



TODAY'S TOPIC:
Life is good!

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.

What are some things that are good?

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 even when things don't seem good, God still is always working for our good, and for our highest and best.

ASK: What are some things you think are good? Take all answers.

ASK: Have you ever heard the saying “Life is good”? You might even have clothes that say Life is Good.

ASK: And have you ever heard the extra part of the Life is Good saying? It says Life is Good, All the Time. Practice saying this a few times.

ASK: What are some times when life is good? Examples:

- having fun
- enjoying the love of family and friends
- doing things that you love to do
- becoming all that you can be
- helping others
- enjoying each moment

SAY: Sometimes things happen in life that do not feel good. In fact you might even say they feel bad.

TALKING POINTS:

- But is anything all good and bad? How do you know if something is good or bad?
- Can you change how you think about something to make it good or bad?
- If you believe everything happens for a reason, and that God is always working for our good, then even if something bad happens it might turn out to be for something good.
- Can you think of a time something happened that did not feel good but was actually a good thing?

SAY: Some people say, everything that happens today happens for my highest and best. Sometimes it's hard to remember that when things feel icky, but it almost always works out that way.

AFFIRMATION: Life is good, all the time, and so it is!

AFFIRMATION – God is everywhere, God is inside of me. 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/UCUc3XHlHB9TF4FENneYoO_Q . An audio conversation of this lesson appropriate for children can be found at <https://insighttimer.com/milehichurch> .