

"Listening From the Heart"

Pre-session Activity

Listening With My Heart

Materials: Heart, markers & stickers

Invite the children to think about their families and their friends. How important is it to listen to people when they are talking to you? Do you like to be listened to? Who is your life listens to you?

Create a picture on the heart of you and a family member or friend listening to one another.

Gathering Circle

- ♥ Welcome
- ♥ Share the Daily Word
- ♥ Announcements
- ♥ Collect the Love Offering

Prayer Focus

Bible Quote:

2 Chron 7:15

Now I will see them, and I will listen to the prayers prayed in this place.

Introduce the prayer box and the prayer request slips and encourage the children to write or draw out their prayer requests and place them in the prayer box. Each class will be taking turns each week to say prayers for the requests in the box.

LESSON INTENTION

Listening from the heart promotes sensitivity to others and encourages problem solving.

Issue: How can I be a better listener?

Unity Principle: #3 - "I create my experiences by what I choose to think and what I feel and believe."

Affirmation: I listen with my heart and hear what people are really saying.

1 2 Powers: **ORDER:** The next step in creating becoming a peacemaker is to listen with my heart.

Early Elementary Lesson:

"Listening Is Important"

There are many ways to listen.

StoryQuote...

Matthew 11:15

You people who can hear me, listen!

Discussion Questions...

- ♦ What does it mean to listen?
- ♦ Why is it important to listen?
- ♦ What does it feel like when we are trying to tell someone something and they are not listening to us?
- ♦ What signs tell you people are listening to you? What are they doing or not doing?
- ♦ How do you let people know you are listening to them?

Opening Activity...

Many Ways to Listen

Materials: Sign Language descriptions below.

BEFORE CLASS: *Please practice this so you can teach the children.*

Love: Both hands crossed over heart.

God: Right hand raised from elbow, parallel to head.

Heart: Right hand with middle finger curled in, hand resting on heart.

Soul: Fingers of left hand touch thumb to form "O." Thumb and index finger of right hand touching, reach into "O," and then move upward.

Might: (Strength): Right fist pulled toward shoulder.

DISCUSS:

Today we will explore all the ways we listen and let people know we are listening. How many ways can you think of that we listen to people? List them on your flip chart. If they are unsure focus them on listening with our **heart, our ears and our eyes**. **Please complete the sign language exercise and then choose a few of the others to try.**

Explore: Sign Language as a way to listen:

1. Help the children to create the signs listed above.
2. Read the Bible passage: *"You shall love the Lord your God with all your heart, and with all your soul, and with all your might."* Deut 6:5
3. Invite the children to sign this passage as you recite it together.

Explore: Rhythm patterns:

Using your hands or fingers make up clapping or rhythm patterns. Ask the children to repeat each pattern. Invite the children to make up their own patterns and have the class try to repeat each one.

Explore: Sound Bottles:

Fill a number of bottles with different items such as: soft beans, hard beans, nuts, bolts, rice or fill them with various amounts of the same bean.

Blindfold the students and invite them to shake the bottles and put them in order from softest/loudest; highest/lowest, etc...

Explore: Inner Listening:

Go to a quiet area, either inside or outside and invite the children to sit down, close their eyes and try to identify all the sounds they hear. They might also try to identify what their heart is telling them.

Creative Expression...

Peacemaker Flags

Materials: Fabric paint or fabric markers; felt squares in lots of colors, scissors, fabric glue, paintbrushes; 3' x 4' piece of felt for flag.

This flag will represent your village and the people in it and how it is a peacemaking village. It will be a group project. **It is important to LISTEN to one another so that all members of the group have input as to what goes on the flag.**

So, as a group, decide what symbols, artwork or designs you want to put on your flag, remembering that it represents the people in your village and all of their peacemaking skills. It may take some time to decide upon the exact design. This is OK as we will be working on these flags for a few weeks. It can be one joint design or symbol or it can be individual pieces that work together. Put your village name in a prominent place on the flag. You can use fabric paint or you can cut your symbols, designs and letters from the felt and make a collage-type design. We will hang them in each of our classroom areas.

Elementary Lesson:

"Careful Listening"

I must listen with all my senses, not just my ears.

Opening Activity..

Let's Work Together

Materials: Blank, white paper, pencils and markers.

- ♥ When working in a group good communication is important. We must listen to others and communicate our ideas also.
- ♥ Divide the class into two groups. Give each person a sheet of blank paper and pencils. Let the groups know that they will be creating a comic strip and each person in the group will contribute one frame of the strip. So the comic strip will contain one frame for each person in the group.

Each group must decide:

1. What to draw – **the topic is "Having ears but not hearing."**
2. What happens in your story.
3. Who will draw what frame of the comic strip?
- 4.

There needs to be good communication and listening in the group in order to accomplish this. Once the decisions have been made, each person draws their frame on the blank paper. Everyone should be drawing at the same time. Don't allow the group members to see what the others are drawing. **This will test them to see how well they communicated their ideas and responsibilities.** When all are finished, put the frames together and see how closely they were able to create what they had decided upon.

Discuss:

- ♥ What was it like trying to communicate your ideas?
- ♥ What was the most difficult part?
- ♥ Does your comic strip flow together? Why or why not?
- ♥ What things do you need to do in order to communicate with a group of people?
- ♥ Why is this skill important to a peacemaker?

StoryQuote...

Psalm 115:6

They have ears, but they cannot hear. They have noses, but they cannot smell.

Discussion Questions...

- ♦ What does it mean to have ears but not hear?
- ♦ Describe a situation when this applied to you?
- ♦ Why it is important to listen and to communicate?
- ♦ What happens if we don't?
- ♦ How can you be a better listener?

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Uniteen Lesson:

"Listening Everywhere"

It is important to listen with all our senses.

Opening Activity..

Listen to Me Sculpture

Materials: Leggos or Tinkertoys, 2 chairs, rope and a bed sheet.

Place 2 chairs on opposite sides of the room. Tie a rope to each chair so it spans the room and drape the sheet over it. You want to form a barrier so when the teens are sitting on the floor they cannot see what is happening on the other side.

Pair the children up and invite the pairs to sit across from one another on the floor with the sheet barrier separating them. Give **each pair identical building materials**. One person in the builder and one person is the listener. Tell the builder he/she has 5 minutes to construct anything they choose.

As soon as they are finished the builder must describe to the listener how to build a structure identical to the one that they just built. The listener attempts to build what is being described to him/her.

When all have completed their copies, remove the sheet and compare structures.

If time allows invite the builders/listeners to switch places.

Discuss:

- ♥ What was it like to give/receive instructions?
- ♥ Which one was easier?
- ♥ How well do you listen to people? Why is it important?
- ♥ What does it feel like when you are not listened to?
- ♥ How can we be better listeners?

StoryQuote...

2 Chron 6:19

But please listen to my prayer and my request, because I am your servant. Lord my God, hear this prayer your servant prays to you.

Discussion Questions...

- ♦ How would it feel if nobody ever listened to you?
- ♦ How would that impact your life?
- ♦ Describe a time when you felt you were not listened to.
- ♦ How can you show that you are using good listening skills?

- ♦ Why is it important?

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Prayer Circles

This can be done in individual classrooms or the group can come back together at the end of class time. Assign someone to speak aloud a prayer from the heart.

- ♥ Invite everyone to form a circle and join hands and then invite each person to state a simple prayer affirmation (they may pass if they need to.)
- ♥ Prayer Circle Affirmation: **I listen with my heart and hear what people are really saying.**

Close with the Prayer for Protection.