



Lake Shrine Temple Sunday School

Information for parents

Updated November 2016

9:00 a.m. Class	11:00 a.m. Classes (Girls and Boys separate)
Age range: 6-10 years old	Age range 3 – 14
Girls and Boys combined	Ages 3 – 5 Preschool Classes Ages 6 – 8 Primary Classes Ages 9 – 11 Junior Classes Ages 12 – 14 Combined Gender Junior Teen Class

Class Format

Pre-Service – The teacher welcomes children to the Sunday School class and guides them to the altar for an individual prayer and offertory. The children then engage in a pre-service activity (craft, game, etc.) creating a sense of unity and loving exchange and are given an introduction to the lesson of the class.

Energization Exercises – The children assemble either indoors or outdoors to learn and practice the technique of drawing energy into their bodies as taught by Paramahansa Yogananda. They say an opening prayer and do several exercises together.

Meditation – This is the heart of each Sunday School class where children learn how to still their bodies, calm their breath and turn their minds inward in meditation.

The usual sequence for this part of the class is: opening prayer, chanting, affirmation, sitting in silence and meditation, closing chant and closing prayer.

Lesson – Each week’s class has a special spiritual theme and objective, which is presented through a story, an object lesson, a puppet show, role playing, discussion, etc.

Here the children become familiar with the line of Self-Realization Fellowship Gurus and their teachings, as well as the “How-to-Live” principles taught by Paramahansa Yogananda. A special emphasis is placed on making the material interesting, age-appropriate, and applicable to the children’s daily lives.

Craft (optional) – This phase is connected to the lesson. It brings the lesson to a hands-on level, giving the children an opportunity to relate to it through an object they create themselves.

This is also a time of informal conversation, facilitating a deeper understanding in the children of the lesson.

Closing Prayer – The children finish Sunday School class with a prayer and a moment of silence, remembering God even in the midst of activity.