



God 1:

Who or What is God?



Opening Affirmations:

Before we begin our Soul Talk, we want to remind you that we are coming together to learn from one another. This means that this is a safe place to share our ideas and questions. Please take the hand of the person to the right and left side of you and share one of two possible affirmations.

“I am happy to share my ideas with you.”

[or]

“I respect and honor you and your beliefs.”

The Heart of the Soul Discussion: Who or What is God?

1. As you know, many people have differing ideas about god. Some people make god into a person, and give that person a name. Other people think god is a place and some even see god as an energy. Who or what do you think god is?

[Go around the circle and have everyone take a turn answering the questions]

- God might be in the form of a human who is like you or me
- Maybe god is our planet that surrounds our world
- God might make up our environment in the trees, the grass, the wind, and the waters
- Perhaps god is like a force of power that connects us

2. Whatever your idea of god is, god creates a feeling inside of us. How or what does god make you feel?

[Go around the circle and have everyone take a turn answering the questions]

- Joy
- Happiness
- Love
- Peaceful
- Calm
- Supported
- Brave
- Strong

3. Because there are so many ideas about god, there are also many different religions that people follow. Many religions have different names for god, such as...

[Go around the circle and have everyone take a turn answering the questions]

- Yaweh- The Jewish Religion
- Creator- The Buddhist Religion
- Lord- Either the Christian or Catholic Religion
- Allah- The Islamic Religion
- Mitra, Savitri, Indra, and Krishna- The Hindu Religion

4. Of course, there are many more names for god. But most importantly, what do you choose to call god?

[Go around the circle and have everyone take a turn answering the questions]

- Spirit
- Friend
- Mother Nature
- Father
- Creator
- Universe

Activity - Option 1: The Shape of God

Materials Needed:

Paper

Markers or Crayons

Scissors

Directions:

Today, our Soul Talk has been about discovering who god is, what god is, and how god makes us feel. Now we want to encourage you to create what you believe god to be. Take a moment to close your eyes, and allow any shape or scene to fill your mind. Think about what YOU believe god to be. Remember, there are no wrong answers. Once you have your picture inside of your mind, open your eyes and start transferring it to your paper with crayons or markers.

When completed, each child should have a beautiful piece of artwork that represents what god is to each of them.

[Feel free to play one of our recommended songs while the kids work on their projects]

Follow Up Discussion

Now that we have finished our works of art and talked about what god could be, it is time to start discovering our own personal relationship with the god of our understanding. This means, discovering what god means to all of us individually. It may not be the same thing and remember, that's okay.

Story Time – Activity Option 2

[In order to complete this activity, your group will need a copy of one of the suggested books. Our library has a collection of books dedicated to each Soul Talk which is updated constantly! You can visit our library at the link below. Search for the God section.] https://spiritualplaydate.com/spiritual_playdate_library

Since our Soul Talk was about *Who or What is God?* we are going to read a book out loud. As you listen, start to think about how this story relates to what we just spoke about.

Calming Exercise - Meditation

[Invite the group to find a relaxing position, take a mat or towel, if you are working on a hard floor. They may sit or lie down to be comfortable. Speak slightly slower in a soft, soothing tone throughout, pausing briefly between sentences. You may play soft, instrumental music in the background while reading the meditation script]

Welcome to our Meditation Time: The time where we relax and connect to the spirit in and around us. I invite you to put a cushion on the floor, and to sit cross-legged, with a nice tall back and your hands relaxed in your lap. Quietly do that now, as we begin our meditation. *[Wait until all are settled to begin, then read the meditation script.]*

Close your eyes and let your muscles relax into the floor. Take a slow, deep breath in – into the center of your body... as you silently count 1, 2, 3. Now you slowly breathe out, thinking 1,2,3. Breathe in — 1, 2, 3 ... breathe out – 1, 2, 3. Keep breathing in and out slowly and steadily.

Meditation is a way to connect with the god of your being – however you imagine god to be. We have learned that god is called by many names in many religions and traditions. And in our time together, we have explored some of those traditions. We have discovered that people see god in many different ways. And we know that whatever way connects you to god, is the right way for you. *[Pause.]* Maybe you feel god in the love you feel for your family, friends, and pets. Maybe you see god in the beautiful nature and creatures around you or in a starry sky at night. Maybe you know god as the voice in your mind that leads you to make good choices. Let's take a moment now to think about what god is to you. *[Long pause.]* Silently say to yourself, "I focus on god ... however I imagine god to be." *[Pause.]* "I focus on god ... however I imagine god to be." *[Pause.]*

Now let's take one more deep breath in – 1, 2, 3. And one more deep breath out – 1, 2, 3. Now slowly open your eyes, and let your body reconnect with this space and the people in it. We feel at peace and know that we can connect to the god of our being anytime we want. And we end with a new ending to our meditation time. We put our hands together, bow our head slightly, and say a Sanskrit word which means "I bow to you" and "Thank you." That word is "Namaste." Together: "Namaste."

[Optional: Turn off music] [Optional: Say: Please return your cushion to its starting place]

Closing - Choose One

Closing Affirmation - Option 1

Turn to the person to your right, look them in the eye and say "I am happy I could share this time with you and hear about your beliefs."

Closing Prayer - Option 2

The light of god surrounds us
The love of god enfolds us
The power of god protects us
The presence of god watches over us
Wherever we are, god is and all is well!