



TODAY'S TOPIC:

**Muhammad**

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 does it mean to “learn by example”?***

**Lesson**

Materials	Things to Prepare	Today's Goal
<ul style="list-style-type: none"> <li>Images of Islam, Allah, picture of Muhammad, Seal of Muhammad.</li> </ul>	<ul style="list-style-type: none"> <li>Materials to create your own symbol to represent, either each individual or the entire class.</li> </ul>	Know that Muhammad was a great spiritual teacher.

**ASK:** What is a prophet? A prophet is a person who is believed to have a special connection to God and is said to speak on their behalf. Prophets are thought to deliver messages and teachings from God to humanity.

**SAY:** Many religions have a prophet who brought a great teaching about God to other people. Christianity had Jesus, Buddhism had the Buddha, and Islam has a prophet called Muhammad. Do you think only certain special people can have a special connection to God, or can anyone have that kind of connection?

**SAY:** One important thing about Muhammad is that he was a human being, just like you and me. Sometimes he had bad things happen and sometimes he made not good choices. But in his teaching, he used his life as an example of what you can do when you make mistakes or have a challenge.

**ASK:** Who are some people you watch to learn things? Family, teachers, coaches, friends.

**ASK:** Muhammad was also an example of what you can do when you have a strong relationship with God. What can you do when you have a strong relationship with God? Feel calm, brave,

creative, excited, joyful. Not feel scared because you are always cared for. Feel brave to try new things. Find fun and joy in everything. Know you are always loved.

**SAY:** Here are some ideas from Muhammad =

- 1) Empathy and kindness, think about why someone did something, not just what they did.
- 2) Love other people the way you love yourself.
- 3) Honesty is important! Be brave enough to tell the truth.

**AFFIRMATION:** That last one is our affirmation for today. **I am honest. Repeat x4**

**SAY:** Fun fact = Muhammad is known by his picture **SHOW PICTURE** and also by a symbol.

**SHOW SYMBOL FOR SEAL OF MUHAMMAD.** The prophet Muhammad was the founder of the religion of Islam. Followers of Islam, **SHOW SYMBOL FOR ISLAM**, are called Muslims, and believe that Muhammad received messages from Allah (God). **SHOW SYMBOL FOR ALLAH.**

These messages were later collected into the Koran, the holy book of Islam.

**VOLUNTARY ACTIVITY:** Use white board to create a symbol for your class (be sure to take a picture) or use paper for each person to make their own symbol. Lesson

**AFFIRMATION** – I am honest. repeat 4X

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