

Our Spiritual Lives

Children's Chapel, St. Mark's Palo Alto | May 30, 2021

Supplemental materials for <https://www.youtube.com/watch?v=86xJt1e-LxE>

Lectionary Reading:

John 3:1-10 There was a Pharisee named Nicodemus, a leader of the Jews. He came to Jesus by night and said to him, "Rabbi, we know that you are a teacher who has come from God; for no one can do these signs that you do apart from the presence of God." Jesus answered him, "Very truly, I tell you, no one can see the kingdom of God without being born from above." Nicodemus said to him, "How can anyone be born after having grown old? Can one enter a second time into the mother's womb and be born?"

Jesus answered, "Very truly, I tell you, no one can enter the kingdom of God without being born of water and Spirit. What is born of the flesh is flesh, and what is born of the Spirit is spirit. Do not be astonished that I said to you, 'You must be born from above.' The wind blows where it chooses, and you hear the sound of it, but you do not know where it comes from or where it goes. So it is with everyone who is born of the Spirit." Nicodemus said to him, "How can these things be?" Jesus answered him, "Are you a teacher of Israel, and yet you do not understand these things?"

Theological Background

It can be really hard to understand the Divine, spiritual reality that Jesus spoke about. We are so used to using our five "earthly" senses to figure out what's true. So what do we do with a God who isn't detectable with those five senses, but whose truth remains a part of our reality?

One thing we can do is honor and recognize the truths in our lives that are "spiritual" rather than "earthly" or "physical." We all have hopes for the future - those hopes are very real, even though we can't show them to someone. We all know that we love our friends and family, even though we couldn't prove the existence of that love by touching it with our hands. God has blessed us with a very rich, very real, very accessible spiritual self. And when we think about or connect with that part of ourselves, that's where God can meet us.

Go Deeper!

What are some things that you know are real, even though you can't see or touch them? Make a list!
(The dreams I have when I sleep, my preference for chocolate ice cream, the love I have for my friends and family, the wind, my shadow, etc.)

What does it mean for something to be “real?” How do you figure out what is true? What does “truth” feel like in your mind? In your body?

What are some important parts of your spiritual self? What do you like to think about when you're by yourself?

Try going for a walk with your child, and noticing the physical world around yourselves, then notice how it makes you feel or what it makes you think about. How does nature help us connect our physical selves with our spiritual selves?

Try eating a favorite snack or dessert with your child, slowly and mindfully. What is going on in your physical self as you see, taste, smell, and feel the food? What is going on in your spiritual self as you enjoy the time together and the tasty treat? How does food help us connect our physical selves with our spiritual selves?

Do you or your child connect to worship experiences through music? Here are some songs about knowing our spiritual truths and spiritual selves:

- David Crowder - Heaven Came Down https://www.youtube.com/watch?v=MZq15fff_zQ
- Michael W. Smith - Sky Spills Over <https://www.youtube.com/watch?v=vC-3YrcLurM>
- Newsboys - Entertaining Angels <https://www.youtube.com/watch?v=FmaH8BrYpxA>