

Session 5: All About Being a Unificationist

Supplies for this session: paper, pens, highlighters, laptop to project polleverywhere.com and Kahoot game (projector helps as well), a few phones/devices

1. Welcome & Check In (5 minutes)

- a. Welcome everyone to their fifth session.
- b. Introduce what the session will be about:
 - Unificationist traditions and core beliefs
 - Heart of True Parents
- c. Share what they can gain from their investment into the session:
 - A deeper understanding of why we practice certain traditions in our community
 - An appreciation for the investment of True Parents

2. Ice Breaker (10 minutes)

Choose one of the following ice breaker activities to kick off the session!

1. Shoe Talk (for a larger group)

- a. Split the group into 2 halves.
- b. Get each half of the group to line up against opposite sides of the room or hall.
- c. Get each person to take of 1 shoe and make a pile of their team's shoes.
- d. Get each person from one team to come a select a random shoe from the other team's pile and then find the person that shoe belongs to.
- e. Once they have found their match, ask one of the questions below and have the pairs answer them with each other. Give 30 seconds to 1 minute, then have them put their shoes back in a pile.
- f. Get the other team to do the same process with the first team's pile of shoes. Switch back and forth as you ask questions:
 - What do you like to do on the weekends?
 - What is your favorite food?
 - What is something you fear?
 - What is something that annoys you?
 - What is one of your favorite TV shows?
 - What is something the other person doesn't know about you?
 - How many pillows do you sleep with?
 - What is your favorite holiday?

2. Two Truths and a Lie (for a smaller group)

- Give every person a sheet of paper and a pen.

- Have each person write down three things - two truths about themselves and one lie. They should not be in a specific order.
- When finished, each person will share their three statements, and everyone else will vote on which one is the lie. After, the person will reveal which one is a lie.

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.
 - What is indirect dominion and direct dominion/perfection?
 - Why did God give us freedom and responsibility?
 - What are life and “death” elements and how do they impact you?
- Have a few people share what stood out to them in the reading. Reiterate the main point of the Hoon Dok Hae Reading; we should strive to become people with no shadow who lead a life with integrity.
- Share one of the 3 acts you accomplished this week and how it impacted the world around you.

4. II Shim Session Reading (20 minutes)

- Students will read through the “Session 5 Reading.”
- Split youth into partners, preferably someone they have not yet read with or have not read with in a while, and they will take turns reading. Give each a highlighter.
- After they finish a section, they will highlight one or two main thoughts that stood out to them. They will discuss why those thoughts stood out to them, and then continue reading.

5. Discussion: (15 minutes)

Log onto Poll Everywhere, just like in Session 1:

- Go to www.polleverywhere.com
- Login in with:
 - **username:** yayam@familyfed.org **password** yayam2020
- Click the first question from Session 5.
- Once the poll opens, students’ directions on how to text their responses will be at the top of the screen (if someone doesn’t have a phone, they can switch off with someone else). *Make sure the Active button is clicked.*
- Give time for students to text their responses.

- What part of our Unificationist values do you connect with most?
 - What is one thing you admire about True Parents and why?
 - What are your thoughts on the idea of the Marriage Blessing?
6. If you somehow cannot make the site work, you can have students share in pairs, and then switch partners for each question.

6. **Activity: Unificationist Trivia (15 minutes)**

Students will compete for who answers the most correctly...with the fastest timing! You will use the online game program Kahoot. It is simple, and the best part is that students can play with their phones! Questions will be based on the reading.

- Students will first **practice** how the game works with a simple math game. It will ask multiplication questions the kids should know.
- Make sure the kids can **see the screen**, whether projected or on a laptop. They will only see the answer on the screen.
- Get into groups of 3 or 4 and have each with one person chosen as the team captain. This person will use the device to answer all the questions. If you have 4 or less people, they can play individually. Make sure each team has a device.
- Open this link for the practice round:
play.kahoot.it/v2/?quizId=0604c1ee-3579-4ad5-9b4e-606cfdb5085c
- Click Classic Mode - this will still work with a team
- You should now have a Game Pin projected on the screen. Tell students to go to kahoot.it on their phones - yes, that is the link.
- Once they have it, they can enter the game pin and their team name. This will project on the screen after they enter it. Once you see all teams have entered their names, you can click **Start**. Follow the instructions on the screen. Keep clicking **Next** when necessary.
- After students have gotten used to how Kahoot works, you can do the same with the trivia link below:
 - play.kahoot.it/v2/?quizId=fd4832b0-cb97-40e7-9d15-a871cd781c17

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.

