



**A Celebration of Our
12 Powers**

**Family Study Material
"WILL"**

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Unit 8 Overview



Apostle: Matthew

Color: Silver

Location In The Body: Center Front Brain

Nature Symbols: Moon

Ability: To choose to follow Divine Understanding; To be willing

To be willing is to choose to let the Spirit of Divine understanding direct our lives. It is being willing to link our minds with God mind and to have access to the unlimited power of Spirit.

Power Points

- True understanding of will is being willing to let our Christ presence direct our life.
- We must be willing rather than willful. To be willing means we act from our understanding of Divine Principle. To be willful means to act according to information gained from the material world.
- There is only one power and one Presence in the world and that presence is good. This tells us that there is good within every situation and willingness encourages us to seek the good, even if it is not apparent.
- Our will allows us to choose and there are consequences for every choice we make.
- When we fight against our inner guidance we create great difficulties for ourselves.
- Be willing also means to not give up when things get hard. It means we are willing to choose to go to Spirit for more guidance.
- We must be willing to let go of how we think things should be so that our greatest good can show up.
- God continues to be present in our lives, guiding us no matter what choices we make.

Bible Quotes

John 5:36

“I seek not my own Will but the will of the Father which has sent me.”

Hebrews 10:7

“I have come to do they will, O God.”

1 John 2:17

“He who does the will of God abides forever.”

Job 22:27-28

“You will pray to him, and he will hear you, and you will pay your vows. You will decide on a matter, and it will be established for you, and light will shine on your ways.”

LESSON-AT-A-GLANCE

Bible Story	“The Story of Jonah,” Jonah 1-4
Synopsis of Story	This is the story of Jonah. God directed Jonah to go to Nineveh to preach to the people but Jonah did not like the people of Nineveh so he ran in the other direction. He boarded a boat but a storm soon rose up so he was tossed overboard. He ended up in the belly of a big fish and was soon repentant. The fish spit him out and he was on his way to Nineveh where he told the people to change their evil ways. God had pity on the people there and Jonah did not like this so he pouted for awhile.
Deeper Meaning of Story	<p>Jonah was pretty set in his decisions. He only wanted to do what he wanted to do. He was very set in his ways. He did not like the people of Nineveh so he was not going to help them. Jonah did his best to avoid doing something he did not want to do while at the same time knowing it was exactly what he should have been doing. When we ignore the voice of God within us, it often leads us into difficult situations. We do not find our way safely through until we choose to be willing instead of willful.</p> <p>This story reminds us that it is not enough to have the Spiritual understanding that God is within all things but we must be willing to apply that true in all situations, even those we judge unworthy. As we act from a willful nature, we will be in misery, never attaining what we really want - really knowing that we are one with God and all things.</p>

CREATIVE ACTIVITY SUPPLIES

Title	<u>Spirit May I?</u>	<u>I Am Willing</u>	<u>Cooperative Bubbles</u>
Age Group	Kids	Adults & Teens	Teens
Supplies	<ul style="list-style-type: none"> • None 	<ul style="list-style-type: none"> • Meditative CD • CD player • Air drying sculpting clay • Tealights, 1/person • Matches 	<p>Materials for every 3 to 4 teens:</p> <ul style="list-style-type: none"> • Bowl • Liquid dish soap • Water • Straws • Yarn



Will

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**

I am your willing servant dear Lord. As I breathe in life, I feel Spiritual understanding fill me from head to toe. I know that it is God who directs my life and I choose to listen...*pause*... Even in times of challenge, I choose to listen...*pause*...Even when the guidance I hear conflicts with my personal desires, I choose to listen...*pause*...As my willingness to follow the internal voice of Spirit grows, I realize that my way is made clear because of my willingness. All things are possible for me as I willingly follow God. Amen.

Community Building

- Go around the circle and invite each person to share their name and briefly share a time they were willful and a time they were willing. What was the difference between the two?



Story Exploration

Adults

Teens

Lesson Focus

Choosing to be willful or willing.

“The Story of Jonah,” Jonah 1-4

This is the story of Jonah. God directed Jonah to go to Nineveh to preach to the people but Jonah did not like the people of Nineveh so he ran in the other direction. He boarded a boat but a storm soon rose up so he was tossed overboard. He ended up in the belly of a big fish and was soon repentant. The fish spit him out and he was on his way to Nineveh where he told the people to change their evil ways. God had pity on the people there and Jonah did not like this so he pouted for awhile.

Discussion

- What did God ask Jonah to do?
- How did Jonah respond?
- What happened when the storm came?
- What did the sailors do to Jonah?
- How did Jonah end up in Nineveh?
- What happened after he got there?
- How does the story end?
- Tell me about a time when you made a harsh judgment even though you knew better.
- What was your “belly of the whale” experience?
- How can we move ourselves to access our Spiritual understanding when we are stuck in wanting things our way or wanting to see things only from our own perspective?
- How do we let go of judging people or situations as “less than,” especially when people are being hurt?
- How does our negativity contribute to the energy of the situation?
- What can we do to remind ourselves that we all have equal access to God, no matter what choices we happen to be making?
- What benefit would there be for us if we chose to focus positive intent on each situation we encounter?



Lesson Focus

Choosing to be willful or willing.

