**Wellspring of Joy, Lesson 3 Apr 15,** revised 11-Apr-2020

Theme: “We cannot have joy without relying on God. And to rely on Him, we must be certain in our hearts of His love and Power,” says Uncle Wen

Memorization**:** Pass beyond the baser stages of doubt and rise to the exalted heights of certainty. ~ Bahá’u’lláh

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| **Time** | **Activity** | **Who** | **Details** | **Materials** |
| 3:35– 4:00 | Welcome as people gather | All | Greeting, chatting. Chat room open |  |
| 4:00 - 4:05 | Opening prayers  | Reina or May | Prayer from book, or known from heart, or spontaneously. | Prayer books (turn off chat) |
| 4:05 – 4:15 | Highlight of the week | May or Reina | What was the highlight of this past week for you? Did anything fun or funny happen? |
| 4:15 -4:25 | Homework check | Reina or May | Lesson\_02 “Activities” Quickly review the answers for activities 2, 4, 5, (6?) |  |
| 4:25-4:35 | Read the lesson | Reina or May | Girls take turns. Animators can decide to pause reading if a point needs to be further discussed. |
|  | Movement options | May or Reina | 1. Stand up, shake arms, legs, head rolls
2. VERY active Simon Says
3. ..
4. ..
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| 4:35 – 4:45 | Lesson Activities | Reina or May | In class. Activities 3, 6, 7 |  |
| 4:45-5:00 | Discussion |  | Sample discussion questions based on the Verse1. Define “doubt” (= a feeling of uncertainty). Give examples of things you are not certain about (such as, when will COVID-19 be finished?)
2. What leads folks to doubt something?
3. What is “certainty”? (= the state of being completely confident or having no doubt about something, especially on the basis of *evidence*)
4. What are different types of evidence? How do we know something is true?
5. Our senses (sight, taste, touch, smell, hearing)
6. Reason and logic
7. Traditions (that is, what trusted people tell us is true, such as parents or teachers, or Prophets of God
8. Inspiration from the Holy Spirit. Confirmations that come after prayerful consideration.
9. Are any one of these four absolutely fool-proof and certain? (No).
10. Then, when can you be certain of anything? (When all four point in the same direction, over a long period of time.)
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| 5:00 – 5:10 | Singing | Reina and Joan | 1. Sing the song from last week “The days when idle worship...”
2. New song: “Pass beyond the baser stages...”
 | New and old prayerbooks, YouTube |
| 5:10-5:15 | Optional story | Joan | Story about turning doubt into certainty. Story about the Revelation of the Kitab-i-Iqan (the book of certitude) | Stories  |
| 5:15 – 5:20 | Show and Tell | Girls | One by one, show us your Hexagon booklet, and read the things that bring you joy, written on the ‘petals” |  |
| 5:20 – 5:28 | Explain new art activity.Drawing with Zentangles | Joan | New activity: Zentangles mountain, bird and Verse1. Hold up Joan’s example
2. All parents received examples of Zentangles mountains, the girls can use these as inspiration
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| 5:28 – 5:30 | Closing prayer | May or Reina | Shall we sing the Healing Prayer, from Julie’s recording? |  |