**Ruhi Children’s Class- Lesson 9: Children’s Class on HUMILITY**

Slightly modified from Ruhi Grade 1 Material

**PRAYERS:** Prayer Sharers

Review prayers that have been memorized

**New Virtue:** HUMILITY

We are going to sing 2 songs together and I want you to focus on the words of the songs- as they will give you clues about what HUMILITY means. Then after the two songs, we will talk about the virtue.

**SONGS:**

**Be Like the Earth**

See the earth

It’s so humble

Has all God’s wealth to give

Everything we need to live

Lets us walk on it every day

But have you ever heard it say

“I am richer

Greater than you”

See the tree

It’s so humble

The more its fruits abound

It bows closer to the ground

And shares the fruit that way

But have you ever heard it say

“I am richer

Greater than you”

Be like the earth

Be like the tree

Rise to the heaven of glory

On the wings of humility

Rise to the heaven of glory

On the wings of humility

**He's got the whole wide world in His hands**

The first song- Be like the earth- what did you learn about HUMILITY from that song? It says, “the earth is so humble. Has all God’s wealth to give- what does that mean? (show pictures-air, food, water- we can’t survive without that!) but do you ever hear it say- I am richer, greater than you? No! of course not. It is a good reminder to us!

**What is Humility?**

When you are humble, you don't consider yourself more important than other people.  You are happy to serve others and treat everyone as important.

Then the song said that we should look at the tree- the more its fruits abound, it bows closer to the ground- and shares the fruit that way, but have you ever heard it say, I am richer greater than you?

Part of being humble is doing our best- sharing the fruit of hard work, in a way that does not attract too much attention to ourselves. It is glorifying God that we want to do. Let’s say we have a good voice and can sing well. We don’t think- Oh, I am such a great singer! What DO we do? This is related to what we learned about last week. Instead of having an attitude, we show gratitude. Thank you God for giving me such a beautiful voice. Or we do really well in violin- we think about how God has blessed us with arms with which we can play, and a family that takes us to practice, and created people who have dedicated themselves to teaching you. .  When we are humble, we give what we have to give- just like the tree, not to impress others but just for the sake of giving.  (quote from John 3:30 – Humility is not thinking less of yourself, but thinking of yourself less.)

What about the second song we sung? He’s got the whole world in His hands. Who is He? GOD. And God is the great Creator, he made all things and He has them in his hands- not physical hands- it is a way of saying that He cares for all things. Those who are humble before God realize the greatness of God and His creation. Humility is a very important spiritual quality.

When we are humble before God, such as in prayer (show pictures of prayer) our hearts are filled with joy. Humility does not mean self-abasement- feeling bad about ourselves- no! , it means recognizing an Infinite power greater than our little self.  And when we do that, it raises our spirit up! Let us memorize the following quotation.

**“O Son of Man! Humble thyself before Me, that I may graciously visit thee.”**

Humble

1. Zinab works diligently on her math assignments and always does well. She is humble and never boasts about her achievements.

2. The children in Yong Fu’s neighborhood are eager to learn, and he was asked to form a small class for them. Even though he has little experience and considers himself unworthy, he puts his trust in God and does his best. He approaches the task with humility.

SONG of quote (explain arise for the triumph- light overcoming darkness- bringing joy to others)

**“Humility exalteth man to the heaven of glory and power, whilst pride abaseth him to the depths of wretchedness and degradation.”**

When you are humble, you don't criticize others or yourself. Humility helps you to understand that life is for learning and that no matter how much you know, there is always more.  It means that you don't expect to be perfect.  Only God is perfect. When you make a mistake, you are willing to learn from it.  When you need help, you are not too proud to ask for it.

**How Do You Practice It?**

**What would humility look like if...**

* You notice that you can run much faster than your friend?
* You notice that your friend usually gets better marks in school than you do?
* You make a big mistake and also hurt someone's feelings?
* Your brother or sister does a chore and you think they should have done a better job?
* What is one of the "best" mistakes you ever made - one that taught you the most?

