

## Session 5: Being a Unificationist

*Supplies for this session: paper and pens.*

1. Welcome & Check In (5 minutes)
  - Welcome everyone to their fifth session.
  - Introduce what the session will be about:
    - i. Unificationist traditions and core beliefs
    - ii. Heart of True Parents
    - iii. Foundation of the 1st Generation
  - Share what they can gain from their investment into the session:
    - i. A deeper understanding of why we practice certain traditions in our community
    - ii. An appreciation for the investment of True Parents and the 1st Generation.
2. Ice Breaker (10 minutes)

**It's important to create positive energy so that you can have dynamic discussions with your small group. For that reason it's a good idea to spend time breaking the ice at the beginning of each session.** Keep in mind that each of your small group members will bring their own energy and unique experiences to each session. Icebreakers are a great way to get everyone on the same page so healthy discussion and growth can occur in your sessions.

**Here's a simple game you can play for today's session:**

*One Common Goal*

  - Break the class into teams of 3-4.
  - Give each team a piece of paper and a pen/pencil.
  - Ask them to make a list of all the things that they can think of that are common traits among all the team members.
  - After 10 minutes have passed ask the group to read their list to the rest of the group.
  - The winning team is the one with the longest list.
3. Review Homework (10 minutes)
  - Go over the answers to these questions regarding the DP Lecture they watched this week. Keep in mind that the youth may have a variety of answers. It may be a good idea to address these answers in a discussion format with you making the concluding points so everyone is on the same page.
    - i. What is indirect dominion and direct dominion/perfection?
    - ii. Why did God give us freedom and responsibility?
    - iii. **What are life and "death" elements and how do they impact you?**
  - Reiterate the main point of the Hon Dok Hae Reading; we should strive to become people with no shadow who lead a life with integrity.
  - Share about the 3 acts you accomplished this week and how it impacted the world around you.
4. II Shim Session Reading (10 minutes)
  - **Read through the "Session 5 Reading."**

- Make sure to read it out loud and to pause between paragraphs to summarize or clarify points.
  - Ask thoughtful questions that connect the content to the lives of the participants. Make sure they connect the dots of how this reading can actually make a difference in *their* lives.
  - **Take turns reading paragraphs so the youth aren't listening to one person's voice** the whole time.
5. Discussion: (15 minutes)
- Split into small groups or discuss as one large group. Make sure each person has an opportunity to share. The point of discussions is to allow each person to share their personal thoughts and feelings on a **topic, so no answer is right or wrong. It's a good idea** to acknowledge each person after sharing and thank them for having the courage to do so.
- What part of our Unificationist traditions do you identify with most?
  - What is one thing you admire about True Parents and why?
  - Share a story you heard from your parents about the early days of the church and **the course of the 1st Generation. If you can't remember a specific story, then** share what you admire about 1st Generation.
6. Activity: Unificationist Trivia (15 minutes)
- Split your group into at least 2 teams and have each team come up with 3 trivia questions about the church. They should try to make the questions challenging **and keep in mind that it's ok if they don't know the answers to the questions** themselves.
    - i. **If you don't have enough people for teams, have the youth work** individually.
  - Collect all of the questions and read them aloud to your group.
  - Have the teams work within themselves to find the answers within a 7 minute time limit. They can use any resources available to them (books, phones, internet, people etc.)
  - **Go over the correct answers and celebrate the winning team! (If there's a question you don't know the answer to, just be honest. Everyone wins a point for that one!)**
7. Personal Reflection Points (7 minutes)
- Allow some quiet time for the youth to write and/or think about these questions in their II Shim notebooks. Feel free to play some quiet and reflective music in the background.
- What aspects of our church do you appreciate most?
  - What aspects of our church do you not yet understand?
  - **Who can you talk to about the aspects of our church you don't understand yet?**
8. **This Week's Homework: (5 minutes)**
- Ask your parents these questions and write their answers down in your packet:
    - i. Who are True Parents to you?
    - ii. What do you admire most about them?
    - iii. What did they teach you that changed your perspective on life?
  - Watch this Divine Principle lecture with your parents by Rev. Kevin Thompson entitled **"Purpose of the Messiah Part 2"**,

[http://dplife.info/blog/view/dojo\\_posts/purpose-of-the-messiah-part-2/](http://dplife.info/blog/view/dojo_posts/purpose-of-the-messiah-part-2/) After watching the lecture, discuss these questions with your parents and write the answers down in your packet:

- i. **How come the Messiah came and was killed if that wasn't God's original intention?**
  - ii. What are the barriers to us recognizing the Messiah?
  - iii. **What was John the Baptist's role in welcoming Jesus?**
  - o Offer a 24-hour fasting condition with your parents during this week. The **purpose of the condition should be related to this week's content, "Being a Unificationist."** You and your parents can decide the specific purpose so that it is most relevant to you and your experience.
9. Closing Prayer (3 minutes)  
Offer a closing prayer focusing on the journey of understanding what it means to be a Unificationist and wish everyone a great week!

