



**A Celebration of Our
12 Powers**

**Family Study Material
"POWER"**

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Lesson 5: Overview



Apostle: *Phillip*

Color: *Purple*

Location In The Body: *Base of Tongue; Voice Box*

Ability: *To have mastery of Divine Ideas;
To speak words of Truth*

Power is the ability to have mastery of Divine Ideas and to use the power of our thoughts and words to bring these Divine Ideas into being. We are the power of God in action.

Definition

Revealing Word

Man's innate control over his thoughts and feelings. The mind and body of man have power to transform energy from one plane of consciousness to another. In mind, power is increased thru exalted ideas. These show us the relation between the world without and the mind within. The conscious power of thought (spiritual power) is released in our body by spiritualizing our consciousness--by erasing negative thoughts and becoming one with God-Mind.

Power Points

- God is power and we are power in action.
- True power is not about power over people or controlling circumstances but the power of how we use our mind and our words to bring forth God ideas.
- True power is being wise enough to have mastery of our thoughts, words and feelings.
- Everything in the world is first created by something we are thinking.
- When you put your thoughts into words, you name the form which Spirit will take.
- We can change our thoughts, and thereby change our lives.

Bible Quotes

John 6:7

"Through Phillip the word is charged with power."

Matthew 28:18

"All power is given to me in heaven and in earth."

Psalms 19:14

"Let the words of my mouth and the meditation of my heart be acceptable to you, O Lord, my rock and my redeemer."

Matthew 4:39

"He woke up and rebuked the wind, and said to the sea, 'Peace, be still!' Then the wind ceased and there was a dead calm."

LESSON-AT-A-GLANCE

Bible Story	“Jesus Calms the Storm” Matthew 8:18-27
Synopsis of Story	This is a story of how Jesus used his inner power and his voice to calm the rough sea.
Deeper Meaning of Story	Through this story we are able to explore the ways we sometimes forget that the Christ presence is always with us. When we find ourselves in difficult situations is our first reaction to fly off the handle, looking in the outer world for our answers? It invites us to consider what might happen if we turned within and focused on the Christ presence that is always there, sometimes sleeping if we have not been doing our own inner work. But, with the power of just our words, we are able to awaken this presence within us and to change our lives.

CREATIVE ACTIVITY SUPPLIES

Title	<u>Words Released</u>	<u>Power Words</u>	<u>Creating Peace</u>
Age Group	Kids	Adults & Teens	Adults & Teens
Supplies	<ul style="list-style-type: none"> • Bubbles, 1/child • Plastic bowls and plates • 18 or 20 gauge wire, 1 yard/child • Big acrylic beads • Needle nose pliers • Wire cutters • Cookie cutters and jars for shapes • Tacky glue 	<ul style="list-style-type: none"> • Blank paper • Markers • Pencils 	<ul style="list-style-type: none"> • Meditation Music • Blank paper • Markers • Pencils



Power

Opening Activities

Greeting

- Greeting the participants as they arrive creates an atmosphere of community and inclusiveness.
- It is an opportunity to provide them with lesson materials and any other information they may need.

Opening Prayer

- Call the group together at the appointed time by playing music or sounding a chime. Welcome everyone.
- **Centering Breath:** Always begin with a centering breath. This helps to release stress, bring their attention to the present moment, focuses the brain and connects the heart.

Example:

Take a breath in and feel your belly expand and your shoulders relax. Hold. Release, allowing your belly to fully contract and your shoulders to remain relaxed. As you continue to breathe in this manner, move your attention to your heart center and breathe in and out, feeling your heart energy expanding and filling every part of you.

- **Prayer**

Dear Mother, Father God. I am filled with the same creative power that brought our world into being. As I sit in daily prayerful contemplation I gain greater understanding of that power within me. As I gain inner clarity and wisdom, the thoughts and words I seek come to me. They move in and through me creating in me a sense of wonder and expectation. As I hear the urgings of Spirit I am willing to align my thoughts and words with God-Mind. For I know that only good comes through Spirit. I am a power-filled being of light and I am grateful. Amen.

Check-In

- Go around the circle and invite each person to share their name and a thought about what they understand Spiritual power to be.
- Add a blessing for all members of the group that could not be here today.



Story Exploration

Adults

Teens

Lesson Focus

Exploring how we create our world by the power of our thoughts and words.

The Story

“Jesus Calms the Storm,” Matthew 8:18-27

This is a story of how Jesus used his inner power and his voice to calm the rough sea.

Discussion

- What order did Jesus give?
- How did the scribe respond?
- How did the disciple respond?
- What did Jesus do next?
- What happened when they got into the boat?
- What were the disciples afraid of?
- What effect were their words having on each other?
- How did Jesus respond?
- How did Jesus create peace?
- What effect did His words have on the disciples?
- What power do our words hold?
- What happens when we speak words of lack?
- Why is there so much power in the words we speak, whether they are words of Truth or words of lack?



