**LESSON ON SELFLESSNESS- Lesson 6**

*Slightly modified from the Ruhi Book 3 Grade 1 Lesson*

**Prayers**

**Review of quotes from prayer book**

**Intro to new virtue- today we are talking about SELFLESSNESS**

God is the great Creator- He created all living things and especially He made human beings- who each have a soul and are able to know and love God through His great Teachers that come to the world. Each of these great Teachers has shared something that is called the Golden Rule. Does anyone know what that is?

So because we want to show our love for God, and we want God to be pleased and happy with our actions, we do what we can to bring joy and happiness to all those we see around us. So we think- hmmm…what can I do to bring happiness to others? And then we do THAT for others.

(show coloring sheet) See this boy. He saw that pineapple and he thought, I bet my friends would like some of that delicious pineapple. So he brought his thought into the realm of ACTION and gave the pineapple to his friends. It didn’t matter if there was not enough for him, because he preferred his sisters and brothers (and we are all really one big family- because God is the Father of all) and so he gave the pineapple to them, and was happy because they were happy.

All of the Messengers of God have told us that we should think of others. With the coming of Baha’u’llah, He has shared the Golden Rule in the following words: (PASS OUT QUOTE)

**“Blessed is he who preferreth his brother before himself.”**

**Let’s figure out what these words mean, and then make movements to the quote!**

*Blessed*

1. In Amelia’s town, most people do not have running water. There is a well and a bucket, but no way to use the bucket to get water. Amelia, using her intelligence, finds a rope to tie to the bucket, lowers the bucket, and gets water. Amelia’s intelligence is a gift of God. God has blessed Amelia with intelligence.
2. Victor’s family says prayers every morning in the living room of their home. The home of Victor’s family is blessed.

*Prefers*

1. John likes to eat chocolate and vanilla ice cream, but when he has to choose, he chooses vanilla. He prefers vanilla.
2. Anindo can go out and play, or go help her father in the garden. She decides to help her father in the garden. Anindo prefers to help her father.

SET TO MOVEMENT and then SING

**“Strive that your actions day by day may be beautiful prayers. Turn towards God and seek always to do that which is right and noble.”**

SONGS: -Strive (Tim Urbonya)

-It is a blessing to prefer your brother (Ruhi Grade 1 Songs)

-I am a Bucket Filler (Red Grammer)

**COOPERATIVE GAMES**

**STORY**

The story below illustrates how, through both His words and deeds, ‘Abdu’l-Bahá shows us the ways of selflessness.

*‘Abdu’l-Bahá preferred inexpensive clothes for Himself. When He had extra clothes He always gave them away to others. One day He was going to entertain the Governor of ‘Akká. His wife felt that His coat was not good enough for the occasion. Well ahead of time she went to the tailor and ordered a fine coat for ‘Abdu’l-Bahá. She thought He surely would not notice that His old coat had been replaced; He desired, after all, only to be scrupulously clean. When the day of the Governor’s visit arrived, the new coat was laid out for ‘Abdu’l-Bahá, but He went searching for His old one. He asked for His old coat, saying that the one laid out could not be His. His wife attempted to explain that because of the occasion she had bought Him a new coat, but He would not accept it. He told her that for the price of this one coat they could buy five simple ones like He normally wore. He told her that there was no reason to spend so much money on a coat just for Him. If He needed a new one, they could send the expensive coat back to the* *tailor and order five ordinary coats for the same amount of money. “Then, you see, I shall not only have a new one, but I shall also have four to give to others!”*

**CRAFT- coat craft**