**Ruhi Grade 1 Lesson 19 on Trustworthiness**

*Modified from Ruhi Book 3 Grade 1 material*

**PRAYERS:** Review of prayers, then continue to learn prayer that you began to teach last lesson:

**“O my Lord!**  **O my Lord! I am a child of tender years. Nourish me from the breast of Thy mercy, train me in the bosom of Thy love, educate me in the school of Thy guidance and develop me under the shadow of Thy bounty. Deliver me from darkness, make me a brilliant light; free me from unhappiness, make me a flower of the rose garden; suffer me to become a servant of Thy threshold and confer upon me the disposition and nature of the righteous; make me a cause of bounty to the human world, and crown my head with the diadem of eternal life.**

**Verily, Thou art the Powerful, the Mighty, the Seer, the Hearer.”**

* **'Abdu'l-Bahá**

(Tim Urbonya has this prayer set to music, called “Child of Tender Years”, this is also available on the Tender Years CD by Julie Iraninejad and Shabnam Cyrus available on ITunes)

**Explanation of the Virtue of Trustworthiness:** One of the greatest qualities in the sight of God is trustworthiness.Trustworthiness means you can be counted on. When you are trustworthy, if you make a promise, you keep your word. When you are practicing trustworthiness, others can rely on you. They can trust that if it is at all possible, you will do what you said you would do.

Trustworthiness also means that if someone asks you to do something, and you start out to do it, you will finish it and do your best, even if it becomes really hard.

Without trustworthiness, promises and agreements don’t mean anything. You never know what you can expect of someone who is not trustworthy. If you are not trustworthy, other people never know if they can believe you or count on you. When people ARE trustworthy, other can trust them because they keep their word. They don’t have to doubt you or check up on you to see if you are doing something you promised to do. When we are trustworthy, others can be sure that we will do our best to fulfill our responsibilities and carry out our duties. In this way, people are able to work together in harmony, knowing that everyone will do his or her part.

[**Tower of trust DEMO:**](http://www.character-kids.com/trustworthiness.pdf)

Let’s look at how you build trust (BLOCKS- little by little). - If your mom asks you to pick up your toys, can she count on you to do it?

 - Can she count on you to pick up those toys, even if she isn’t looking?

 - come up with examples of how we can build the trust in each other, and build blocks up.

What happens if we are not trustworthy? (TAKE BLOCK OUT, one time, the trust may survive, but what happens if it happens more than once?- BLOCKS FALL).

* what happens if we lie about one of those things: It has taken a long time to build your mom’s trust in you. But it doesn’t take long at all to destroy the tower of trust. What if you tell your mom you picked up all your toys, and she finds them under the rug? Will that help her trust you? (PULL A BLOCK OUT) Every untrue thing you say takes away the trust people have in you. We have to be very careful because it can take a long time to rebuild it.

**WHAT WOULD TRUSTWORTHINESS LOOK LIKE IF…**

* Your mother sent you to the store and asked you to bring back the change?
* Your friend told you a secret that he doesn’t want anyone else to know?
* You promised to do a chore but start to get distracted by tv or a book?
* Someone asks you to do something that you know in your heart is too hard for you to do?
* You have a daily job to do for your family, like setting the table for dinner, and you don’t feel like doing it?

**COOPERATIVE GAMES: MIRROR GAME**

Part of being trustworthy is our actions mirroring our words. If we say we are going to do something, we do it. So we are going to play a little game. Partner off. Have one person in each pair be the mover and the other person in the pair be the mirror. The person who is moving makes slow movements and the mirror has to follow along, trying to mirror their actions simultaneously. Give them a couple minutes and then have them switch so that the other person gets to be the mirror.

