

## LESSON 4

You may begin today’s class with the following prayer:

**“O God! Refresh and gladden my spirit. Purify my heart. Illumine my powers. I lay all my affairs in Thy hand. Thou art my Guide and my Refuge. I will no longer be sorrowful and grieved; I will be a happy and joyful being. O God! I will no longer be full of anxiety, nor will I let trouble harass me. I will not dwell on the unpleasant things of life. O God! Thou art more friend to me than I am to myself. I dedicate myself to Thee, O Lord.”<sup>8</sup>**

Once some of the children have also said prayers, you may review with them the prayer they have been memorizing in the last three classes. Since they will begin to learn a new prayer in today’s lesson, you should make sure they can say the first one well.

As you introduce the new prayer for memorization, remember that it should be explained word by word. Where words are difficult, concrete examples should be given to illustrate their meaning. The children can spend five classes learning this prayer; therefore you can divide it into parts, helping them to gradually commit it to memory. By the fifth class, they all should be able to say the entire prayer.

**“O Thou Kind Lord! I am a little child, exalt me by admitting me to the kingdom. I am earthly, make me heavenly; I am of the world below, let me belong to the realm above; gloomy, suffer me to become radiant; material, make me spiritual, and grant that I may manifest Thine infinite bounties. Thou art the Powerful, the All-Loving.”<sup>9</sup>**

Moving on to the next activity, the children can learn to sing the following song and review the songs they have learned in previous lessons:

### Tell the Truth

CHORUS:

C

When you tell the truth (when you tell the truth) *echo voice*

C

G

You win people’s trust (you win people’s trust)

G7

Always tell the truth

C

You must, you must

*(continued on next page)*

F C  
When you tell the truth, you'll never feel  
ashamed  
G7 C  
God will be pleased with you  
F C  
If you tell a lie, you surely will be blamed  
D7 G  
And maybe lose a friend or two

CHORUS

It is suggested that you explain the new quotation for the children to memorize in the following manner:

Truthfulness is one of the most essential spiritual qualities. Bahá'ís should never tell even the smallest lie. Why do people tell lies? Sometimes it is because they are afraid to tell the truth. Yet we all know that God is aware of all our actions and we cannot hide anything from Him. If we are not truthful, it will be very difficult for us to develop other virtues, and we will not attain nearness to God. Let us memorize the following quotation of Bahá'u'lláh:

**“Truthfulness is the foundation of all human virtues.”<sup>10</sup>**

Below are some sentences that will help you to explain the meaning of words in the above quotation which the children may find difficult.

*Truthfulness*

1. Sanjay dropped a glass and broke it. When his mother asked him what had happened, he told her the truth and did not lie. Sanjay showed the virtue of truthfulness.
2. A friend wanted to play with Gita and went to her house to find her. Gita had homework and could not come out to play. Her brother said he would tell the friend that she was not home, but Gita did not want her brother to lie. Gita went outside and explained to her friend that she could not play because she had homework. Gita showed the virtue of truthfulness.

*Foundation*

1. Alok's father was building a house. Before putting up the walls, he placed rocks and cement under the place where the walls would go. The rocks and cement form the foundation of the house.
2. Before you learn to read and write you have to know the sounds of the letters. Learning the sounds of the letters is a foundation for learning to read and write.

*Virtues*

1. Aurora is friendly, kind, and joyful. Aurora possesses many virtues.
2. Mrs. Patel teaches the children about justice, generosity, humility, and honesty. These are some of the virtues everyone should have.

