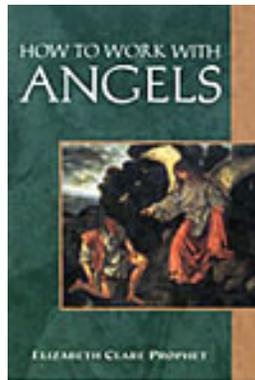


# **Book Study Groups Children's Lessons**

## **Based on *How to Work with Angels***

By Elizabeth Clare Prophet and Patricia R. Spadaro

*How to Work with Angels* offers a ten-step plan to help you and your children make friends with angels so they can assist you in practical and personal ways--protecting, inspiring, healing and comforting. There are several kinds of angels. Each kind brings special qualities into your life. The more you work with angels, the more effectively they can help you!



### **Lesson One – 10 Step Plan to Connect with the Angels For Children ages 3 to 6**

**Parent/Teacher Preparation:** This lesson is taken from the first two chapters, “My Relationship with Angels” and “How to Work with Angels: A 10 Step Plan.” Set a pace that is comfortable for you and your child, allowing plenty of time to ponder.

Review the chapter before you begin.

Review the lesson, including the activities. Please note that the text of what you can say to your child is *in italics*, or you can use your own words.

Gather the following materials you will need:

- CD and music (optional)
- Paper plate
- Crayons and scissors
- Yellow colored paper
- Yarn

- (Framed) picture of an angel
- Piece of cloth for a child's altar

**Set Your Environment:**

Pick a time when both you and your child are rested and happy.

**Suggested Music:**

Try selecting classical music that is calming for both you and your child. Symphony in D Minor, *Panis Angelicus*, by Caesar Franck is especially beautiful.



**Overview of the lesson**

- There are angels everywhere.
- Angels are happy to help us, but we must ask first.
- Angels were created by God to help us and answer our prayers.
- There are 10 steps we can use to ask the angels to help us every day.
- Angels help fulfill God's dreams for us.



**Angels are everywhere!**

There are billions and billions of angels! Sometimes we can see them and sometimes we cannot; but they are always there, waiting for us to ask them for their help.

Elizabeth Clare Prophet is a spiritual teacher and an author who tells how she first came to see the angels and to learn about them.

*While water-skiing on the Navasink River in New Jersey when I was eighteen, I had one of my early experiences with angels. It was a*

*beautiful day and I was headed out toward the ocean. Suddenly I... could see not thousands but millions of angels.*

*I saw that they were my friends, brothers and sisters, spiritual companions... I knew that I would never be alone because the angels would always be with me.*

### **What are angels?**

*Angels are part of God. Can you visualize the sun and the beautiful light that radiates out from the sun? Sunbeams that flow out from the sun are still part of the sun. You can imagine God like the sun. Angels come out of God's heart but they are still part of God, just like sunbeams are part of the sun.*



*God made the angels to help us and to answer our prayers. God uses his angels to help us keep connected to him. Because we have a spark of God inside of us, we can ask the angels to help us and know they will be there for us.*

### **Activity 1: Making a sun and sunbeams**



*Take a paper plate. Color or paint it yellow. Make about twelve sunbeams out of yellow colored paper and glue them all around the sun. You can imagine the sun is God's light and make some pictures of angels riding the sunbeams. Cut them out and glue them onto the sunbeams.*

*Punch a hole at the top of the plate and string yarn through it. You can wear the sun around your neck or hang it on your wall.*

### **Angels have to follow rules**

*Angels are always nearby. They WANT to be a part of your life. They want to help you with all your problems, whether they are little or big. But there is a rule that angels follow.*

**The Angels' Rule:  
Angels cannot help you unless you ask first.**



### **How do I ask the angels to help me?**

*There are ten steps you can do to help the angels come closer to you.*

#### **1.) Make room in your life for the angels**

*Angels are from heaven and they like things to be beautiful and full of peace and harmony. If you want angels to come and stay near you, try to make your thoughts and feelings joyous so they will want to be with you.*



