



**A Celebration of Our
12 Powers**

**Family Study Material
"STRENGTH"**

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Lesson 2: Overview



Apostle: Andrew

Color: Spring Green

Location In The Body: Small of the Back

Ability: To persevere and hold onto Divine Ideas;
To make decisions from an inner knowing

Strength is stillness and the ability to know that the Christ within is our True Strength.
It is our ability to stand firm in the face of challenges and to live this Truth.

Definition

Revealing Word

The energy of God. Freedom from weakness; stability of character; power to withstand temptation; capacity to accomplish. Strength is physical, mental, and spiritual. All strength originates in Spirit, the thought and the word spiritually expressed being the manifestation.

Power Points

- Physical strength is a part of our physical being and inner strength is the quiet force or power that lives within us.
- God is the source of our true strength.
- Our physical strength is limited but our spiritual strength is unlimited.
- Until we realize that it is our spiritual strength within that helps us to overcome our challenges we will continue to let our fears rule our lives.
- Another type of strength is mental strength. When your mind becomes filled with negative thoughts you can use your mental strength to bring your thoughts back into alignment with Truth. Denials and Affirmations are tools that can be used.

Bible Quotes

Isaiah 30:15

"In quietness and confidence shall be your strength."

1 Chronicles 16:11

"Look to the Lord and his strength; seek his face always."

Isaiah 40:31

"They who wait for the Lord shall renew their strength, they shall mount up with wings like eagles."

2 Samuel 22:33

"It is God who arms me with strength and makes my way perfect."

LESSON-AT-A-GLANCE

Bible Story	“David & Goliath” 1 Samuel 17:1-51
Synopsis of Story	This is the story of a young boy willing to use his inner strength and belief in God to defeat an army.
Deeper Meaning of Story	<p>This story illustrates how we can let our problems and concerns of the material world grow to gigantic proportions. When faced with having to deal with our problems we sometimes want to cower and hide because we believe the problem is bigger than we are. We feel small and powerless. But, if we have even the smallest measure of faith within us, we can use it to arm ourselves so that we can grow in faith and confidence. David was just a young boy, yet he knew that the strength of God was within him and he could defeat Goliath.</p> <p>When Saul tried to fit him with armor that was too large for him, David took it off because he knew that his own inner strength would give him all the guidance and protection he needed. He was willing to face his challenge and overcome it.</p> <p>We possess the same inner strength that David used to defeat Goliath. We must spend time in the silence of meditation so that we can easily tap into this Spiritual resource. If we are willing to face our challenges, relying on our inner guidance and strength we, too, can meet and overcome our challenges.</p>

CREATIVE ACTIVITY SUPPLIES

Title	<u>Transforming Fear</u>	<u>Rate Your Strength</u>	<u>My Super Power Self</u>
Age Group	Adult	Teens	Kids
Supplies	<ul style="list-style-type: none"> • Journals • Markers • Meditation CD • CD Player 	<ul style="list-style-type: none"> • Handout, (<i>See end of lesson</i>) • Pencils 	<ul style="list-style-type: none"> • Roll of white paper • Markers • Pencils • Scissors



Strength

Opening Activities

Opening Prayer

- Sit down together and ring a chime or bell to announce the start of activities.
- **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**

The power of God's strength within me is a guiding force in my life. As I sit in the silence in daily meditation I am able to more fully connect with the strength that resides within me. This daily practice of drawing forth my inner strength helps me to apply it in my life. As I breathe in I focus my attention on the small of my back...*pause*...I see a light green light filling me with strength. I am aware of God in me and in the strength of my being...*pause*... In the face of fear and adversity, I see only you, Spirit, only good. I know that the power of God within me is the source of my strength...*pause*...The more I connect to my inner source of Spiritual strength, the more I am able to radiate balance and peace...*pause*...No matter what is appearing in my life, I move through the experience with ease because God is my strength in every need and I am grateful. Amen.

Community Building

- Go around the circle and invite each person to share what this Bible quote means to them: *"Be strong and courageous. Do not be afraid or terrified because of them, for the LORD your God goes with you; he will never leave you nor forsake you."* Deuteronomy 31:6 NIV



Story Exploration

All Ages

Lesson Focus

Exploring how we, too, can use our inner strength to overcome our fears and challenges.

The Story

“David & Goliath,” 1 Samuel 17: 1-51

This is the story of a young boy willing to use his inner strength and belief in God to defeat an army.

Discussion

- How does the story begin?
- Who is at war?
- What does each side represent in us?
- What caused the Israelites to be afraid of Goliath?
- What do you think David was thinking about as he watched Goliath yell at the Israelites?
- What did David believe about himself and about God?
- How does David’s belief represent inner strength?
- Why does David reject the armor? What can the armor represent in our lives?
- How does David defeat Goliath?
- Think about a situation in which you had to face “Goliath.” What did you do?
- Describe a situation in which you met your challenge like David?
- Describe a time that you felt weighed down by circumstances?
- How do we use our spiritual strength to overcome our challenges?
- What is the difference between being physically strong and being strong with the power of God?