**SONGS: Trustworthiness by Red Grammar**

AND **Strive by Tim Urbonya**

AND

**Busy Hands** (music at [www.supportingthecoreactivities.org](http://www.supportingthecoreactivities.org) under this lesson; youtube video of lyrics available at: <https://www.youtube.com/watch?v=YNemtgaXNe0>)

**CHORUS:**

**Busy hands make happy children**

**Happy children can be found**

**Making other people happy**

**Spreading peace and love around**

Working hands to build a new world

Everybody has a role

All of us can be so thankful

For we soon shall reach our goal

**CHORUS**

God will help us build a new world

Where we all help someone else

All of us will love our neighbor

More than we love our own selves

**CHORUS (with last line repeated)**

**STORY: Can share the story in Book 3 about Siyyid Muhammad-Taqi Manshadi (you can choose whether to share this one or another one):**

Years ago, in the early days of the Bahai Faith, there were only a small number of Bahais, spread out over several countries. They faced many challenges, and often wrote to Baha’u’llah, and later to Abdu’l-Baha in the Holy Land, conveying news of the progress of the Bahai Faith and posing various questions. They didn’t have the internet and email back then, and their letters traveled over long distances by someone carrying them by foot or by horseback before reaching their destination. Baha’u’llah and Abdu’l-Baha would answer each one with great love and care. The beautiful verses that flowed from Their pens were as precious gifts to the believers that received them. Their words of encouragement strengthened those early Bahais and cheered their hearts. And so it was crucial that this stream of communication not be disrupted.

During one of the darkest periods in the history of the Bahai Faith, its enemies rose up against Abdu’l-Baha. Jealous of His growing influence, they hoped to bring about His exile, or worse still, His execution. Spies were planted all around His house, and He was kept under constant watch. How pleased His enemies would have been if they could have stopped the flow of correspondence and broken the link between Abdu’l-Baha and the devoted friends; how much more if they could have stolen some document that could be used to mislead the authorities! Abdu’l-Baha, however, was not deterred. He could often be seen late into the night, writing by the light of His lamp; for He had ensured a secure means for the receipt and dispatch of mail, a task that could only be given to the most trusted of believers.

There lives in the area a man named Siyyid Muhammad-Taqi Manshadi. He had come from Persia when he was fairly young and had established a small business in Haifa. There, he welcomed to his home the many friends who visited the Holy Land. He helped them in making travel arrangements and became known for his unwavering reliability. So dependable was he that his home had become a center through which passed nearly all of the mail for the Bahais in the Holy Land and the responses sent abroad. Everyone knew that he could be trusted to make sure each piece of mail was delivered promptly and securely.

Of course the enemies of the Faith knew this as well, and so Siyyid Muhammad-Taqi Manshadi was in great danger. Abdul-Baha could see that they would use every means possible to harm the Cause. They would no doubt try to intercept the mail, and Muhammad-Taqi would soon become the target of their schemings. So what do you think Abdu’l-Baha did? Such confidence did He have in Muhammad-Taqi that He did not want to let go of his valuable services. So He sent him to safety in nearby Port Said in Egypt and arranged for others, that His enemies would not suspect, to carry mail back and forth to him. And there, in Port Said, Muhammad-Taqi continued to dispatch and receive mail for Bahais in distant lands as he had always done, never faltering in the trust Abdu’l-Baha had placed in him. So it was that even in the darkest of times, the light of guidance that shone forth from the Holy Land continued to reach the friends in the most remote places.

**Other options: Can share a story about the trustworthiness of the Bab:** When He was fifteen years old, the age of maturity according to Islamic law, the Báb joined His uncle and guardian Hájí Mirzá Siyyid 'Ali, in business in Shíráz, buying and selling bales of cloth and other goods. Shortly afterwards the Báb moved to Búshihr and continued to work in the family business. When He was sixteen, the Báb took over the complete management of the trading-house in Búshihr. His scrupulous attention to detail and His undeviating fairness in transaction became widely known in the region.

Once when the Báb was given goods to sell on consignment for a customer, He waited too long before selling them and missed getting the best price. So instead of just giving the customer the amount He had received from the sale, the Báb added some of His own money to make it up to a higher amount. The man was astonished. This was not the way merchants usually did things! He wanted to return some of it to the Báb, but the Báb told him that it was only fair and just that he should be given that particular sum, because his goods would have fetched exactly that amount had they been offered for sale when the market was at its best.

