two 2x4 pieces of wood six feet long. Nail four pair of shoes (four shoes on each board). Put people in the shoes. On "go" the team must race 20m to a traffic cone (or other marker), make a turn around the cone and come back to the starting line. The course should be a lane 12m wide, 30m long, the cone should be 20m from the start/finish line and in the middle of lane.

Thanks to Rob Hurt [seekhim@flash.net](mailto:seekhim@flash.net) for this idea.

**[Go back to contents](#)**

---

## **Standing Jump**

Contestants stand behind a line on the ground. Both feet must be behind the line. Without moving their feet before take off, jump as far forward as possible (i.e. no run up, steps, or any other foot movement before the jump). The distance from the line to the closest point that ANY part of their body touches the ground is the distance jumped.

You may wish to break this age and gender groups to be really fair to everyone.

**[Go back to contents](#)**

---

## **Shoelace Tying**

Individuals sit in chairs with a 24" shoelace on floor under the right or left shoe (depending on the

contestant's "handed-ness"). At starting whistle, contestants must tie a knot and bow. When finished then must stand with hands in air, (this stops the timer).

The shoelace placed on the floor under shoe eliminates the need for everyone to wear shoes with laces.

**[Go back to contents](#)**

---

## Rowing Regatta

You sit on the floor and put your hands on your knees. You have to propel yourself backwards by moving your feet to your bottom and then pushing yourself backwards. You can use your hands for balance (i.e. if you start overbalancing, you can use a hand to stop yourself falling) but not to move yourself.

This can be done in singles - either against the clock or in a race.

It can also be done in pairs, quads (fours) and eights. When you are in these multiple people races, you must sit very close together, the one at the back must hold the person in front's waist and somehow manage to stay together whilst "rowing".

**[Go back to contents](#)**

---

If you have any queries, additions or suggestions to these rules, please let me know at [info@youth.co.za](mailto:info@youth.co.za)

**Please Note that no-one, especially myself, can take responsibility for any of your actions, or the actions of people doing any of the above events. At all times, ensure that proper safety precautions are taken.**

---

Return to [Silly Olympics page](#)  
Return to [Youth South Africa Home Page](#)