



**A Celebration of Our
12 Powers**

**Family Study Material
"Zeal"**

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Unit 10 Overview



Apostle: *Simon the Zealot*
Location In The Body: *Medulla, Brain Stem*
Color: *Orange*
Ability: *To be passionate & enthusiastic about Divine Ideas*

Zeal is the passion and enthusiasm that propels us forward in Truth.

It is not noisy and loud. It is a steady energy that helps us keep on in our desire to ceaselessly practice the presence of God.

Definition

Revealing Word

Intensity, ardor, enthusiasm; the inward fire of the soul that urges man onward, regardless of the intellectual mind of caution and conservatism. Zeal is the mighty force that incites the winds, the tides, the storms; it urges the planet on its course, and spurs the ant to greater exertion. It is the urge behind all things. Zeal is the affirmative impulse of existence, its command is "Go Forward!"

Power Points

- Zeal is what causes us to "catch fire" and move into action. It is not loud or noisy, it is silent and steady.
- Everyone possess the energy of zeal and it expresses uniquely in each of us.
- Zeal is sometimes experienced as an inner pressure to follow through with our inner guidance.
- We have the power to choose where we focus our zeal.
- We need to temper our Zeal with wisdom. If we don't we can spring into action without thought and create experiences that we would rather not have.
- Our Zeal can be like fire – it can serve a useful purpose or it can burn and destroy.

Bible Quotes

Ecclesiastes 9:10

"Whatever your hands find to do, do it with your might."

II Kings 10:16

"Come with me and see my zeal for the Lord."

I Peter 1:22

"See that you love one another with a pure heart fervently."

Colossians 3:23

"Whatever you do, do it heartily, as serving God, and not man."

LESSON-AT-A-GLANCE

Bible Story	“<u>The Tower of Babel</u>,” Genesis 11: 2-9
Synopsis of Story	This is the story of a group of people who had wandered in the desert for many years. They did not have a home so they decided to build a tower to heaven so they would always have a home. But as they were building the tower they began to feel more powerful than God. They were becoming willful. Soon their speech became confused and they were no longer able to understand one another. When they lost their zeal for the project, the people scattered themselves all around the world.
Deeper Meaning of Story	When we lose our focus and begin to pay more attention to the outer world than on the inner world of Spirit, we can become confused and not know what choices to make. We often then allow the confusion to stop us from moving forward. But, when we are willing to focus our attention on the inner Christ presence, we are renewed.

CREATIVE ACTIVITY SUPPLIES

Title	<u>I Am Focused</u>	<u>Sacred Mantra</u>	<u>Figure It Out</u>
Age Group	Kids	Adults & Teens	Teens
Supplies	<ul style="list-style-type: none"> • 5 to 10 Soft balls 	<ul style="list-style-type: none"> • Blank paper • Pens 	<ul style="list-style-type: none"> • None



Zeal

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**

The energy and power of Spirit is alive in me now. I sing a joyous song of praise as I count the blessings in my life, not just material blessings, but the blessings that come from within...*pause*...Spirit speaks to me moment by moment and I prepare the way for this clear communication through prayer and meditation...*pause*...It is my great joy to be directed and powered by Spirit. Each day I see Spirit in action in me and I give thanks for all that is and all that will be. Amen.

Community Building

- Go around the circle and invite each person to share their name. Referring back to an earlier lesson, invite each person to share a way that God has spoken to them in the past week.



Story Exploration

Adults

Teens

Lesson Focus

Our inner voice encourages us to move forward in zeal.

The Story

“The Tower of Babel,” Genesis 11: 1-4

New Revised Standard Version (Use only the first four verses this week.)

This is the story of a group of people who had wandered in the desert for many years. They did not have a home so they decided to build a tower to heaven so they would always have a home. They moved forward with much energy and zeal.

Discussion

- What is happening in the story?
- What caused the people to want to build a tower?
- How high did they want to go?
- What was encouraging them to keep going forward?
- How do you think they might have felt as they were constructing the tower?
- How do you think they kept going even when they might have been feeling discouraged?
- Tell me about a time you put a lot of energy into creating something?
- What was it like for you?
- What kept you going?
- Why is encouragement and energy needed to sometimes keep an idea going?
- How do you keep yourself motivated to complete a task?



Lesson Focus

Exploring how zeal can get out of control.

The Story

“The Tower of Babel,” Genesis 11: 2-9

The Children’s Illustrated Bible, (Use the whole story this week)

This is the story of a group of people who had wandered in the desert for many years. They did not have a home so they decided to build a tower to heaven so they would always have a home. But as they were building the tower they began to feel more powerful than God. They were becoming willful. Soon their speech became confused and they were no longer able to understand one another. When they lost their zeal for the project, the people scattered themselves all around the world.

