



TODAY'S TOPIC:
Spirit In My Backpack

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.

Spirit in My Backpack

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 is the most important thing I put in my school backpack?

Lesson

Materials	Things to Prepare	Today's Goal
<ul style="list-style-type: none"> ● Backpack ● Items commonly found at school. (see list in lesson) 	<ul style="list-style-type: none"> ● Gather items. ● Decide which items make the most sense for the developmental age of your child/children. 	Know that God is always with me, even when I am at school.

ASK: Who will be going back to school soon? Who carries a backpack to school? Like this one? (Show backpack)

ASK: How did you choose your backpack? (color, size, brand, design)

ASK: What kinds of things do you keep in your backpack? (take all ideas)

ACTION: Spread out items that might go in backpack for school. Have the kids name them and help put them in the backpack.

ASK: Why are these things important? (things you need for the day, things to help you learn, things that are necessary to have a good time at school)

ASK: Can Spirit/God go in your backpack? Does God fit? What size is God? All sizes – always with you, big enough, inside of you.

ASK: Can the things you have at school or in your backpack remind you of God?

ACTION: Remove the items and spread them out to put back into the backpack, but this time, talk about how you can remind yourself that Spirit is always with you using these things. For example: Pens/Pencils – because Spirit and I are writing my life story. (Some ideas will be too complicated for the younger classes.) Use the list below to prompt ideas as needed. Do you have ideas for how the item might represent spirit? Here are some ideas to work from:

- Highlighter – So I can highlight all the good things I want to remember.
- Ruler – So I can measure how I’m doing and know that Spirit says it’s okay to make mistakes. That is how we learn!
- School books like spelling, vocabulary, dictionaries (books that have to do with words) – to remind me of the power of my words, what they mean, and the effect they have on others.
- Glue – Spirit keeps my life together.
- Notebook – Because God and I are writing my life story, and we’re making it a best seller just like “Harry Potter”.
- Water bottle – To remind me I’m always in the flow of Spirit.
- Tissues – Because I am allowed my feelings, even if they are mad, bad or sad. Crying lets me release my feelings.

Are there only school related items in your backpack or are there other things sometimes too? What kinds of other things do you keep in your backpack? Why? How do they represent spirit? Refer to list below for additional ideas.

- Music – Just as I can choose what music to listen to, I have the choice what to listen to at school. Teacher – yes! People being negative - no!
- Band Aid – Because sometimes life hurts but Spirit helps me heal.
- Cell phone – Because I can always call on Spirit.
- Stuffed animal – Spirit holds me just like I can hold a stuffed animal.

AFFIRMATION – God is with me at school. repeat 4X

Note: Printable affirmations and coloring sheets for this lesson are available at <https://www.milehichurch.org/youth-family/> .