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| **Ruhi Grade 1 Lesson 15 on Contentment**  *Modified from Ruhi Grade 1 curriculum*  **HAVE NAME TAGS**  **DO OUTSIDE IN CIRCLE: Get to Know You Game🡪Action Syllables**  With the group standing in a circle, have the participants each choose an action for every syllable of their name. Example: Elvis has 2 syllables, so he does a hip shake with “El” and snaps his fingers for “vis”. Once Elvis has done his action while saying his name, the whole group repeats. After the 2nd person does his/her name, the whole group repeats, then does Elvis’s again. And so on ‘til everyone’s done it.  **Opening Prayers**  Prayer sharers  Continue to practice the prayer they are memorizing: **“Thy name is my healing, O my God, and remembrance of Thee is my remedy. Nearness to Thee is my hope, and love for Thee is my companion. They mercy to me is my healing and my succor in both this world and the world to come. Thou, verily, art the All-Bountiful, the All-Knowing, the All-Wise.”** -Baha’u’llah  Say the prayer: **“O God! Educate these children. These children are the plants of Thine orchard, the flowers of Thy meadow, the roses of Thy garden. Let Thy rain fall upon them; let the Sun of Reality shine upon them with Thy love. Let Thy breeze refresh them in order that they may be trained, grow and develop, and appear in the utmost beauty. Thou art the Giver. Thou art the Compassionate.”** |  |

**Introduction to the Virtue of CONTENTMENT:** Today we are mainly talking about contentment with God’s Will- with what He sends us in our lives. Contentment is being satisfied with the Will of God, knowing that He knows what is best for us even more than *we* know what is best for us! Let’s look at the prayer (educate these children) that we said earlier- (ask someone to read and then ask questions based on this- what does it say you are?) *In the prayer that we said earlier- it says “O God educate these children. These children are the plants of Thine orchard, the flowers of Thy meadow.*

Did you know that different plants and flowers have different needs? Some need lots of water, some need only a little. Some need lots of direct sunlight, some need shade and just indirect (not very strong) sunlight. We are like that too- God knows exactly what we need for us to grow spiritually and He sends us what we need.

For example, sometimes God tests us in ways to help our spirit to grow. These are actually gifts from God. Like someone hurts their arm and has to have a cast. It would be easy to NOT be content- Oh I wish I didn’t have this cast and could just go and swing on the monkey bars like my friends! But if we realize that God sends us what is best for us- we might say to ourselves- this is helping me develop what virtue? (Patience, compassion for those who are sick- did you know there are some people who have no arm at all?) When we think of all that we have to be grateful for- thank goodness I have an arm- even if it is hurt!- it helps us to feel more content (can show coloring sheet- when its night look for the stars).

Contentment can also help us even in material things. I could always be buying new plates that I like, but do we really need them? Maybe I can use the money for something better- like helping others who don’t even have enough food to eat.

We get tested to see if we are content almost every day! Let’s give a simple example.

Have you ever had a visit from the Tooth Fairy? I can still remember visits from the Tooth Fairy from my childhood days. Imagine that you had lost several teeth and every time you lost a tooth, the Tooth Fairy brought you two dollars. Two dollars is quite a bit of money for a little boy or girl, and maybe you would be quite happy with what the Tooth Fairy had left. But imagine you found out that your friend got $5 or $10 or $20.

Would you be able to be content with just $2? The world tells us that the more we have, the more we own, the happier we will be. Do you think that is true? There are actually people who are very materially rich, but are not happy. God’s Messengers like Jesus, Krishna, Buddha, Baha’u’llah, they all tell us that our worth and our happiness is not about the pageantry of wealth and riches- showing off those things or pilling up lots of money. Do you know what our true wealth is? SERVICE and VIRTUE! So we can have our lives filled with stuff, but if we aren’t showing virtue and thinking of serving others, we are not truly rich in the spirit. (can talk about two wings- material and spiritual)

**ROLE-PLAY:**

How would gratitude and contentment help in these situations?

Negative/Positive Skits-Examples:

* It is raining outside and you were really wishing you could go to a ballgame.
* Your friend has a huge house with a big swimming pool and even a waterslide!
* Your Daddy has to go on business trips a lot but your friend’s Daddy is home every night for dinner
* Your sister or brother just got a really cool gift for her/his birthday and you didn’t get anything.
* You could use your allowance money to buy the new toy you have been wanting or you could play with your old toy and give that money to someone who doesn’t have ANY toys.
* You are sick with a heavy cold and have to be in bed.

