



AFFIRMATION: Divine energy  
flows through me.

# A POCKET FULL OF COINS

## >> Lesson 4: Discovering Divine Energy

*Affirmation: Divine energy flows through me.*

### Getting to the Heart of the Lesson

Divine energy is always available to us if our hearts are open and willing to let it flow.

Every parent and teacher has had the experience of asking a child to do something, and the child responds with exaggerated exhaustion. He may move as if he were dragging heavy weights behind him or may even ask for help because he feels the tremendous feat of endurance you have requested is just beyond his present capabilities. But, ask this same exhausted child if he would like to visit a favorite friend or go out for a favorite treat, and he responds with energy and enthusiasm. The difference is willingness.

In this lesson's story, the coins represent the divine energy that comes to us in any form. The first two servants discover how much can be accomplished when they use what is available with determination and focus. The third servant loses the opportunity because she is unwilling to even try.

Right attitude opens us to the infinite cosmic energy. There really is no limit to the energy available to us; we are only limited by our willingness. We can teach our children that God is the source of all that is, and all that is is energy. Saints and mystics have always understood that all energy comes from the one power behind and within the universe; modern science is just catching up to the idea.

### Teacher Reflection

- What time of day are you most energetic? Least energetic?
- What activities help you to feel full of energy? What activities drain your energy?

- What people in your life give you energy? Who takes your energy?

- Based on the answers to these questions, are there any changes you would like to make in your life to feel more energetic?

### Bible Verses

#### **Matthew 17:20**

So he says to them, "Because of your lack of trust, I swear to you, even if you have trust no larger than a mustard seed you will say to the mountain, 'Move from here to there' and it will move. And nothing will be beyond you." (TFG)

#### **Mark 5:27–34**

When this woman heard about Jesus, she came up from behind in the crowd and touched his cloak. (No doubt she had been figuring, "If I could just touch his clothes, I will be cured!") And the vaginal flow stopped instantly and she sensed in her body that she was cured of her illness. And suddenly, because Jesus realized that power had drained out of him, he turned around and started asking the crowd, "Who touched my clothes?" And his disciples said to him, "You see the crowd jostling you around and you are asking, 'Who touched me?'" And he started looking around to see who had done this. Although the woman got scared and started trembling — she realized what she had done—she came and fell down before him and told him the whole truth. And he said to her, "Daughter, your trust has cured you. Go in peace, and farewell to your illness." (TFG)

### Quotes

The greater one's faith, the greater his willpower. And the greater his willpower, the greater his flow of energy.  
— *Paramahansa Yogananda*

The hand of God is full, and the flow of disbursement



## >> Lesson 4: Discovering Divine Energy

and night does not diminish that.

— *The Prophet Mohammed*

It is thy very energy of thought which keeps thee from thy God.

— *Cardinal John Henry Newman*

### I. Opening the Lesson

Read the story of The Three Servants and the Coins, which you can find at the end of this lesson, and use the discussion questions to help the children understand how it relates to the heart of the lesson. Do the affirmation together a few times, using the techniques suggested in Using this Curriculum.

### II. Building the Lesson

After the story, transition to Experiment with Affirmations, which illustrates how our thoughts change our energy. After the activity, read the first Bible verse and the first quotation and explain how when having faith and being open and trusting, we can be full of positive, divine energy.

Discuss what activities require a lot of energy and what makes us feel like we have no energy. Then do the Energy Pictures Activity.

#### **Experiment with Affirmations**

*Materials needed: butcher paper or newsprint, two colored markers*

The thoughts, “I’m too tired,” and “I can’t do it,” are negative affirmations that shut off the flow of divine energy. Teach the children the power of positive affirmation by creating a game.

Tape a long piece of butcher paper or newsprint vertically on the wall. Stand next to the paper with a colored marker. Have the children take turns standing near the wall and jumping up as high as they can, reaching up the wall with their hand. Use the marker to mark how high they reach. Before the first round, have all the children repeat together, “I’m too tired, I can’t do it.” Suggest they think about something

difficult to do.

After everyone has had one turn, change the affirmation and repeat, “Divine energy flows through me!” Be positive and forceful. Encourage everyone to try harder and reach higher. Use a different colored marker to record the second round, and then compare all the jumps. Discuss how our thoughts are actually a form of energy and negative thoughts can change the flow of energy within us.

