



**TODAY'S TOPIC:  
It's Personal and It's  
Everywhere**

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 personal to me?***

**Lesson**

Materials	Things to Prepare	Today's Goal
<ul style="list-style-type: none"> <li>• Paper</li> <li>• Markers</li> </ul>	<ul style="list-style-type: none"> <li>• N/A</li> </ul>	Anchor the idea that God is everywhere and God is inside of me.

**DRAW** - Get out paper and markers. Have everyone create a drawing of their favorite thing.

**ASK** - Can you think of some things that are special just for you? Things about you or that belong to you that don't belong to anyone else?

Suggestions: My thoughts, my body, things I create. Use the example of what each person drew. Everyone had the choice what to draw, got to do it how they wanted, create it how they wanted. Your favorite things are different and personal. How you drew them is personal.

**SAY** - Things that belong to just one person, not everyone, are called personal.

**ASK** - The opposite of personal is universal. Universal are things that belong to everyone or can be found everywhere. What are some things that are universal? Examples could be anything from the air we all breathe to qualities like love and peace.

**ASK** - So what is the deal with God or Spirit? Is Spirit personal or is Spirit universal? Answer: Both!

**SAY** - God is an incredible, amazing, powerful thing that is everywhere, all the time, and the power and message of God is always available to us. This is true no matter what name you use for God or what your religious beliefs

might be. (Can ask multiple questions to anchor this point. Ex: Is it true if I live in Colorado? At the north pole? In the desert in Africa? If I call God Krishna? Or Allah? Or Mother Earth? Etc. Have them answer “yes” for each question.

**SAY** - But God is also personal. A relationship with God is a personal experience – something just for you and it is different for each individual. Just like our pictures are different, what you think about God is different. It is something that lives in your heart and your soul and your mind.

***You could say that there is one universal God or Spirit, that we each choose to understand in our own totally personal and unique way.***

How great is it that there is this incredible thing that belongs to everyone and is also special just for you.

**AFFIRMATION:** God is everywhere, God is inside of me. Repeat 4 times. If possible have them or help them write this affirmation on their drawing.

**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](https://www.youtube.com/channel/UCUc3XHlHB9TF4FENneYoO_Q). An audio conversation of this lesson appropriate for children can be found at <https://insighttimer.com/milehichurch>.