**Songs:**

READ WORDS AND DISCUSS FIRST

Bestow upon me my portion- give me my portion (amount of something). Tiny baby and grown man or woman are not the same. God knows what we needs and He sends us exactly that. (ex. of feeding a newborn- can’t have a very rich meal, not good for them- they need something as mild as milk) Just like the plants that we were talking about earlier.

In this song it talks about Abdu’l-Baha. Abdu’l-Baha is the son of Baha’u’llah. Abdu’l-Baha has not a Messenger of God, like his Father, but he was the perfect example of how to live a life full of virtues. That is why He is sometimes given the title of “The Master”. He had a lot of suffering in His life, but despite all the ups and down in life, He was content with the Will of God under all conditions. He used to tell the friends that it is easy to be content when everything is going well, when one is healthy and living in comfort. What is more difficult is to feel happy and content in times of trouble, in times of illness and hardship. In spite of all the suffering that filled His life, ‘Abdu’l-Bahá never became disheartened. Through the most grave and difficult times, He remained content and thankful to God. He was always cheerful and optimistic. So we can remember Him as we sing this song!

Bestow Upon Me My Portion

**CHORUS:**

**Bestow upon me my portion**

**O Lord, O Lord**

**Bestow upon me my portion**

**As it pleaseth Thee**

It’s easy to be content

When things are going well

It’s easy to be content

When you’re feeling swell

But what is really more challenging

Is to be content when things go wrong

To be patient in times of difficulty

Perhaps even sing a song

**CHORUS**

From the time He was a boy

The Master suffered indignities

From early in His life

He hardly had any comfort or ease

But He remained content and calm

Never full of anxiety

He trusted in God and accepted His Will

Continued on ever patiently

**CHORUS**

OTHER SONGS

STORY(All for the Best)**:** Once upon a time in a far away country, there lived a farmer with his wife and son. They all worked together, taking care of their land and animals. Their farm was near the border with another country, which, unfortunately, was constantly at war with theirs.

One day the family’s mare (horse) did not return to the stable, and it was soon discovered that it had strayed into enemy territory. Some of the villagers came to the farmer, gave him the bad news and tried to console him. But the farmer did not seem to mind what had happened to his mare. He simply told them, “This could be a blessing.”

Several months later, the mare returned, not alone but with a fine steed of the breed for which the neighbouring country was famous. On hearing the news, the villagers came to see the farmer and congratulate him for becoming the owner of such a wonderful horse. But the farmer was not excited; he observed, “This could be a misfortune.”

The farmer’s son wanted to ride the new steed, and so he did. But the animal turned out to be wild and threw the young man violently to the ground. His hipbone was broken and for a long time he was unable to walk. Visitors came again to console the family for this tragic accident. But the farmer, as usual, remained calm and repeated the remark, “This could be a blessing.”

A few months went by. The enemy tribes invaded the country and the government recruited all the young able-bodied men into the army. By the end of the war, many of the young men in the village had been killed. The young man of our story, because of his broken hip, was not taken into the army, so he survived.

A misfortune had turned into a blessing, then into a misfortune, and finally into a blessing again.

(This story is shared in the book The Lost Horse by Ed Young if you want to read a picture book instead)

**Memorizing Quote: “The source of all glory is acceptance of whatsoever the Lord hath bestowed, and contentment with that which God hath ordained.”** (SAY WITH MOVEMENTS)

**Glory (greateness)**

1. After studying science at school, Janet joined a group of scientists. They made many important discoveries. Her work brought glory to her family’s name.

2. Sam loved to look at nature—at the mountains, the trees, and the sea. Whenever he saw the beauty of the world, he thought about the majesty and greatness of God, the Creator of all things. Looking at nature made Sam think of the glory of God.

**Bestowed-given to us**

**Ordained**

1. The King gave an order that all the people of his country should not work on his birthday. The King’s birthday was ordained a holiday.

2. For many months there was no rain in the region, and the people were ordered by the village council to limit their use of water. The restrictions were ordained by the council in order to save water.

**GAME:** “Sculptor”- **DO IN SMALL GROUPS (6 each)**

Select one child in the class to be the “sculptor”. He or she chooses another child to come to the front of the group and take some kind of position, for example, bent over with arms stretched out. One by one, the other children are called to the front of the group and added to the sculpture, each in a different position, making one large unusual shape. When all the children have become part of the sculpture, the sculptor adds him or herself as the final piece.

**ARTS and CRAFTS-** Decorating pot and then planting flower

Coloring sheets

**CLOSING PRAYER**