



TODAY'S TOPIC:
My Quest

You are welcome to use this lesson to inspire spiritual conversation in your family or youth classroom. It is written for elementary age, but could be adjusted as needed.

THINKING JOB: Ask a “thinking job question” to get everyone thinking about something pertinent to the lesson. This could be asked moments or hours before your conversation.

If I could go somewhere important to me, where would it be?

Lesson

Materials	Things to Prepare	Today's Goal
<ul style="list-style-type: none"> • N/A • 	<ul style="list-style-type: none"> • N/A 	Know that you can take a spiritual journey to places or to honor things that are important to you.

ASK: What is a **quest**? An important journey to find something valuable.

ASK: Have you ever played a video game, read a book or watched a TV show where there was a quest? What was the quest for? (Some that kids might know: going on a treasure hunt, Wizard of Oz, Lord of the Rings, Star Wars, Raiders of the Lost Ark, The Goonies, The Lightning Thief, Harry Potter and the Deathly Hallows, The Lion The Witch and The Wardrobe, A Wrinkle in Time – even Dora the Explorer goes on quests).

SAY: These are some things that usually happen in a quest:

- A journey – going from one place to another, sometimes far away.
- A hardship – sometimes you get lost, or confused, sometimes you are tired or hungry, sometimes there is bad weather, sometimes there is an obstacle to overcome.
- A lesson – learning something about yourself or the world
- A connection – to other people, to yourself, to the world, to God.

ASK: What is important to you and where might you go because of that? Go see your favorite team play, see the place your favorite author lives, go on a special hike, go to a place that is important to your family, etc.

SAY: Some people go on a spiritual quest called a **pilgrimage**. It is a special journey to a place that is important to your beliefs or your faith. It is a chance to get closer to God.

Here are some famous religious pilgrimages:

- The Holy Land (Jerusalem), the Ganges river, Mecca, any number of places with religious significance because of events, buildings, statues.
- They may be to ancient places like Machu Pichu in Peru or the pyramids in Egypt.
- Modern pilgrimages may be to more natural places. For example, you can go to Redwoods National Park in California and see trees that are 2,000 years old. If you go to the mountains in Colorado, they are over 1 billion years old.
- Sometimes a quest is to a place that is known for making the sick better like the waters at Lourdes, France.

SAY: You do not always have to travel far to have a spiritual pilgrimage because **the point is to learn more about yourself and about God and what is important to you.**

ACTIVITY: Talk about what is important to you and your family. Make a list or draw pictures of where you would like to go on a quest.

AFFIRMATION – God is with me on my quest. repeat 4X

Note: Printable affirmations and coloring sheets for this lesson are available at <https://www.milehichurch.org/youth-family/> . A video to support this lesson is available on our MHC Y+F Positive Family Spirituality YouTube channel <https://www.youtube.com/channel/UCUc3XHIHB9TF4FENneYoO> Q. An audio conversation of this lesson appropriate for children can be found at <https://insighttimer.com/milehichurch>.