**Grade 1, Lesson 18**

**Hopefulness Lesson Plan**

*Modified from Ruhi Book 3 Grade 1*

**Prayers**

Learn New Prayer- go over first few phrases with children (they have 6 classes to learn this)

**“O my Lord!**  **O my Lord! I am a child of tender years. Nourish me from the breast of Thy mercy, train me in the bosom of Thy love, educate me in the school of Thy guidance and develop me under the shadow of Thy bounty. Deliver me from darkness, make me a brilliant light; free me from unhappiness, make me a flower of the rose garden; suffer me to become a servant of Thy threshold and confer upon me the disposition and nature of the righteous; make me a cause of bounty to the human world, and crown my head with the diadem of eternal life.**

**Verily, Thou art the Powerful, the Mighty, the Seer, the Hearer.”**

* **'Abdu'l-Bahá**

(Tim Urbonya has this prayer set to music, called “Child of Tender Years”, this is also available on the Tender Years CD by Julie Iraninejad and Shabnam Cyrus available on ITunes)

**Intro to Virtue of HOPEFULNESS:** Hope is looking to the future with trust and faith. Hope gives us the courage to move forward when things are difficult, because we know God is guiding our lives and we have the expectation in our heart that He is leading us to what is best for us. Did you know that God has greater plans for each of us than we have for ourselves? He sends us what is best for us and even if it is difficult- right- it is not always easy to grow virtues- He is leading us to our highest and best good.

We know thatGod’s love is always with us. He will never leave us alone and He promises to help us throughout our lives. Though we do not know what will happen from one day to the next, we remember that the gifts and bounties of God are all around. And so we are hopeful when we look to the future, confident that we will receive a share of His many blessings. With hearts full of hope, we constantly await the outpouring of God’s bounties upon us. Just like when a storm comes, we know that sunny days are ahead, we can trust that no matter what happens in our lives, God will always send the light of His guidance to show us the way. No matter how long and dark the night is, we know that the morning’s light always comes. No matter how cold the winter, we know the warmth and growth of spring will return!

To help us remember the importance of the quality of hopefulness, let us memorize these words of ‘Abdu’l-Bahá:

**“Be thou ever hopeful, for the bounties of God never cease to flow upon man.”**

**Hopeful**

1. Ming planted a seed in a sunny spot and watered it each day. She looked forward to seeing it grow. Ming was hopeful the seed would one day become a strong plant.

2. Matt’s good friend Antonio moved to another town. Matt missed his friend, but he was hopeful that they would see each other again soon.

**Bounties**

1. Every night when Lillian prays she thinks about the many things she is fortunate to have. She thinks about her parents, her friends, her teachers, and even the bed in which she sleeps. Lillian is always thankful for the bounties she has been given.

2. Rajesh has many friends and relatives who love him and help him grow. Rajesh is grateful for the bounty of their love and support.

**Cease**

1. When Tahir turns off the tap/faucet, the water stops coming out; the water ceases to flow.

2. Even on cloudy days, the rays of sun warm the earth. The sun’s rays never cease to reach the earth.

(Sing quote- see [www.supportingthecoreactivities.org](http://www.supportingthecoreactivities.org) for song set to music, under this lesson)

**DISCUSSION- how can we be a source of hope to others? What can we do to brighten their lives? Abdu’l-Baha says: “Of all pilgrimages, the greatest is to relieve the sorrow-laden heart.”**

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| **Songs:**  **Make Ye a Mighty Effort Song** (see [www.supportingthecoreactivities.org](http://www.supportingthecoreactivities.org) for this set to music)  “Make ye a mighty effort and choose for yourselves a noble goal…(x2) Let each one of God’s loved ones center his attention on this: to be the Lord’s mercy to man, to be the Lord’s grace. Let him do some good to every person whose path he crosseth and be of some benefit to him.” (words from Abdu’l-Baha, melody by Julie Iraninejad)  **Be Hopeful Song** from <http://www.ruhi.org/resources/songs2/EN_Be_Hopeful.mp3> |

**Game: “Rainmaker”**

Have the children form a circle around you. To introduce the game, ask the children to **imagine that they are in the desert longing for a rainstorm.** Then start **rubbing your palms** together and instruct the children to begin making the same motion, but only in turn as you look at each one of them. After you have gone around full circle and all the children are rubbing their palms, tell them they should continue doing so, until you **look at each one** with a new motion. You could **snap your fingers** as the next motion and then **clap your hands**, **slap the tops of your legs**, and **stomp your feet**. The sound made by all the children together should resemble the first few sprinkles of rain in the beginning and a great storm by the end.

**Can also do science project on hopefulness (see** [**www.supportingthecoreactivities.org**](http://www.supportingthecoreactivities.org) **under this lesson for ideas)**

**Story about Hopefulness:**

There was once a man with no home, who lived alone on the banks of the River Thames in London. He was very sad and had lost all hope for happiness in life. One day, he walked past a shop and a photograph in a newspaper caught his eye. It was the face of ‘Abdu’l-Bahá. The man stood frozen, staring at the face. He had never seen ‘Abdu’l-Bahá before and did not know who He was, but he was certain that he must meet Him. The address of a house was given in the newspaper, so the man started walking, hoping to find Him there. It was a very long distance—thirty miles—but he kept walking until he reached the house.

The man was tired and hungry when at last he arrived, and the lady of the house kindly invited him in, gave him some food, and let him rest for a while. As he rested, he told his story to the woman and then asked her whether ‘Abdu’l-Bahá was there.

“Will He see me?” he asked. “Even me?”

Just as the woman replied that she was certain ‘Abdu’l-Bahá would see him, the Master Himself appeared at the door. The man stood up, and ‘Abdu’l-Bahá stretched out His arms to greet him. It was as though the man was an old friend whom ‘Abdu’l-Bahá had long been expecting. He welcomed him with love and compassion and asked him to sit down next to Him.

Then ‘Abdu’l-Bahá, who always knew how to bring lost joy back people’s hearts, began to speak to the man. He encouraged him to let go of his sadness, reminding him that he was rich in the Kingdom of God! As ‘Abdu’l-Bahá showered the man with compassion, His comforting words began to heal his heart and give him strength. Little by little his sadness drifted away. Before he departed, the man told ‘Abdu’l-Bahá that he would not let his poverty bring him sadness anymore; instead he would find work in the fields and save his money so that he could buy a bit of land, on which he would grow violets to sell in the market. His despair had been changed into hope.

(can give out a sticker to each child of a violet flower, which they can use on their craft or take home; might want to have a basket of this at the door and just show them now, but give it to them at the very end of class)

**Arts and Crafts:** Collage and coloring sheet- discuss winter- to spring with flowers, rain to sunshine and rainbows, darkness to light, caterpillar to butterfly, new life, etc. hope images in nature.



From [MeaningfulMama](http://meaningfulmama.com/2012/12/day-361-hope-in-our-kids-character.html):

Get a large black sheet of construction paper- the wide version so that there is plenty of space. Have already cut out images of nature ready for them to use to cover the entire paper with, making a collage. Let them know it will be cut into the words HOPE by an adult volunteer (maybe they can do the beginning part of this craft toward the beginning of the lesson and then the adult volunteer can cut out the words HOPE while the rest of the lesson is happening) Then once the letters have been cut out, have another large piece of thick white paper for them to glue the word HOPE on, as well as the quote for the day. See examples at [www.supportingthecoreactivities.org](http://www.supportingthecoreactivities.org) under this lesson.

Children and parents alike LOVE this craft!

If time, you can read the story Hope is an Open Heart by Lauren Thompson.