*Talk to the angels like they are your best friends. Then listen quietly for the thoughts and feelings they will put into your mind and heart.*

#### **Activity 2: Set up your angel altar**

*Find a special place in your home where you can set up an altar with your favorite picture of an angel. You might put it on a clean cloth and have a candle, some flowers and a favorite rock or seashell by the picture.*

#### **2.) Pray out loud**

*When God first created the world he said: "Let there be light!" (Speak these words loudly and firmly.) And there was light. God created the world by the power of sound and the spoken word.*

*You do not have to say a prayer out loud to get the angels' attention, but it is more powerful if you do. Especially when you are at your altar, it is a good time to say your prayers out loud to direct God's energy into the problems you want them to help you with.*

### **3.) Use the name of God in your prayers**

#### **How we know the name of God**

*In the Bible there are wonderful stories of the prophet Moses. One day he went up the mountain to pray to God. At the top of the mountain he saw a bush burning. It was very strange, because it was not getting burned up, like wood usually burns in a fire. Moses heard a voice from the burning bush, calling him by name. "Moses, Moses." Moses answered, "Here am I."*



*It was the voice of God. God said: **"I AM That I AM... this is my name forever."** We can use God's name, I AM when we pray. Whenever you say I AM it really means "God in me is."*

#### **Activity 3: Try saying the name of God**

You can say the name God told Moses about in a short prayer we call a fiat. Try this one:

*I AM that I AM!*

*I AM that I AM!*

*I AM that I AM!*

### **4.) Give your prayers every day**

*Every time you pray to an angel, you are building a pathway of light from your heart to the angels. The more times you pray and send energy to the angels, the stronger the path will become.*

### **5.) Ask for help**

*Remember to ask for help every time you need it! The angels are all around you, but unless you ask, they may not be able to help you.*

### **6.) Repeat your prayers**

*Every time you repeat a prayer, you are giving God and his angels more of your energy to multiply and send back to you.*

### **7.) Send your prayer to the right address**



*Firemen at work*

*If you see a fire, you call the firemen. If you have a broken pipe in your house, your parents call the plumber. You have to ask the right person to get the right help you need.*

*It is like that in heaven too. There are angels that answer different kinds of prayers. It will be easy to remember because each kind of angel is a different color.*

*In the lessons to come you will learn about which angels to ask for different kinds of help. You will also learn the names of the archangels, the head angels for each color's band of angels.*

### **8.) Ask the angels for exactly what you want**



*Angels are very careful when they answer our prayers. They want you to tell them exactly what you need. It is almost like they use a check list to fulfill our prayers! There is a story of a mother a long time ago during a war in Europe. Her family was hungry and she needed food. She wrote a list of food she needed and prayed to God for it. Within several hours, a man knocked at her door with a basket of food for her family. Imagine how amazed she was to open the basket and find every single thing she had written down on her list!*

### **9.) Visualize what you want to happen**

*Your prayers will be stronger if you can see a picture of what you want in your mind's eye. For example, if you are praying for someone who is sick, see a picture in your mind of them feeling better.*

## 10. Expect to be surprised

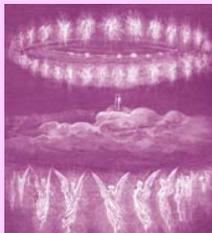


*We never know exactly how or when the angels will answer our prayers. The angels are not like Aladdin's genie or Santa Claus. They answer all of our prayers, but not always exactly as we want.*

*Sometimes we may ask for something but it is not the right time for it. The angels know God's plan for us and they must follow God's laws first.*

### ***More Angel Rules:***

- 1.) They help you do God's will.***
- 2.) What you pray for always has to be helpful to you and others.***
- 3.) It must be the right time.***



*The angels want what God wants for you, and that is always the best!*