#### **Energy Pictures Activity**

*Materials needed: drawing paper, crayons or color pencils*

The children can draw pictures of themselves in an activity where they feel the most energy or draw something that represents energy. Give abstract and concrete examples to get them started: a hydroelectric dam on a river, a racecar, a roller coaster, the sun, a spider weaving a web, a healthy meal, etc.

### III. Closing the Lesson

After the Energy Pictures activity, transition to the Music and Energy Activity. Explain how divine energy is flowing through us all the time but energy can be felt in different ways. Have the children experience the Active, Slower, and Calming music selections. Right after the calm music experience, you can share the second quotation, which speaks to the natural energy rhythms of nature and reminds us that God’s energy does not stop. Close the lesson with a prayer.

#### **Music and Energy Activity**

*Materials needed: Variety of music selections of different tempos*

Music conveys energy in a unique way. Play active music and encourage the children to skip around and move freely. Then change to a slower rhythm and show them how to keep their feet in one place, moving only their arms and torso. Finally, play calming, peaceful music and have everyone lie down with eyes closed. Suggest they feel the music as a rock would, without moving, but still experiencing the energy that is within

## >> Lesson 4: Discovering Divine Energy

all creation. Suggestions for music are below.

<i>Energy Level</i>	<i>Selections</i>
Active	We Love the Animals, by Michael Mish (available for download at Amazon.com); Marches by John Phillip Sousa; Polka music
Slower	The Blue Danube, by Strauss; Pachelbel's Canon; Selections by Aaron Copland
Calming	The Mystic Harp, by Derek Bell and Donald Walters; Selections by Stephen Halpern; Baroque pieces by Bach, Mozart

### >> THE THREE SERVANTS AND THE COINS

There were once three servants who worked for a wealthy and generous man. One day the man was preparing for a long journey and called his servants to him.

“You are honest and hardworking servants, and I want you to take care of my wealth while I am gone,” he explained. “Each of you will have a portion to use as you like, and when I return you can show me what you have accomplished.”

He gave the first servant five coins and told her that she could choose how to use them. He felt sure she would have no trouble managing such a large portion of coins for him.

To the second servant he gave two coins. He explained that she was also free to decide how to manage the coins, and he had great confidence in her.

The third servant was given one coin to use, and as she nervously accepted the coin, he smiled warmly at her and told her there were hundreds of ways she could use the coin, and he was looking forward to hearing of their choices when he returned.

The first servant took the five coins she was given and immediately made plans.



She knew an oil merchant who gave her a large amount of oil for a very low price. She put the oil in pretty jars and took it to the market to sell.

It was a lot of work to take the heavy jars to the market each day and then carry home the remaining jars. But she enjoyed talking with all the customers, and so many people bought her oil that when it was time for her master to return, she had doubled the number of coins he had given her.

The second servant loved to weave, so she rushed out to buy wool to weave a large rug. She chose bright,

## >> Lesson 4: Discovering Divine Energy

beautiful colors and set to work at the loom the very same day. Each morning at sunrise, she would go to the loom and work on the rug until the sun went down. Her friends admired the lovely pattern of the rug and the colors that were so cheerful, and many offered to buy it before it was even finished. When her master returned, the servant had four coins to show him.

The third servant fretted over the coin she had been given. What if her master didn't like what she did with it and punished her? What if she worked hard and didn't have any more coins when he returned? What if the other servants made fun of her? What if someone stole it or she lost it? She finally went outside in the night and buried it. On the day of her master's return, she dug up the coin.

The master said to the first two servants, "You took what you were given and did good and useful work. I can see that you can be trusted with even more, and I joyfully share my abundance with you."

When the third servant gave him back the one coin she was given, he shook his head in disappointment and said, "You did not even put the coin in the bank, where it could have been used to earn a little interest. You hid it in the dark ground and did nothing. I will take this coin back and I can see that you are not ready for any more, for you did not use what was given you."

### Discussion Questions

- 1) What else could the third servant have done with the coin besides bury it?
- 2) Have you ever not made an effort to learn a new skill, make a friend, or try hard in school because you just didn't want to work at making it happen?
- 3) What takes more energy: starting a business or burying a treasure in the yard?
- 4) Is it ever difficult to choose to work hard? Do you know anyone who has a lot of energy and accomplishes difficult things?

### Lesson Notes:

## >> Lesson 4: Discovering Divine Energy

[illegible]