## Session 5 Reading: Being a Unificationist

**The word "unification" means to be united. So it makes sense that Unificationism is about bringing together people of different religions, races, cultures, and walks of life. A key factor in our faith is that we are all God's children** and that makes us brothers and sisters. And one of the important aspects of our church is to bring unity and healing among the divisions of the world to **bring peace and joy to God's heart. The way that each of us does that however, may be a little different from each other. But it's all about the same thing: bringing humanity back to God, their Heavenly Parent.**

If you ask any member of our church what it means to be a Unificationist they may say **something different. And that's OK! Each person's faith is** as unique as their own personality and we celebrate that as a Unificationist community. Although every person may practice their faith in a unique way, there are a few things we all agree on that make us a Unificationist community. When in doubt we can always turn to the Divine Principle and the teachings of True Parents to help us find clarity. Here a few highlights from the teachings of True Parents that make our faith community different from others:

- God is a parent and has the heart of both a mother and father.
- God has been working throughout all of human history to bring joy to humankind since the time of the Fall, which was the result of immature love relationships between Adam, Eve, and Lucifer.
- God designed the family as the School of Love in which we learn how to love and take care of others through the relationships within our family.
- Father and Mother Moon have taken on the messianic mission of completing the work **left undone during Jesus' life at the time of his crucifixion.**
- The Divine Principle is the main theology of our community and has deep insights concerning God and human history.

- The Marriage Blessing is our opportunity to receive salvation as a family through our True Parents.

True Parents have worked tirelessly throughout their lifetime to pave the way for God to reunite with His children. They had to endure incredible suffering so that the culture of our world could change and we could find our way to our Heavenly Parent. They shared profound insights and truth with our world that help us to live a heavenly and righteous life. It is their example of unconditional love and service that we emulate as members of the Unification church. As young Unificationists it can be hard to feel connected to True Parents. But we can build a relationship with them by studying their word and learning about their life through hon dok hae and the stories of the 1st Generation.

The people who first joined and shaped our church are known as the 1st Generation. Their faith in True Parents is what allowed our community to grow and expand as rapidly as it has. **No other church has grown as quickly as ours during the lifetime of its founder, and that's because** of the 1st Generation. Many times they were asked to do conditions and actions that were challenging, **didn't make sense, or went against what the world told them was normal. But** because of their investment through fundraising, witnessing, and programming the providence of restoration was able to move forward tremendously.

Growing up as a young person in our church you may not have always been sure why we do the things that we do. The traditions you practice as a family may be very different from those of your friends and you may sometimes have had a hard time explaining them. However, each of our traditions have a rich spiritual history and come directly from our True Parents. If you ever have questions about why we are doing something as a faith community we encourage you to ask your parents! What a great way to take ownership of your faith! Here are a few of our unique traditions and a brief explanation of why we do them. These explanations are very short, so if you have more questions please talk to your parents. They would be happy to answer them for you!

- *Praying in our own name:* We have received authority from True Parents to report and **pray directly to God, instead of reporting through the use of someone else's name.**
- *Hon Dok Hae & Pledge:* Time at the beginning of each day to connect with God and read **God's word so we can have a** clear mind, heart, and spirit for the rest of our day.
- *Holy Songs:* Songs of great spiritual power. Father Moon wrote the words to many of these songs.
- *Holy Candles & Holy Salt:* Holy items that bless either our spiritual atmosphere or bless our physical goods. These holy items allow Heaven to create a heavenly environment around us.
- *Holy Ground:* Specific places that have been blessed and serve as places of direct connection to God and good spirit world in which our prayers can be received directly.
- *Holy Days:* Special days that were created by our True Parents to celebrate important moments in providential history and the creation of a new culture.
- *The Blessing:* A significant ceremony in which a husband and wife exchange vows, drink the holy wine, and represents the start of a heavenly blood lineage.

- *Seung Hwa*: A funeral service in which we honor the life and spirit of a person and send them off joyfully to the spiritual world.

As a young Unificationist you will go through your own journey of discovering your faith and creating your own spiritual life. The traditions of our church are a framework by which you can go on that path. You should always feel free to ask questions and understand the purpose and meaning behind the traditions of our church. There is great depth and meaning behind each of them. We carry on these traditions because of their spiritual value and the blessings and growth they bring to our lives and our world.