Lesson Overview

Unit 1: What Does God Mean in My Life?

What Does Unity Say About God?

Intention
To explore how Unity views God and to see how that fits into my life.

Principle
There is only one Presence and one Power active as the universe and as my life, God the Good.

Gathering
☐ Daily Word (optional)

Discovery
Exploration: Serving Two Masters
☐ Bible

Activity: A Single Eye
☐ “A Single Eye” situations, one per teen—Copy page at end of lesson.

Meditation: Finding Go(o)d
☐ “God Is” by Faith Rivera, Suncatcher: Morning Music for the Hip and Sacred CD, #3
☐ “God Is” lyrics, one per teen—Copy lyrics on p. 23.
Unit I: What Does God Mean in My Life?
What Does Unity Say About God?

Intention
To explore how Unity views God and to see how that fits into my life.

Gathering
(10-12 minutes)
Include any activities your group usually does during a session, i.e. joysong, love offering, etc.

Opening Prayer
Say: Mother-Father God, we are grateful for the many ways you show up in our lives, wherever we are, however we are. We most especially appreciate how you show up within us—as love, as wisdom, as compassion—so that we may express your being in the world. No matter where we turn, looking in or looking out, you are there. Thank you, God. Amen.

Check-In
Say: According to our first Principle, Unity believes that: “There is only one Presence and one Power active as the universe and as my life, God the Good.” Let’s go around the room and each share one way that God shows up in our lives as good. Allow time for all to share.

Discovery
(40-45 minutes)

Exploration: Serving Two Masters
Say: Even though we in Unity believe that God is all good, all the time, there can be times in our lives when we may doubt this. What are some situations in the world today that make it difficult to see God as good? Allow sharing time from all.

Say: While Unity does not say that difficult things don’t happen in our world, we do believe that God is only good. To believe that there is an evil force at work in the world is to believe in duality.
- How would you define duality?
- What are some other examples of duality?
Say: So let's explore how the belief in duality impacts our lives. The Bible is our textbook for life and helps us find answers to the questions we may have. In Matthew 6:19-24, Jesus is giving us an example of what happens when we try to serve two masters or when we believe in duality. *Invite one of the teens to read the quote out loud.*

Matthew 6:19-24  NIV

"Do not store up for yourselves treasures on earth, where moth and rust destroy, and where thieves break in and steal. But store up for yourselves treasures in heaven, where moth and rust do not destroy, and where thieves do not break in and steal. For where your treasure is, there your heart will be also.

"The eye is the lamp of the body. If your eyes are good, your whole body will be full of light. But if your eyes are bad, your whole body will be full of darkness. If then the light within you is darkness, how great is that darkness!

"No one can serve two masters. Either he will hate the one and love the other, or he will be devoted to the one and despise the other. You cannot serve both God and Money."

Ask
- What is this passage saying to us?
- What does, "Where your treasure is, there your heart will be also," mean?
- What is the eye's job?
- What is the result of having "bad" eyes?
- What does the passage say about serving two masters?
- What do you think that means relating to your own life?
- What happens to us when we live with a divided mind?
- What is this teaching saying to us about duality?
- A belief in duality is the cause of our suffering. Do you agree or disagree with this? Explain.
- Think of a difficult situation you have moved through. What are some specific challenges that confront us when we are moving through a difficult life situation?
- What are some of the tools we can use when we find ourselves caught up in duality?
**Activity: A Single Eye**

_Say:_ Duality, as we are looking at it, is talking about believing that there is a force for good and a force for evil in the world. Unity's First Principle tells us: "There is only one Presence and one Power active as the universe and as my life, God the Good." So when we believe in both good and evil, duality, it is like trying to do two different things at the same time. We can't be in two places at once nor can we do two things at once, although we may believe that we can. As a quick example, try to hold your breath and breathe deeply at the same time, or try to keep your eyes open and tightly closed at the same time...Pause....Not possible.