The Story

“The Story of Jonah,” Jonah 1-4

This is the story of Jonah. God directed Jonah to go to Nineveh to preach to the people but Jonah did not like the people of Nineveh so he ran in the other direction. He boarded a boat but a storm soon rose up so he was tossed overboard. He ended up in the belly of a big fish and was soon repentant. The fish spit him out and he was on his way to Nineveh where he told the people to change their evil ways. God had pity on the people there and Jonah did not like this so he pouted for awhile.

Discussion

- What did God ask Jonah to do?
- How did Jonah respond?
- What happened when the storm came?
- What did the sailors do to Jonah?
- What did the Lord send?
- How do you think Jonah felt while he was in the belly of the big fish?
- How would you have felt?
- How did Jonah show God that he was unwilling to do ask God asked?
- What problems did Jonah’s unwillingness cause for him?
- Tell me about a time when you felt like you did not want to do something your parents or teacher asked you to do?
- What choice did you make?
- What was the result of that choice?
- How can we make choices that bring us peace and happiness?

Spirit May I?

Objective:

The intention of this activity is to practice listening to God.

Supplies

- None

Action

This game is patterned after “Mother May I.”

- Choose one children to be “God or Spirit” and ask them to stand at the front of the room.
- The rest of the children form a long line (shoulder to shoulder) across from “Spirit.”
- One by one the children ask Spirit if they can move forward in some way (3 giant steps, 1 leap, 2 hops, etc).
- If Spirit says yes, the whole group moves forward. If Spirit says no, everyone stays put.
- If Spirit has said no, then anyone who moved has to go back to the starting line.
- The first one to reach Spirit becomes the new Spirit and the game begins again.

Discussion

- What was it like to have to go to Spirit for permission to move?
- How did you feel when Spirit answered? Were you willing or unwilling.
- What happened when you did not follow Spirit?
- What happened when you did follow Spirit?
- How is this like life?

I Am Willing

Objective:

The object of this activity is to understand that when we acknowledge the presence of God in our lives, we see things differently.

Supplies

- Meditative CD
- CD player
- Air drying sculpting clay
- Tealights, 1/ person
- Matches

Back Ground Information

"Isaac Luria, the renowned sixteenth century Kabbalist, used the phrase "tikkun olam," usually translated as repairing the world, to encapsulate the true role of humanity in the ongoing evolution and spiritualization of the cosmos. Luria taught that God created the world by forming vessels of light to hold the Divine Light. But as God poured the Light into the vessels, they catastrophically shattered, tumbling down toward the realm of matter. Thus, our world consists of countless shards of the original vessels entrapping sparks of the Divine Light. Humanity's great task involves helping God by freeing and reuniting the scattered Light, raising the sparks back to Divinity and restoring the broken world."

That spark is our conscience, through which the promptings of the Divine Will flow toward us. By pursuing spiritual inner work to strengthen our soul and purify our heart, we grow more able to bear that spark without shattering, more willing to act on what we know to be right, less willing to act in harmful or grasping ways, and more able to notice the quiet presence of conscience beneath the din of our chattering minds and reactive emotions. The work of transformation, of building a soul creates a proper vessel for the Divine spark, for our unique share of the Divine Will, returning that spark to the service of the One Who sent it.

Action

Put on the CD and lead the group in a brief meditation. Invite them to get comfortable, and begin to focus on their breath. With each in-breath they imagine themselves to be perfect in the eyes of God and with each out-breath they let go of all thoughts that tell them that they are less than perfect. Continue this focus of a minute or two. Then invite them to see the spark of light or fire that is within them. Invite them to feel or see what it looks like from all angles. Notice how it grows stronger and brighter with every breath. Focus here for a short time. Then tell them to imagine the glowing spark moving out into the world – illuminating everything in its path. Then close by honoring the sacred Divine within.

Using the materials supplied above, invite the group to create a "Vessel" that represents a transformative container for their Divine spark.

After the vessels are complete invite into a circle. Then, one by one, invite them to complete the phrase – **I use my Divine Spark to _____ and it blesses all the world.**

Light each candle as an affirmation of their willingness to follow their inner light.

Cooperative Bubbles

Objective:

The object of this experiment is to use our inner wisdom and willingness to work through a challenge.

Supplies

Materials for every
3 to 4 teens:

- Bowl
- Liquid dish soap
- Water
- Straws
- Yarn

Sponsor Information

(The object of this activity is for the group to work together to find the solution to a problem. They will probably have to try again and again before they arrive at the answer. This demonstrates the importance of cooperation, everyone being willing to work together for a common goal and each person has a responsibility to assist the group.)

Action

- Divide the teens into teams of 3 or 4. Give each group the supplies listed and invite them to use the supplies to create bubbles that float in the air. Also challenge them to make the biggest bubble possible. *(Only give them hints if they are unable to solve the problem on their own. The water and bubbles must be mixed together in the proper proportions – they must experiment to figure it out. Use the straws and yarn to make bubble wands.*

Discuss

- What was it like to participate in this activity?
- How willing were you to stick to the challenge?
- How did the group come up with their solution?
- Was it necessary to work with others to solve the problem? Why or why not?
- How did working with others make it easier or harder?
- What did you contribute to the group?
- How did you feel about this experience?
- How can willingness to stick with it help us move through our challenges?