**Wellspring of Joy, Lesson 4 Apr 22,** revised 18-Apr-2020

Theme: Consultation at the community meeting

Memorization**:** Rely upon God. Trust in Him. Praise Him, and call Him continually to mind. He verily turneth trouble into ease, and sorry into solace, and toil into utter peace. ~ ‘Abdu’l-Bahá

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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 | Turn off chat. Ask for two or three prayers |  |
| 4:05 – 4:15 | Highlight of the week | May or Reina | What was the highlight of this past week for you? Did anything especially fun or funny happen? |
| 4:15 -4:20 | Homework check | Reina or May | Lesson\_03 “Activities” Ask (section by section) if there were any questions for activities 2, 4, 5, 6 |
| 4:20-4:30 | Read the lesson | May or Reina | Girls take turns. Animators can decide to pause reading if a point needs to be further discussed. |
| 4:30 – 4:40 | Lesson Activities | May or Reina | In class. Activities 3, 5, 6 |  |
| 4:40-4:50 | Five steps for Consultation (see below the lesson plan) | Joan | Which of these 5 steps were present during the community meeting? Here are some examples:1. Identifying the problems the neighborhood is facing
2. Uncle Wen listens carefully
3. Identifying spiritual principles (let us not give up/perseverance; let us be united; try our best)
4. Beginning to identify solutions (there must be laws)
 | Whiteboard for class listing 5 steps, Consultation handout for Animators. |
|  | Movement options | May | VERY active Simon Says |  |
| 4:50-5:00 | Scenarios that require consultation, breakout groups.Put whiteboard list of the 5 steps of consultation up on the screen, as well as the Five Scenarios | May or Reina | Detail steps for a consultation to deal with the below scenarios.1. Your mom/dad is not happy with the amount of time you spend on a screen. .How would you have a consultation with them about how much screen time is appropriate?2. You and your sister share a room and there have been issue with keeping it clean. You like keeping it tidy but your sister often leaves her clothes on the bed, floor, and desk. How would you have a consultation about keeping the room tidy?3. Your JY group wants to do a service project and needs to decide on one. How would you have a consultation to decide what service project to do?4. With everyone in quarantine, your mom is feeling overwhelmed with the amount of extra housework that is required. How would you have a consultation about distributing chores?5. Two members of your family have recently become vegetarian, while the rest of the family still eats meat. Consult on what a fair dinner plan would be to meet the needs of the whole family.  |
| 4:45-5:00 | Understanding the Verse | Reina or May | 1. Someone read the Verse
2. Define “rely upon” = depend upon
3. Define “trust” = believe in the reliability, truth, ability, or strength of.
4. What does it mean to “call God continually to mind”?
5. What are some ways God turns trouble into ease?
6. Define trouble = difficulty. Define ‘ease’ = absence of difficulty
7. What are ways God turns ‘sorrow into solace’?
8. Define sorrow = sadness. Define solace = comfort in times of sadness
9. Define ‘toil’ = exhausting physical labor. Define ‘utter peace’ = absolute peace
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| 5:00 – 5:10 | Discussion questions | May or Reina | **Through His Manifestations, God gives us guidance.**1. Do we believe Him? (God, through His Manifestations)?
2. How do we demonstrate our belief in the guidance? (through prayer, through obedience / through our actions, through calm acceptance)

**When we face tests, we can trust that God desires only good for us, and even if we do not understand the good that will come from these tests, He knows, even if we do not**.1. List the special tests that we are now facing:
2. Financial, b. Isolation from our friends, c. Difficult to get motivated, d. Inactivity, e. Boredom
3. How can we turn each of these ‘tests’ into something good, that will benefit us and benefit others.
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| 5:10 – 5:15 | Singing (recorded music) | Joan | 1. Sing the song from last week “Pass beyond the baser stages...”
2. New song: “Rely upon God...:
3. So So Powerful (is the light of unity)
 | New and old prayer books,  |
| 5:15-5:20 | Optional story | Joan | Story about Trusting in God | Stories  |
| 5:20 – 5:25 | Show and Tell | Girls | Instruct the girls to change their screen from watching everyone, to watching only the person talking. Then one-by-one, a JY speaks while holding their pages to the screen so everyone can see their art. |
| 5:25 – 5:28 | Explain new art activity. | Joan | New activity: Unity Collage (one page).  |  |
| 5:28 – 5:30 | Closing prayer | May or Reina | Shall we sing the Healing Prayer, from Julie’s recording? |  |

Five Steps in Consultation

1. The first condition is absolute love and harmony among those consulting together
2. Understand the problem.
3. Define the problem.
4. Openly examine fears and misconceptions.
5. Gather, present and agree upon the facts.
6. Identify the relevant spiritual principles
7. Find the solution
8. Collectively explore ways to implement those principles so that unity is preserved and enhanced.
9. Implement the solution