Learn by Doing

Choice Share the Heat!

We receive life from the Lord at each moment. His love flows into our bodies and is the source of the warmth we feel inside us. We can share the Lord's love by using our energy to love others by doing good and useful things for them. Give each child a cold stone to warm in his or her hands during discussion time. Have them give the warmed stones away while sharing a kind word with a classmate.

1. Remove rocks from the refrigerator or freezer and put in a basket or bag to pass so children can choose a rock.
2. Seat children in a circle and invite each one to choose a rock. Encourage them to see the beauty of the rocks and pick one they like.
3. How does the rock feel in your hand?
4. Let's see if we can warm up the rocks. How can we warm them up? (Brainstorm, driving towards the idea that we can hold them in our hands, allowing our own body heat to warm them up.)
5. Why are our bodies warm? (Scientists explain this in a number of ways, but the key here is that we are warm because we are alive—and our life is from the Lord. His love keeps us alive every moment! So the warmth we feel in our bodies is really the Lord's life in us. The Lord's love and life in us are warming the rock!)
6. How does your rock feel now? (Our body heat, which is from the Lord, is making the rocks warm. Rocks also become warm or hot in the sun, which is created by the Lord.)
7. Now that your rock is warm, give it to the person to your right. As you take a rock, feel how warm it is. Who warmed the rock? (The Lord—through each one of us! The Lord's life gives us the power to do *everything* we do—just as the sun in the sky is the source of all energy in the world.)





Materials Needed

smooth stones that fit nicely in a child's hand (1/child), e.g. river stones or polished rocks, *alternative*: marbles; a bowl or basket; refrigerator

Prepare in Advance

Put rocks in refrigerator to be cold for the activity.

New Church Concept

The sun is a symbol of love to the Lord, because the Lord appears before the angels in the heavens as a sun, and His appearance as a sun is from the Divine love (*Apocalypse Explained* 981).

The moon is a symbol of the truth of faith, because the moon is bright white from the light from the sun (*Apocalypse Explained* 401).

Stars are symbols of knowledges of goodness and truth (*Secrets of Heaven* 1808).

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