



**A Celebration of Our  
12 Powers**

**Family Study Material  
"WISDOM"**

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# Lesson 3: Overview



**Apostle:** James, son of Zebedee

**Color:** Yellow

**Location In The Body:** Pit of the Stomach

**Ability:** To discern; To know how to use Truth;  
To be wise

*Wisdom is intuitive knowing. It is our ability to know how to use the Truth we discern.*

*Wisdom is allowing the voice of Spirit within to direct our lives.*

## Definition

### Revealing Word

Intuitive knowing; spiritual intuition; the voice of God within as the source of our understanding; mental action based on the Christ Truth within. Wisdom includes judgment, discrimination, intuition, and all the departments of mind that come under the heading of knowing. This "knowing" capacity transcends intellectual knowledge. Spiritual discernment always places wisdom above the other faculties of the mind and reveals that knowledge and intelligence are auxiliary to understanding.

## Power Points

- The sun does not withhold its rays from us because previously we have been in darkness. It passes no judgment. It shines on all who come within its radiance. In the very moment of your turning, the light blesses you. (*Like A Miracle, p. 21*)
- If we judge people and conditions by what we see with our physical eyes, we cannot help but be guilty of unrighteous judgment, because everything we see is merely a form through which a divine and perfect idea is in the process of being expressed. (*Your Greatest Power, p. 311*)
- Wisdom begins by understanding that deep within us there is a still, small voice that will always lead us in the direction of our highest good.
- Recognizing the still, small voice within can occur in many ways - it can come through an intuitive feeling, we can hear it or it may come in other unique ways.

## Bible Quotes

### Proverbs 3:13

"Happy are those who find wisdom, and those who get understanding."

### Joshua

"Choose this day whom you will serve."

### Matthew 7:2

"With what judgment you judge, you shall be judged; and with what measure you mete, it shall be measured to you again."

### John 7:24

"Judge not by appearances, but judge with right judgment."

## LESSON-AT-A-GLANCE

<b>Bible Story</b>	<b>“Samuel Hears God Calling”</b> <b>1 Samuel 3:1-10</b>
<b>Synopsis of Story</b>	Young Samuel served in the temple under the guidance of Eli. While Samuel was sleeping he heard a voice calling him. Each time he thought that Eli was calling him. Finally Eli realized that it was the Lord calling Samuel and he instructed Samuel to tell God that he was listening.
<b>Deeper Meaning of Story</b>	<p>This is a story of awakening our inner hearing. Spirit is constantly speaking to us in numerous ways. Often we exist in such a noisy, busy outer world that we mistake the voice of Spirit for one of the many voices in our head or we don't hear it at all.</p> <p>Samuel heard Spirit's voice while he was sleeping, which reminds us that the still, small voice inside us speaks in quiet tones. We must take time each day to practice the silence. This will help us to distinguish the voice of Spirit from the other voices that try to distract us. Once we recognize the voice of our own inner wisdom, it becomes the voice we long to hear the most. It is a sweet melody that reminds us that we are not alone and wisdom is just a deep breath away.</p>

## CREATIVE ACTIVITY SUPPLIES

<b>Title</b>	<u>Spirit Speaks to Me</u>	<u>My Unique Way</u>	<u>What's That Sound</u>
<b>Age Group</b>	Adult & Teens	Adults & Teens	Kids
<b>Supplies</b>	<ul style="list-style-type: none"> <li>• Handout, 1/person (See <i>end of lesson</i>)</li> <li>• Pens</li> </ul>	<ul style="list-style-type: none"> <li>• Meditation CD</li> <li>• CD player</li> <li>• Blank paper</li> <li>• Water color paints</li> <li>• Small cups of water</li> </ul>	Sound objects such as; <ul style="list-style-type: none"> <li>• Musical instruments</li> <li>• Shakers</li> <li>• Noise makers</li> <li>• Horns</li> <li>• Bells</li> <li>• Marbles in a tin can</li> <li>• Rain stick</li> <li>• Blank paper</li> <li>• Markers</li> </ul>



# Wisdom

## Opening Activities

### Opening Prayer

- Sit down together and ring a chime or bell to announce the start of activities.
- **Centering Breath:** Always begin with a centering breath. This helps to release stress, bring their attention to the present moment, focuses the brain and connects the heart.

#### *Example:*

Take a breath in and feel your belly expand and your shoulders relax. Hold. Release, allowing your belly to fully contract and your shoulders to remain relaxed. As you continue to breathe in this manner, move your attention to your heart center and breathe in and out, feeling your heart energy expanding and filling every part of you.

- **Prayer**

I am one with Divine mind. As I breathe in, I fill myself with the loving energy of life. As I exhale, I let go of all that keeps me from knowing that God is the wisdom I seek. As I gently breathe in and breathe out, I feel peace flowing through me. I know that as I seek the wisdom within me that I can clearly hear what I need to hear. Sweet and loving Spirit, it is you I seek. I have access to the wisdom of the universe as I sit in daily, quiet contemplation. As I center myself through the breath, I feel my body relax, my mind quiet and the flow of wisdom fill me...*pause*...I am centered in God, I am the voice of wisdom...*pause*...As I slow down and really listen to the still, small voice, I am guided to right action. I listen with my heart...*long pause*...I affirm that I make good decisions and I thank the Eternal Spirit for inspiring my mind and my heart. Amen.

### Community Building

- Go around the circle and invite each person to share their name and briefly share a meditation practice that they have tried and found helpful.



# Story Exploration

Adults

Teens

## Lesson Focus

Exploring how God speaks to us.

