**Ruhi Grade 1 Lesson 14 on DETACHMENT**

*Modified from Ruhi Grade 1 Material*

**PRAYERS**

**Review new prayer: Thy name is my healing…**

**Can also introduce the following prayer if there are some in the class that already know the short healing prayer.**

|  |  |
| --- | --- |
| Definition of sufficing/sufficient: enough for our needsWe put out 15 chairs for the gathering and this was sufficient for the number of people that attended. Reading the story one time was sufficient for me to remember what happened.Can sing **“God is sufficient unto me…”** |  |

**Introduce virtue of DETACHMENT:** The virtue of detachment is really about attaching our hearts to God and His qualities, and detaching from some of the feelings that lead us to do things that are not worthy- not good. It is choosing how you will act in a situation rather than just reacting.  Feelings like sadness, jealousy, disappointment, frustration, anger - are natural. Everyone has them. It’s okay to feel what you feel, but you don’t have to act on the feelings unless you want to. Detachment is a way to use your thinking and feeling together so that you don't let your feelings run away with you. I might feel jealous that you got something that I didn’t. I might feel like taking it, but I have to think- is this what God would want me to do? I have to let my soul shine through!

**Why practice it?** Detachment is very important for a spiritual being.  It allows you to choose the way you are going to act no matter how you feel.   It permits you to be kind to people you do not like, or do a very hard thing because it is the right thing to do.

**How Do You Practice It?**

You can practice detachment whenever you have a feeling about something or someone.  First, you recognize the feeling - how can you be detached if you do not know what you are detached from?  Stop and look at your feelings and thoughts.  Ask yourself two questions:

* What am I feeling about this?
* What do I want to do?

Then you might say a prayer and think about what Jesus, or Krishna, or Buddha or Baha’u’llah, or any of the Messengers of God would want you to do?

Remember, each of these great Teachers mirrored forth God’s spiritual qualities. You can ask yourself...

* Is it good for me?
* Will it help someone else?
* Is it right?
* Is it the best I can do?

If the answer to any of these questions is no, then choose to do something else instead.

Look.  Choose.  Act.

None of us are perfect, but we have to strive to daily become better and more attached to the Kingdom of God, to the virtues of the spirit and detached from things that pass away. (I really want this cookie- later, that craving is gone.- if I have shown a spiritual quality then I will feel happy.)

**“Man is in reality a spiritual being and only when he lives in the spirit is he truly happy.”** (SING)

God is always with us, and if we call on His power to help us- He will give us the strength we need to do the right thing. He loves us so much and cares for us more than anyone, because He created us!

**SONGS:** **He’s Got the Whole World in His Hands**

**Joy Gives Us Wings**- joy that comes from doing the right thing

**Good Character**

**(see** [**www.supportingthecoreactivities.org**](http://www.supportingthecoreactivities.org) **under Ruhi Grade 1 Children’s Class on Detachment)**

**Cooperative Game:**

**Role-plays: What would detachment look like if...**

* Your mother asked you to do some chores and you feel like playing video games instead?
* Your sister takes your best sweater without asking and you feel really mad?
* You urgently want to win a game or join a team and it doesn't happen?
* Some children tease you in school?
* You really want another chocolate but your Mom has said no.
* You don’t make the soccer team that you were really hoping to play on.

Have children draw scenario to act out from sheets of paper in a container and then work together with another child or two to act out what it would look like to show detachment in that scenario.

We are going to hear a story about detachment and then memorize a quote from the Bahai Writings.

**STORY:** Once there was a king who had many spiritual qualities and whose deeds were based on justice and loving-kindness. He often envied the dervish who had renounced the world and appeared to be free from the cares of this material life, for he roamed the country, slept in any place when night fell and chanted the praises of his Lord during the day. He lived in poverty, yet thought he owned the whole world. His only possessions were his clothes and a basket in which he carried the food donated by his well-wishers. The king was attracted to this way of life.

Once he invited a well-known dervish to his palace, sat at his feet and begged him for some lessons about detachment. The dervish was delighted with the invitation. He stayed a few days in the palace and whenever the king was free preached the virtues of a mendicant’s life to him. At last the king was converted. One day, dressed in the garb of a poor man, he left his palace in the company of the dervish. They had walked together some distance when the dervish realized that he had left his basket behind in the palace. This disturbed him greatly and, informing the king that he could not go without his basket, he begged permission to return for it. But the king admonished him, saying that he himself had left behind his palaces, his wealth and power, whereas the dervish, who had preached for a lifetime the virtues of detachment, had at last been tested and was found to be attached to this world—his small basket.

(From Adib Taherzadeh's Revelation of Baha'u'llah Volume One)

God has created every good thing in this world for us to enjoy—good health, delicious foods, love and friendship, the beauty of nature, and the power of the mind, which enables us to make discoveries and create inventions to improve the way we live. We should make use of all the bounties that God has given us and be thankful to Him for the joy of living. But we should be careful not to become so attached to the things of this world that it stops us from remembering God.

Our soul- who we really are- that part of us that lives forever- is like a bird- it is meant to be soaring in the heavens of God’s virtues, but it can start to become attached to things of this world: ex. Like the man in the story that was so attached to his basket that he gave up on doing what he felt God was calling him to do.

Our souls must be free at all times; like free and strong birds, Is the bird meant to be trapped on the ground? No- it is meant to be heavenly, flying closer to the light of the sun! How sad if a bird remains on the ground, unable to take flight because it is attached to the things around it.

(Heart- wings); Show colored picture of bird with wings. Prayers, service, showing kindness, listening to good music, being joyful, loving God and being full of virtues gives us wings!

**MEMORIZATION:**

**“Know that thy true adornment consisteth in the love of God and in thy detachment from all save Him. . .”**

Consists

1. In her lunch box is a sandwich, an apple, and some carrots. Her lunch consisteth in a sandwich, and apple and some carrots.

2. An egg consists of three parts: the shell, the white, and the yolk.

Make movements/ then play song with quote in it.

**ART PROJECT:**

We are going to make birds of freedom adorned with beautiful gems, symbolizing our souls soaring in the heaven’s of God’s love and virtues.

(see [www.supportingthecoreactivities.org](http://www.supportingthecoreactivities.org) under Ruhi Grade 1 Lesson 14 on Detachment)

**CLOSING PRAYER**