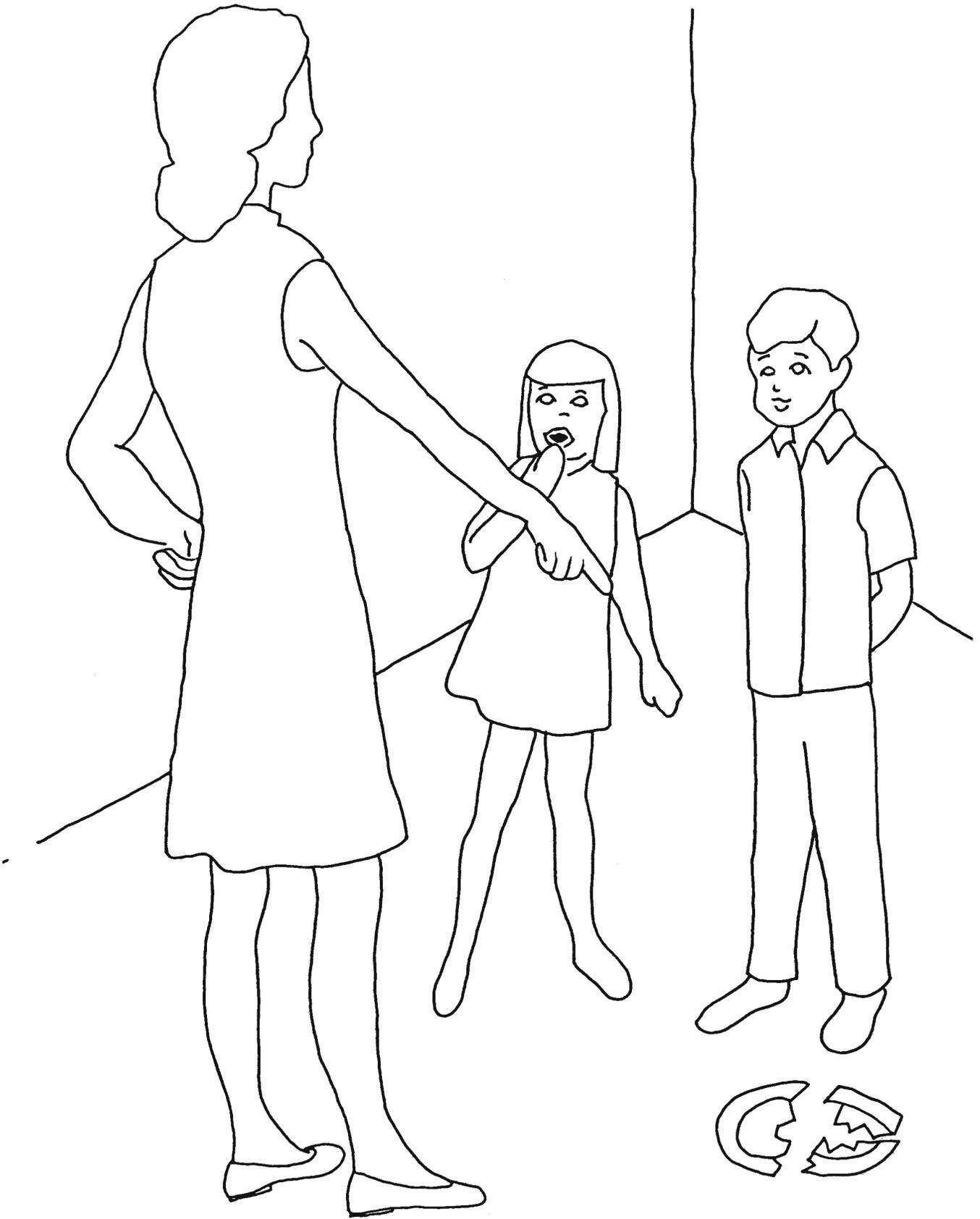
As the next activity, you can tell the following story that will help them think about the quality of truthfulness.

*In a country far away, some time ago, there lived a young shepherd, who, while his father worked in the fields and his mother kept up the home, had the task of taking care of the family's sheep. One day, the boy felt very bored and decided to play a trick on his neighbors. Suddenly he started crying out "Wolf! Wolf! The wolf is eating the sheep!" All of his friends came running to help chase away the wolf, but when they got there they found the young shepherd laughing at them because they had received such a fright and really there was no wolf anywhere to be found. His friends went back to their work saying that the boy had behaved very badly.*

*The following day, the boy repeated his foolery. "Wolf! Wolf! Help me! Help me!" Some of the neighbors came running again to help, only to find the young shepherd laughing at them, because this time too it was a lie that a wolf was near. The third day, when they heard the boy call "Wolf! Wolf! The wolf is eating the sheep! Please come help!" no one paid any attention because they thought that it was just another lie. That day the wolf did come and eat the sheep! The young shepherd was very sad, but he had learned a good lesson. If we tell lies, the day will come when neither our parents, our brothers and sisters, nor our friends will believe what we say, even when it is the truth!*

After telling the above story, you can have the children play the game "Touch Telephone" as the next activity of the day. Ask the children to stand in a line. They should all face in the same direction, with the last child looking at a piece of paper hanging on a wall or tree or, if available, at a blackboard. More than one line can be organized, if necessary. Using your finger, draw something on the first child's back. He, in turn, draws it on the back of the second child. The second child draws it on the back of the third child, and so on, until the last child is reached who draws it on the piece of paper or blackboard. Then you should draw next to it what you had drawn on the first child's back. The drawings should be simple so that all the children can do them.

You can end the class with prayers after the children have colored Drawing 4.



**“Truthfulness is the foundation of all human virtues.”**