- a. What aspects of our church do you appreciate most?
- b. What aspects of our church do you not yet understand?
- c. Who can you talk to about the aspects of our church you don't understand yet?

8. **This Week's Homework: (5 minutes)**

- a. Ask your parents these questions and write their answers down in your packet:
 - Who are True Parents to you?
 - What do you admire most about them?
 - What did they teach you that changed your perspective on life?

**If your parents are not Unificationist, share with them what you learned about who True Parents are. Write down their reaction/thoughts to what you were able to share.
- b. Watch this Divine Principle lecture with your parents by Rev. Kevin Thompson entitled "Purpose of the Messiah Part 2", 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:
 - How come the Messiah came and was killed if that wasn't God's original intention?
 - What are the barriers to us recognizing the Messiah?
 - What was John the Baptist's role in welcoming Jesus?
- c. 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: All About Being a Unificationist

Our Core Values

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 - one family under God. One of the important goals of our church is to bring unity and healing among the divisions of the world in order 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, our 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. 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 our 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.

// Section Recap: The Unification faith has certain core teachings that makes it unique, such as its vision to unify all types of people and bring peace to the world. Each person has his/her own spiritual journey to take in order to create their personal relationship with God and practice these values as their own.

Who are “True Parents?”

As Unificationists, we often refer back to the teachings and words of True Parents. But who exactly are “True Parents”?

Rev. Sun Myung Moon was born in the countryside of North Korea which, at the time, was suffering from Japanese rule. At a young age, he continuously searched for truth and understanding from God, especially on how to free the world and his people from suffering. At the age of 16, during a deep prayer on Easter Sunday, he had a spiritual encounter with Jesus. In this moment, Jesus spoke to him about the truth of his life and the unfinished work that needed to be done in order to bring salvation to humankind. Jesus entrusted him to dedicate his life to completing this work. From this day forward, Rev. Moon sought to share God’s message to the world and bring peace on earth. He later met Hak Ja Han, to whom he would marry and share this mission. Through their marriage, they became the first couple in history who would truly stand as a physical, unified image of God. This is why we call them our “True Parents” - Rev. Sun Myung Moon being our *True Father* and Rev. Hak Ja Han Moon being our *True Mother*.

True Parents have worked tirelessly throughout their lifetime to pave the way for God to reunite with His children. Their message was not always met with open arms, and therefore, they had to endure incredible suffering and persecution 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 the world that help us to live a heavenly and righteous life. These insights were first written and published in our sacred text, *The Divine Principle*.

From his life-long efforts, True Father has created a legacy of peace based on the creation of God-centered families, valuing marriage between races, ethnicities, nations, and faiths through the Marriage Blessing. It is through the teachings of the Divine Principle that True Father has been able to speak with religious and political figures around the world to pave the way for interfaith dialogue and interfaith marriages. He also pushed to create systems for nations to move away from division and conflict towards peace. Today, True Father's legacy of peace has been taken up by our True Mother, who continues to officiate the Marriage Blessing and has made it her mantle to educate youth to become a generation of peacemakers who value God-centered living and God-centered marriage. The Il Shim program is one form of education that is made available to our youth in their journey towards that goal.

// Section Recap: Rev. Moon, our True Father, received a calling from Jesus himself to continue God's work that has been left undone. Since then, he has spent his entire life with his wife, our True Mother, sharing God and Jesus' message with the world. Our True Parents hope to have their legacy continue through the work of current and future generations of Unificationists.

Sharing Who We Are with Others

Being a young person in our faith, you may not always be sure why we do the things that we do. The traditions you practice as a Unificationist 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 Unificationists, we encourage you to ask your parents or a respected believer in your community. 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 someone about them!

- *Praying in our own name:* We have received authority from True Parents to report and pray directly to God as His/Her children, instead of reporting through the use of someone else's name.
- *Hoon 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:* Church songs that can create a positive spiritual environment. 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.
- *Holy Days:* Special holidays that were created by our True Parents to celebrate important moments in providential history and the creation of a new culture.
- *The Marriage Blessing:* One of the most important traditions in our faith, in which a husband and wife offer their marriage to God by exchanging vows, drinking the holy wine, and representing 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 their spirit joyfully to the spiritual world.

As a young Unificationist, or someone even interested in the Unification faith, you will go through your own journey of discovery 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.

// Section Recap: Each of our church traditions is meant as a framework to mold ourselves into God's true children. The more we practice these traditions, the closer we can bring ourselves to God, our Heavenly Parent.