_Say:_ Let's move on now to an activity that invites us to focus on finding the good in a situation, even though it may not appear to be good. In Unity we believe that there are no wrong turns, only unexpected paths. _Break the teens up into pairs and have them discuss the following scenarios._

1. You are having a difficult situation (or problem) in a personal relationship. Would you walk away from it, or would you speak your mind even though it was scary to do so? How could each choice possibly lead to something good?

2. You want to attend a concert with someone you really like but you have already committed to helping at a Youth Service Event. What would you choose, and how could each choice be good?

3. What would you rather do: Make a lot of money on a short-term project with some possible risks, or accept an offer of a steady job at a much lower hourly rate? Why and what would be the benefits of each one?

4. Just as you were about to accept an invitation to dinner with someone who is a really good friend, you have been invited to a special event that would make you look good by someone popular. What would you do in this situation and how could each choice be good?

_Say:_ _Metaphysics 1_ says: “The key to understanding the concept of paradox is learning to acknowledge and accept the apparent opposites as being two aspects of one complete idea.”

_Ask_
- What do you see as duality after working with these situations?
- What benefit do we get from practicing the Truth that God is all good, all the time?
Meditation: Finding Go(o)d

Say: We have spent a lot of our time exploring the sometimes seeming duality of God: Unity teaching that there is only one power and one presence, God the good, and yet we sometimes experience things that do not feel or look good. So, even though we experience things that do not look or feel good, we are called to find the Truth within us that God is indeed all good no matter what appearances may be telling us.

We are going to listen to a song called, "God Is," by Faith Rivera. I invite you to find a comfortable place to sit and turn your attention within and just hear the words and let them reveal their message to you. *Play the song more than once if necessary.*

**God Is**
By Faith Rivera

Where I am GOD IS
Where I stand GOD IS standing strong
Where I breathe GOD IS breathing life
In & out & through me...as me

Where I sing GOD IS
Where I dance Joy lifts my feet
Where I live Beauty’s flowing free
In & out & through me...as me

Where I doubt GOD IS the faith in me
Where I cry GOD IS the comfort there
Where I seek GOD IS the answer
Here, now, forever & ever & ever...

Where I speak Truth is
Where I work Love is my career
Where I play GOD IS playing boldly
In & out & through me...as me

Where I am
Where I stand
Where I play
Where I work & breathe & move & be

Where I sing
Where I dance
Wherever I go
Where I pray & take & give & live

GOD IS...GOD IS...GOD IS...GOD IS...

Lil’ Girl Creations (ASCAP) © 2004

**Tip**
Pass out the lyrics to the song after they have heard it to help with the discussion.

Lyrics below available at iTunes or at www.FaithRivera.com. Used with permission.
Ask
- What are your thoughts about God after hearing this song?
- What parts of the song resonate most with you and why?
- What idea is it inviting us to consider?
- How can you use the ideas in this song to know that God is everywhere present and all good?
- Over the course of the next few weeks, see if you can make a commitment to looking for the good, especially in difficult situations.

Caring and Closing

(2-3 minutes)
Invite teens to stand shoulder to shoulder in a closing circle.

No Wrong Turns
Say: It has been said that there are no wrong turns in life, only unexpected paths. It is through our life experiences, as we call on or connect with that God power, that we come to know the power of God mind and how to make the most of it. Let us now connect with our God power by affirming together:

- Where I am, God is.
- Where I stand, God is.
- Where I doubt, God is.
- Where I seek, God is.
- Where I dance and sing and shout, God is.
- God is wherever I am, showing up as me. Yea, God!
Activity: A Single Eye situations

1. You are having a difficult situation (or problem) in a personal relationship. Would you walk away from it, or would you speak your mind even though it was scary to do so? How could each choice possibly lead to something good?

2. You want to attend a concert with someone you really like but you have already committed to helping at a Youth Service Event. What would you choose, and how could each choice be good?

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