Story Exploration



Lesson Focus

Exploring how we create our world by the power of our thoughts and words.

The Story

“Jesus Calms the Storm,” Matthew 8:18-27

The Rhyme Bible, p. 298-309

This is a story of how Jesus used his inner power and his voice to calm the rough sea.

Discussion

- Who got into the boat?
- What was Jesus doing as the storm began?
- How did the disciples feel as the storm began?
- What was Jesus' response?
- What surprised Jesus about the disciples?
- How does the story end?
- How did Jesus calm the storm?
- What power did Jesus use?
- Tell me about a time when you used the power of your words.

Words Released

Objective:

The object of this activity is to explore the power we have in forming our thoughts and words.

Supplies

- Bubbles, 1/child
- Plastic bowls and plates
- 18 or 20 gauge wire, 1 yard/child
- Big acrylic beads
- Needle nose pliers
- Wire cutters
- Cookie cutters and jars for shapes
- Tacky glue

Action

We will be creating bubble wands shaped like various things such as: bugs and hearts. Use the cookies cutters or jars to help create the shapes you want. You may also create your own design.

Hearts:

- Bend the wire around cookie cutter with ends equal. Twist the wire that is below the point of the heart a few times with the pliers.
- Thread on 2 ½" of beads.
- Cut off one of the wires even with the bottom of the beads. Leave the other one long.
- Thread on your last bead. Curl the wire with the pliers to keep your beads from falling off.

Bugs:

- Bend wire around the jar to make a circle of about 2", with the ends about equal.
- Twist the wires a few times with pliers.
- Hold both wires together and thread on some beads (about 1 ½" of beads). Separate wires.
- To form wings, bend one wire around the container and back to center. Twist with pliers. Make another wing the same way.
- Hold both wires together again and thread on another bead or two.
- Separate wires again to form antennae. Thread a tiny bead onto each wire. Dab a little drop of glue to hold these beads in place.
- Trim wires to about 1 ½" long. Curl them around the pliers.

Action/Discussion

- Talk to the children about the power of their words and practice using nice words.
- Use the plate and bowls to hold the bubble solution. Dip the wands in and blow some bubbles.
- For each bubble released say a positive word.
- Then watch as the bubbles float away and burst – explaining that the word can not be taken back – it is already gone.
- This is why it is important to pay attention to what we are saying.

Power Words

Objective:

The object of this activity is to find the words to express ourselves.

Supplies

- Blank paper
- Markers
- Pencils

Action

This week we will be using the power of our words to create some original poems. Invite the children to decide what subject they would like to write about.

- Create a Cinquain about your choice of subject using the following form:

Line 1: Title (a noun, one word)

Line 2: Describe the title (two words)

Line 3: Action Words or phrase about the title (three words)

Line 4: Describes a feeling about the title (four words)

Line 5: Refers to the title (one word)

PEACE
LOVING FEELING
HAPPENING RIGHT NOW
SO IMPORTANT TO ALL
NOW

- Create a Haiku – Has three basic rules:
 - ◆ The first and third lines have 5 syllables (parts of the words the “make your chin drop” when you say them) and the second line has 7 syllables.
 - ◆ The poem should in some way tell about the season in which the poem takes place. It doesn’t have to come out and say the season; it can just hint at it.
 - ◆ Either the first or second line should have a “pause” placed there to cause the reader to stop and think for a moment about the subject.

Creating Peace

Objective:

The object of this activity is to explore all the ways we can take a stand for peace.

Supplies

- Meditation Music
- Blank paper
- Markers
- Pencils

Action

Peace Meditation

Say: Find a comfortable way to sit, close your eyes and place your hands on your belly. As you take a deep breath in, feel your belly expand, pause for a moment and then let your whole breath out. Feel your belly get smaller and smaller...*pause*... Take another deep breath in and let it out...*pause*... Each time breathing slower and feeling your body relax...*pause*... Now image a ball of light behind your eyelids, see it glowing and pulsing, getting bigger and brighter as you focus on it until it fills your whole mind...*pause*... Now feel the light moving to your heart where it feels warm and light...*pause*... As you concentrate on the light it moves out and fills your entire body with a feeling of peace and well-being...*pause*... Enjoy this feeling of peace...*pause*... Now, as you become aware of the room around you, feel that feeling of peace becoming a part of you...*pause*... As you return your attention back to this moment in time bring peace back with you. Amen.

- After the meditation is complete – brainstorm as a group for ideas about how we can create more good in the world by using our thoughts and words.
- Then, working in groups of two or three or on your own, decide what you want to create that represents your idea and make a plan to bring it into being.

It is important to remember the points in the story:

- There was a problem in the boat. (*There was a storm, Jesus was sleeping, disciples were scared*).
- Words were spoken. (*Disciples had frightened words & thoughts so were scared. Jesus had peaceful thoughts & words so was peaceful.*)
- The action took place. (*Jesus had thoughts & words of peace and he spoke them out loud and demonstrated them.*)

Present your ideas to the rest of the group.