[Quotations from other religions: HAVE ON POSTER)

**Judaism:**[When] pride cometh, then cometh shame: but with the lowly [is] wisdom. Proverbs 11:2

**Christianity:**For everyone who exalts himself will be humbled, and he who humbles himself will be exalted. Luke 14:11

“He leads the humble in what is right, and teaches the humble His way.” – Psalm 25:9

"Blessed are the meek, for they will inherit the earth." - Matthew 5:5

**Islam** unto Him belong all [beings] that are in the heavens and on earth; and those that are with Him are never too proud to worship Him and never grow weary [thereof]: Quran 21:19 (Asad)]

**Story**

Humility was one of ‘Abdu’l-Bahá’s most notable qualities. The friends wanted to give Him great titles, but He only wanted to be called “‘Abdu’l-Bahá”, which means “Servant of the Glory”. He also liked simplicity.

**Story of Abdu’l-Baha and Handwashing**

One time, some wealthy friends from the West made an elaborate plan for Him to wash His hands before a meal. They arranged for a specially dressed boy to carry a fancy bowl with “crystal water”, and they also had a perfumed towel waiting for Him. When Abdu’l-Baha saw the group of friends with the little boy, the bowl, and the towel approaching Him from across the lawn, He knew their purpose. He hurriedly found some water nearby, washed His hands, and dried them with a piece of cloth the gardener had. Radiantly, He then turned to meet His guests, and asked them to use the water and towel to wash their own hands.

**Story about 'Abdu'l-Bahá and Isfandíyár**

In April 1920, in the garden of the Military Governor of Haifa, 'Abdu'l-Bahá was invested with the insignia of the Knighthood of the British Empire. That knighthood was conferred on Him in recognition of His humanitarian work during World War I for the relief of distress and famine. He accepted the honor as a gift of a "just king", but he never used the title. Lady Blomfield writes:

The dignitaries of the British crown from Jerusalem were gathered in Haifa, eager to do honor to Abdu’l-Baha, Whom everybody had come to love and revere for His life of unselfish service. An imposing motor-car had been sent to bring 'Abdu'l-Bahá to the ceremony. Abdu’l-Baha, however, could not be found. People were sent in every direction to look for Him, when suddenly from an unexpected side He approached alone, walking His kingly walk, with that simplicity of greatness which always enfolded Him.

The faithful servant Isfandíyár, whose joy it had been for many years to drive Abdu’l-Baha on errands of mercy, stood sadly looking on the elegant motor-car which awaited the honored guest.

'No longer am I needed.'

At a sign from Him, Who knew the sorrow, old Isfandíyár rushed off to harness the horse, and brought the carriage out at the lower gate, whence 'Abdu'l-Bahá was driven to a side entrance of the garden of the Governorate of Phoenicia.

So Isfandíyár was needed and happy.

(Old Turtle by Douglas Wood is also a great book to talk about humility, if you are extending this lesson into two. The Blind Men and the Elephant retold by Karen Backstein is also excellent- having humility, as we all can learn from each other! Another option is the short story The Two Birds by H. Otero)

**GAME: "I don't know how God made it"- circle and BALL**

i.e. reflecting on the greatness of God.

Based on the alphabet game: Children sit in a circle and go though the alphabet and name things that they don't know how God made. For example the first child says "A - I don't know how God made ants." The next child says "B - I don't know how God made butterflies. "C- I don't know how God made clouds" "D- I don't know how God made diamonds"..

**GAME: “Sometimes I am Tall”**

Blindfold one child and have the rest form a circle around him or her. In unison they say:

“I am very tall.” (They stand on their toes and stretch as tall as they can.)

“I am very short.” (They squat down and make themselves as short as they can.)

“Sometimes I am tall.” (They stretch up again.)

“Sometimes I am short.” (They squat down again.)

You then gesture to the children, indicating whether they should stand tall or squat down,

and they say together:

“Guess what we are now!”

The blindfolded child tries to guess by the level of their voices whether they are “short”

or “tall”. Each child should take a turn at being blindfolded.

WRAP-UP from GAMES: Do you ever feel small? When we do, who can we ask for help? When we are feeling like we can’t do it on our own, we need to ask God for his strength. “God, give me strength as I need to do the right thing.” “Lord, give me your perseverance as I try to learn to swim.” “God, I know you made me. I know that with your help I can be better at doing thing things you ask of me.” We demonstrate humility when we ask the Lord, in all His strength, to provide what we need to accomplish the goals you have for your life and to ask if those goals line up with what He wants for our lives.

**Arts and Crafts/Coloring:** Collage of nature with quote from song (see quote- Be like the earth… in Grade 1 Lesson 9 material on [www.supportingthecoreactivities.org](http://www.supportingthecoreactivities.org)) or coloring sheet with humility quote on it in Ruhi Grade 1 material.