

Promises--General Lesson (written by Nita Penfold)

This Unitarian Universalist Lesson gives the children more information about each of the Promises (Principles) of Unitarian Universalism.

Red is for Respect All People. We are all gifts to each other and don't always know about the wonderful things about people until we get to know them.

Orange is for Offer Fair and Kind Treatment to Everyone. We use our hearts to show kindness everyday.

Yellow is for Yearn to Accept and Learn about Ourselves, Others, and the Mystery. A little flame burns in us to learn. By thinking about ourselves and other people and learning & celebrating our differences, we are reminded that we are all connected to the Mystery that some people call God.

Green is for Grow by Exploring What is Right and True in Life. It's sometimes hard to decide what is true and right, so the flower reminds us that we grow as people by exploring answers to our questions. We may find different answers to the same questions, or questions that have no answers, but we keep on asking.

Blue is for Believe in Our Ideas and Act on Them. Once we figure out what is right and true for us, this bell reminds us that we have to try to do what's true and right, not just talk about it. The bell is that little voice inside us that lets us know when something we do is right or wrong.

Indigo, a kind of dark blue color, is for Insist on a Peaceful, Fair and Free World. The dove reminds us to try to do what's right. We want all people to have freedom and justice in their lives. Justice means being fair to everyone. Peace means living together in harmony.

Violet, a kind of purple color, is for Value our Home Earth that We Share. We value each living being as a gift just like we do people. The Earth reminds us again that we are all connected in our lives. We need to be careful of what we do so that all living beings on Earth will have clean water, and clean air, and enough places to live. We need to remember that we are only one being on the Earth and that there are many others that we need to respect.

Wondering Questions:

I wonder if you have ever made a promise?

I wonder which promise you like the best?

I wonder how it feels when we keep a promise?

I wonder what happens when we keep a promise?

I wonder if it is easy or hard to keep a promise?

I wonder what happens when a promise is broken?

I wonder what here is most important?

I wonder how it feels to be on this rainbow path?