

Forgiveness

adapted from an activity by Nancy Coker

Bahá'u'lláh tells us that we are the Friends of God. How does God treat His friends? God helps us each day with His forgiveness.

Bahá'u'lláh tells us that we should also treat our friends with forgiveness.

Here is a science experiment that you can try. It shows how forgiveness works. An adult should help you with the materials and share in your experiment.

One of the materials is bleach. Bleach is very powerful like God is powerful. Treat it with respect. Bleach is also a poison. Don't drink it. Watch out for spills. It can ruin your clothes.

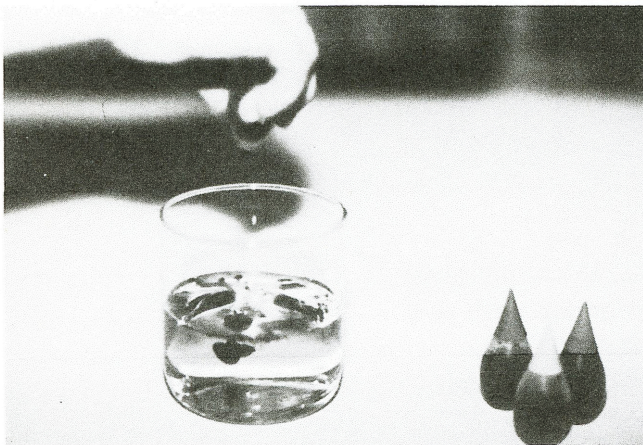
Materials Needed

- two clear glasses
- water
- clear liquid bleach
- one box of food coloring: four colors (or water color paints)

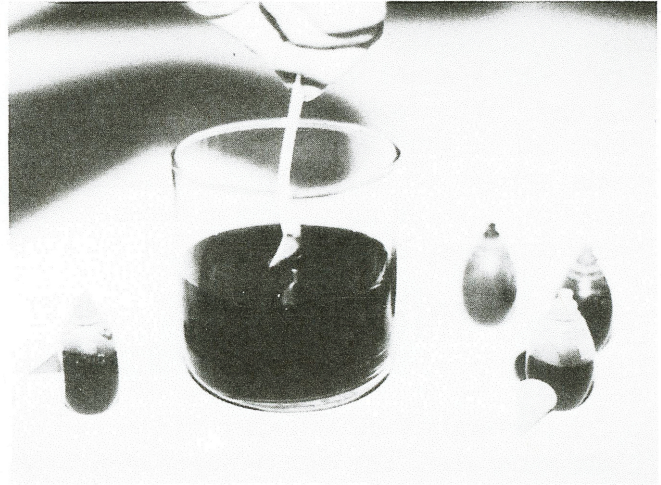
1. Fill two glasses. Fill one halfway with water. Fill the other halfway with clear liquid bleach. Set the glass of bleach aside in a safe place until later.



2. Give each person a dropper of food coloring to use. Use all the colors you have. Have one person put one drop of color in the glass of water. This drop is like a thought or act that was mean or hurtful to others.

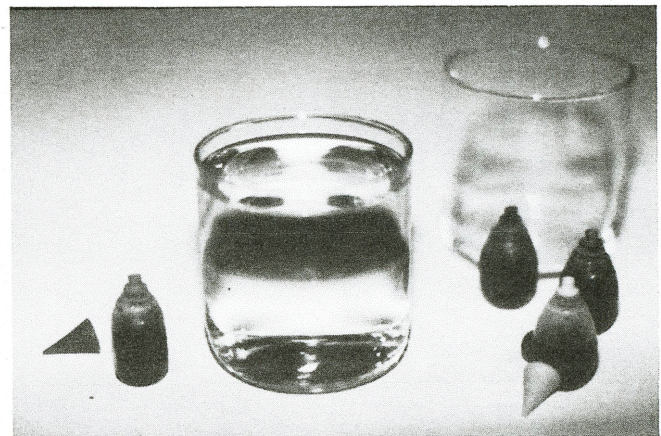


3. Take turns putting in one drop of color at a time. After everybody has had a turn or two, then stir the glass to mix the colors together. Each drop is like a small thing you said or did that was unkind.



4. When we feel sad because of our unkind deeds, we pray to God to help us and forgive us. How does God's forgiveness work? Take the second glass containing the bleach. Pour it carefully into the first glass. What happens?

The liquid is now clear again. It is just like your soul is clean and pure again. This is how we feel God's mercy to us. This is His forgiveness. This is also how He asks us to treat each other. When you forgive, you forgive completely. It is like the bad things didn't happen. All the people involved can make a fresh start.



If the glass doesn't become completely clear right away, set it in front of a window so the sun can help the bleach work. Sometimes it takes a while to forgive until you understand you have to forgive completely.

5. When you are all done, clean up carefully. ★