Transforming Fear

Objective

The object of this activity is to explore how we can use inner strength to overcome our fears.

Supplies

- Journals
- Markers
- Meditation CD
- CD Player

When we allow fears to run wild through our lives they soon take on epic proportions. It is our reluctance to face them that allows them to get so big. When we are willing to look at these fears with both love and strength, they will be diminished into something manageable and we will have the wisdom to know how to overcome them.

Fears are in our lives for a purpose. They warn us that we need to take care. It is when we allow them to control us and impede our lives that they grow into gigantic proportions. Our fears contains a lot of energy and power and everything we have is good so the goal is not to rid ourselves of the fear, but transform its energy into something that strengthens and empowers us.

Action

Set the intention to allow one of your fears to come forward. Put on the meditation music and sit comfortably. Begin to concentrate on your breathing, focusing on filling yourself fully with the breath. Exhale slowly and fully, taking longer on the exhale than the inhale. Continue breathing in this manner as you feel yourself relax, your mind quiet and your heart engage.

When you are ready:

- Begin drawing images, words, shapes and colors that your fear evokes. They can be real or abstract. Avoid editing or judging what you draw. Just let go. Just let your work emerge from the feelings that your fear provokes. Don't attempt to analyze your drawings or yourself, just keep drawing/writing.
- If there are multiple images/words on your paper, choose the one that has the most energy for you and redraw it in the center of another sheet of blank paper. Then on lines flowing out from your central image, print key words and draw other images that you associate with your central image. Again, avoid editing or analyzing at this stage and just free-associate with your central image.
- After you have filled the page with images and key word associations, step back and look at your fear map, and answer these questions:
 - ◆ What message does your fear have for you?
 - ◆ Is the message asking you to take care or does the fear seem to be out of proportion?
 - ◆ How much of your energy is taken up by the fear?
 - ◆ What feelings are being revealed to you as you look at your fear?
 - ◆ What are you saying to yourself about this fear?
 - ◆ How can you become more receptive to the messages that your fear wants to reveal to you?

Creative Activities

Teens

Rate Your Strength

Objective

The object of this activity is to reveal the inner strength that we already possess.

Supplies

- Handout, (See end of lesson)
- Pencils

Action

- Give each teen a copy of the handout and a pencil.
- Ask them to rate the statements on a scale of 1 to 10, 1 meaning strongly disagree and 10 meaning strongly agree.
- Once everyone is finished discuss the following questions.

Discussion

- What did this activity reveal to you about your Spiritual strengths?
- How are you willing to increase your Spiritual strength?
- What benefits will you receive from focusing on inner strength and bringing it more fully into your life?

Creative Activities

Kids

My Super Power Self

Objective

The object of this activity is to reveal the inner strength that we already possess.

Supplies

- Roll of white paper
- Markers
- Pencils
- Scissors

Action

For each child:

- Roll out the white paper and invite the children to lay down on it.
- Trace their entire body and then invite the children to cut themselves out so that they have a life size image of themselves.
- Then invite them to create their Super Power self – complete with a costume and a listing of all the ways that they are strong. Encourage them to look for ways they are strong on the inside as well as the outside.

(If tracing the children is not a option for you then use smaller people shapes that can be found in Parent/teacher stores.)

Post the super power beings all around the house so that we are all reminded of all the ways we are strong.

Rate Your Strength

Read each statement and circle the most appropriate answer.
1 - You don't agree with the statement at all to 10 - You strongly agree

I am aware of my heart's desire.

1 2 3 4 5 6 7 8 9 10

I walk my talk.

1 2 3 4 5 6 7 8 9 10

I have healthy habits.

1 2 3 4 5 6 7 8 9 10

I am able to control my temper.

1 2 3 4 5 6 7 8 9 10

I have healthy family relationships.

1 2 3 4 5 6 7 8 9 10

I have a regular meditation practice.

1 2 3 4 5 6 7 8 9 10

I believe in myself.

1 2 3 4 5 6 7 8 9 10

I have the ability to deal with the stresses in my life.

1 2 3 4 5 6 7 8 9 10

I practice forgiveness.

1 2 3 4 5 6 7 8 9 10

I recognize my gifts.

1 2 3 4 5 6 7 8 9 10

I am aware of my inner strength.

1 2 3 4 5 6 7 8 9 10

I express my emotions in positive ways.

1 2 3 4 5 6 7 8 9 10

I have the power to overcome my fears.

1 2 3 4 5 6 7 8 9 10

