



God 2: Is God Real?



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: Is God Real?

1. Since the beginning of the world, many people have had differing ideas about god. Some people give god a name and a face to make it easier to picture exactly who god is. Who or what do you think god is?

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

- Some people think god is a man with a long, white beard
- A lot of people think god is like a factory that makes different things
- Some people think god is a woman who runs all of nature
- Many people think god is like an energy that is all around us

2. Some people think god is not a person, but a feeling or a power. What do you think god is?

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

- Some people think god is magic
- A few people think god is breath

- Many people think god is love
- Some people think god is light
- Most people think god is peace
- A lot of people think god is good

3. Did you know that people have many different names for god? Believe it or not, there are many, many more names for god. What do you call god?

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

- Spirit
- Yahweh
- Creator
- Lord
- Allah
- Krishna
- Father or Mother

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: Real or Not Real?

Materials Needed:

[List of Words](#)

Scissors

Two bowls labeled "real" and "not real"

Directions:

- Print and cut out the list of words, one copy for each person (find the link above in "materials needed")

- Have the children choose which bowl the words belong in, by placing their chosen words in the appropriate bowl

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

Follow Up Discussion:

Our Soul Talk today was about whether god is real or not real. Does something have to be heard, tasted, touched or measured to be real?

Activity Option 2 - Story Time

[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 *Is God Real?*, 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.

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 also play soft, instrumental music in the background]

Welcome to our Meditation Time: The time where we relax and connect to our spiritual center. Quietly sit or lie down and rest with your hands on your belly, as we start our meditation.*[Wait until all are settled, 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.

Now is the time to connect with god of your being – however you imagine god to be. *[Pause.]* We may wonder how god can be real to us, if we can't touch or see god with our hands or eyes. But these aren't the only ways we know something is real. In the story "The Velveteen Rabbit," a stuffed animal discovers that he is made real by the love of a child. Something can be real to us when we love or believe in it. *[Pause.]* When

we appreciate all of nature around us, god is real to us. When we learn new things and grow stronger and wiser, god is real to us. When we see and appreciate love and kindness, god is real to us. Real is when we feel a connection. And there are many real ways that god expresses all around us. Think of the ways in which god is real to you. *[Pause.]* Now think how that connection makes you feel. *[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 slowly roll to the side. And we end 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 mat/towel 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!