



TODAY'S TOPIC:

One God, Many Paths

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.

Do I have a religion?

Lesson

Materials	Things to Prepare	Today's Goal
<ul style="list-style-type: none"> Figurines, icons, or symbols from several different religions. 	<ul style="list-style-type: none"> 	Know that I can choose my religion and my name for God. There are many paths, but one great power.

SHOW: I have some cool things to show you – rosary, Ganesh, Buddha, feather, angel, etc. You can set them in the middle of the circle or depending on the size of the class, pass these around encouraging kids to be careful.

ASK: What do all these things have in common? Take all answers. They are important to different religions. So “religion” is an interesting word. What do you think it means? I think the word “religion” means a way to connect to Spirit or to God. Different religions have different names and might have different names for Spirit.

- Christianity calls it God
- Islam calls it Allah
- Hinduism calls it Brahman or All Reality
- Judaism calls it Yahweh
- Native American traditions call it Spirit

But guess what? Even though they have different names and different beliefs, there is one thing that all religions have in common and that is they believe in a power. That’s right, power. (Have everyone make strong arms.) They know that there is an invisible power that is bigger than any one person and is the source of life and no matter what name you give it, this power is

real, this power is love, and it is everywhere and is for everyone.

ASK: If you wanted to learn about different religions, what could you do? There have been many people who traveled all over the world asking questions and learning, and they discovered that even though each religion was different, they also had some things that were the same. A belief in spiritual power, something bigger than you and me, was one of these things.

ASK: Do you think that is true? That there is a great loving spiritual power in the universe that is everywhere and inside of everything and everyone? Can you see it? If this POWER is in everyone everywhere, it is inside of you. You have personal POWER to make choices and decide what to think and what to do, how to treat others and to be kind to yourself. You also have the power to learn about different religions and follow the one that is best for you.

SAY: Today is World Religion Day which is a day we can celebrate all the cool religions in the world. There are 4,300 different religions! Sometimes we call a religion a path to God or Spirit. And even though there are many paths and many religions, there is one Spirit. Where you live in the world, what your family believes, what is allowed in your culture are all reasons you might choose a particular religion. Fortunately, where we live, we have a lot of choice about what religion we can choose or even choose more than one.

BONUS INFORMATION = *You can add information about your community, religion, or center as part of the conversation.*

AFFIRMATION –I can always find God. repeat 4X

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