## The Story

### **“Samuel Hears God Calling,” 1 Samuel 3:1-10**

Young Samuel served in the temple under the guidance of Eli. While Samuel was sleeping he heard a voice calling him. Each time he thought that Eli was calling him. Finally Eli realized that it was the Lord calling Samuel and he instructed Samuel to tell God that he was listening.

### **Discussion**

- What was happening to Samuel?
- How did Eli respond at first?
- Once Samuel knew who was calling him, how did he respond?
- In the story God spoke to Samuel by calling to him while he was sleeping. What are other ways God speaks to us?
- What else does this story invite us to do?
- What is the still, small voice?
- How do we access it?
- What advantages do we receive from spending time in the silence?
- What is your meditation practice like?
- We all have equal access to God but it shows up in us in our own unique way. How does God show up in you?



## Lesson Focus

Exploring how God speaks to us.

## The Story

### **“Samuel Hears God Calling,” 1 Samuel 3:1-10**

Young Samuel served in the temple under the guidance of Eli. While Samuel was sleeping he heard a voice calling him. Each time he thought that Eli was calling him. Finally Eli realized that it was the Lord calling Samuel and he instructed Samuel to tell God that he was listening.

## **Discussion**

- What was happening to Samuel?
- How did Eli respond at first?
- What did Samuel do next?
- What did Samuel say to God?
- How do you think Samuel felt when he realized God was speaking to him?
- What would you have done if you had been in Samuel's place?
- This story is about the importance of listening to God. Tell me about a time that God spoke to you.
- In the story God spoke to Samuel by calling to him while he was sleeping. What are other ways God speaks to us?
- If God called to you today, what would you say?
- Describe to me what it means to be a good listener?
- How does being a good listener help you to make wise decisions?
- What are some things that you can do that would help you be a better listener?

## What's That Sound?

### Objective:

The object of this game is to practice listening in order to recognize what we are hearing.

### Supplies

- Sound objects such as;
- Musical instruments
  - Shakers
  - Noise makers
  - Horns
  - Bells
  - Marbles in a tin can
  - Rain stick
  - Blank paper
  - Markers

### Action

- Invite the children to sit facing forward with their eyes closed.
- Place the sound objects behind them where they cannot see them.
- One by one invite one of the children to choose one of the objects and make a sound with it. The rest of the children will see if they can guess what the sound is.
- Discuss whether this was easy or hard for them.

Then, ask the children what their favorite sound is. Many people have never considered this. Once this exploration is complete, invite the children to create a "sound" picture.

- What does they favorite "sound" look like? For example: the sound of laughter (not someone laughing, but what does the "sound" look like. What does the SOUND of recognizing your loved one's voice look like?
- Invite sharing when they have completed their work.

## Spirit Speaks to Me

### Objective

The object of this activity is to explore how Spirit speaks to us.

### Supplies

- Handout, 1/ person (*See end of lesson*)
- Pens

### Share

“The new language of God’s mother tongue, the way God speaks to us in a nonverbal way through coincidences, synchronicities, angel murmurs, thought impressions, telepathy, signs and wonders, and other manifestations.” “If prayer is about talking to God, the new language is a divine answering system.” From, *Signs & Wonders*

### Action

- Give each teen a copy of the handout.
- Look over the following list and check the boxes of the ways that God has spoken to you.
- Discuss your responses with the class.
- Pay attention for the next few weeks and make note of all the ways God spoke to you and share them with the class in the coming weeks.

### Discussion

- How does being aware of how God speaks to us help us in life?
- What can you do to increase your communication with God?

## My Unique Way

### Objective

The object of this activity is to discover the unique way God speaks to me.

### Supplies

- Meditation CD
- CD player
- Blank paper
- Water color paints
- Small cups of water

### Action

This activity is about hearing the God voice inside of us and experiencing trusting the wisdom it provides.

- Invite the teens to become comfortable in their seats. Ask them to listen to the music that you will be playing shortly. Stress the importance of remaining as quiet as they are able so that they can really hear the music.
- Put the music on and invite the teens to wet their brush and just let it move across the paper, not creating any particular design.
- As the music continues to play, invite them to continue to listen, changing colors and creating new patterns as their inner Spirit directs them.
- Share the importance of not judging their creations and just letting the music and their inner voice guide them.

### Discussion

- What would you like to share about this experience today?
- How did your inner spirit guide you in this activity?
- What other ways does Spirit speak to you?

# God's Language

- Acts of Nature:** God speaking to us through natural occurrences.
- Gut Reaction:** A gut instinct that warns you.
- Click:** The feeling that suddenly everything fits together.
- Coincidence:** Events that on the surface don't seem related but somehow fit together.
- Dreams:** Thoughts, images and ideas that occur during sleep.
- Echo Effect:** Seeing or hearing the same thing repeatedly in a short period of time from different sources.
- Epiphany:** A sudden intuitive knowing.
- God-by-Proxy:** Receiving messages from God from other people.
- Hunch:** A guess based on intuition.
- Inner Knowing:** Even with no facts, knowing what you know.
- Intuition:** Gaining direct knowledge without the use of thought or fact.
- Premonition:** Information about a future event.
- Rings True:** The feeling that something is true without any evidence.
- Serendipity:** Making fortunate discoveries by accident.

# Closing Circle

## **Closing Circle Call**

- Invite the participants to return their focus to the circle. This may be done with music, a bell or a chime.

## **Sacred Breath**

- Lead them in a focused breathing exercise again, so that they are able to be present to this moment.

## **Sacred Sharing**

- Invite anyone who would like, to share what the lesson meant to them today.

## **Closing Commitment:**

- Invite the participants to close with an affirmation that affirms how they will take the lesson out into the world this week or invite one of the participants to pray a closing prayer.