Discussion

- How does the story begin?
- What do the people want to build?
- How are they working together?
- What did they want to make themselves?
- What caused the people to become vain?
- They just kept working and talking more and more. How did this begin to cause them difficulty?
- How does the story end?
- What other choices could the people have made?
- What happens when we sometimes have too many ideas at once?
- What does it mean to babble?
- What would happen if we all wanted to talk at once?
- How is, everyone talking at once, an example of too much zeal?
- When we spend so much time talking that we don’t stop and listen, what can happen?
- How can we recognize that we are no longer listening?
- What can we do to help us regain our composure and begin to listen again.
- What is the most important thing that we need to be listening to?

I Am Focused

Objective:

The object of this activity is to keep our focus when many different things are coming at us.

Supplies

- 5 to 10 Soft balls

Action

- Invite the group to stand in a circle with their hands at their sides.
Say: We are going to toss a ball around and after you have received the ball, cross your arms in front of yourself. This will let the tosser know who has not had the ball yet.
- The first person tosses the ball to someone and then that person tosses the ball to someone else.
- The only thing the participants need to remember is who they tossed the ball to and who they received the ball from. This will create the pattern.
- Continue playing the first round until everyone has received the ball and the pattern is determined. Toss the ball around one more time, following the pattern to make sure it is set.
- Now have the first person toss the ball – following the same pattern but have them introduce a second ball as soon as they throw the first one.
- Continue adding balls until there are 5 to 10 balls in play.

Discussion

- What was that experience like?
- What was easy about it?
- What was hard about it?
- What was important to remember?
- How were you able to keep going with all the balls coming at you?
- What did you discover about yourself during this activity?

Sacred Mantra

Objective:

The object of this activity is to focus our energy on a Spiritual Truth.

Supplies

- Blank paper
- Pens

Amen. (*Shalom. Peace.*)

So ham. (*Represents the sound of breath, So – inhale, Ham – exhale*)

Om ah hum vajra guru padma siddhi hum. (*Buddhist - I invoke you the Vajra Guru, Padmasambhava, by your blessing, may you grant us supreme blessing.*)

Om namah shivaya. (*Hindu – used to correct imbalance of consciousness*)

Alleluia! Adoramus te Domine. (*Taize monks – French. Chanted in four parts. Christian*)

Marananta. (*Aramaic, Come to Lord, Come to Jesus. Christian*)

Let go. Let God. (*Alcoholics Anonymous.*)

Om mani padme hum. (*Mantra of compassion. Hindu.*)

Action

Do the following for at least ten minutes:

- Settle down in a comfortable posture with your eyes closed.
- Bring in a mantra of your choice or from the above list into your consciousness. Then begin repeating it. Start slowly, speaking as distinctly as possible. You will naturally and gradually increase the speed of repetitions. If you are chanting out loud, you may run out of breath. This is natural.
- Stop as needed. Gradually, you will seamlessly be able to incorporate your breathing with the repetitions. Don't try, just allow it to happen naturally. As you recite your mantra, you may find that you relax into the sound, your breath and your attention joining in a natural and powerful way. As with all techniques, this combination of alertness and relaxation is a sign of awareness
- Repeat your mantra for five minutes.
- As you reach the end of your mantra period, it is good practice to exert a sort of "breaking action" on the expressions. This helps bring you to a more natural, gradual conclusion.
- After you have ceased repetitions, sit quietly and attentively. Make notes of the feelings in your body and mind. Some people have reported a feeling of cleansing, healing.

From: *The Best Guide to Meditation*, by Victor Davich

Figure It Out

Objective:

The object of this activity is to find new ways of communicating that keep our attention.

Supplies

- None

Action

This exercise looks at different ways to communicate. We can not only communicate with our speech but also with sounds. This exercise is similar to “hotter/colder.”

Ask 2 volunteers to step out of the classroom. Ask the rest of the class to come up with a simple direction such as, “Put the markers back in the container.” Then explain the rules to the class:

1. The group cannot talk when the volunteers return.
2. The group can only communicate by clapping – loud clapping when the volunteers are close to following the direction and softer clapping when they are not close.
3. Make sure the direction given is simple.

Invite the volunteers back into the room. The leader instructs them that they must figure out what they are to do by just beginning somewhere, such as, picking up a piece of paper. If they are close to the doing the direction the group will clap louder and if they are way off the clapping will be softer.

If they seem stumped give them a hint.

Try it with different volunteers if time allows.

Discussion

- What was it like to be the volunteer and not have any idea what you were to do?
- How did not being allowed to ask questions affect your ability to communicate? What did you have to do instead?
- How hard was it to keep your energy (zeal) connected to the activity?
- What was it like to be in the group but not be allowed to talk?
- How did the restrictions affect your communication? Were things clear?
- What are some ways we can maintain our enthusiasm for a project when there is confusion surrounding it?