Source: *The Báb* by H.M.Balyuzi (p39), and *The Lamp: The Life Story of the Báb* by Jacqueline Mehrabi (p11)

**Storybooks about trustworthiness- Fritz and the Beautiful Horses by Jan Brett OR The Firekeeper’s Son by Linda Sue Park**

**MEMORIZATION:** Who wants to make the world a more peaceful and safe place? (show of hands) Do you know what virtue Baha’u’llah said will help do this? TRUSTWORTHINESS!

**“Trustworthiness is the greatest portal leading unto the tranquillity and security of the people.”**

Trustworthiness

1. Athos promised his mother that he would help her to prepare dinner. When his friends came to his house to invite him to play outside, Athos remembered the promise he had made to his mother and told his friends he would play with them another time. Athos showed the quality of trustworthiness.

2. The coach told Sunita that he had accepted her on the volleyball team, but he asked her not to mention it to anyone until he made the official announcement. Though Sunita was very excited, she did not tell even her closest friends. Sunita acted with trustworthiness.

Tranquility

1. Whenever Emilio has to make an important decision, he tries to find a quiet place to think and meditate. He goes to a nearby garden, and in its tranquility, he is able to clear his mind and heart.

2. Once the great storm had passed, everything became unusually quiet and still. Peace and tranquility followed the storm.

Security

1. When a baby animal is frightened, it will often run back to its mother for safety. The mother provides security to her offspring.

2. When Tabitha got lost in the mountains, the guides from the village below came to look for her. She felt a sense of security when they found her, knowing that they would lead her back to safety.

**(Be worthy of the trust of thy neighbour, and look upon him with a bright and friendly face.**(Baha'u'llah)])

**CRAFT**: Create a "trustworthy friend kit": Make a friendship kit to remind children of what it takes to be a trustworthy friend. Ask the students to label an envelope or ziplock baggie “Friendship Kit” and decorate it. Have them place the things on this list below inside the envelope. Cut out the list and put it in the friendship kit, too. Ask the children to take their friendship kit home and tell their family what each thing in the kit stands

for.

**Let’s look at some of the qualities of a trustworthy friend…** (show trustworthy friend kit- you are all going to be making one of these today) (GIVE ONE OUT TO EACH CHILD)

GEM- God has put within us many virtues/spiritual qualities and one of those gems is trustworthiness.

WATCH- just like we rely on a watch to tell us what time it is, when we are trustworthy, we are reliable and we do what we say we will do

TAPE- when we are trustworthy, just like this tape, we stick up for our friends. If someone is doing something bad to your friend, you step in and encourage others to be kind.

TRUSTED ADULT- Also, when we are trustworthy, we know that we can always ask a trusted adult- like our mommies or daddies- for advice or guidance, to help us and our friends if we have gotten into trouble. We never keep secrets from our trusted adult.

BANDAID- when we are trustworthy, we help protect our friends from hurting themselves or others. If someone is daring you or a friend to do something that is dangerous, or you don’t feel right about it, what could you say? “No thanks. We are going to do something else.” If you see your friend getting angry about something, you can help him or her calm down so that he or she does the right thing. This is also being trustworthy, because we want to help each other take care of the trust of virtues that God has given us.

BUTTON- Have you ever heard the expression, button your lips? It means you don’t say anything. When we are trustworthy, we don’t gossip or spread rumors about other people. They can trust that we won’t say untrue things about them. (of course if our friend has told us something dangerous or hurtful, we talk with a trusted adult)

LION- What could this be for? Just to remind us that to be trustworthy, we have to have courage to do the right thing.

HEART- what is that for? As a trustworthy friend, your love is constant and always present.

ERASER- why do you think we have an eraser as part of something having to do with trustworthiness? Because everyone makes mistakes. We need to forgive our friend’s mistakes and help them to learn from them.

Two more! MIRROR- just like a mirror shows us honestly what is before us, we always speak the truth, we are honest and sincere, and of course kind in the way we say the truth! Also, we should not say one thing but do another. Our actions should always reflect our words.

GOLD COIN- a trustworthy friend is worth more than a million dollars! Right- you can’t buy that!

(see pictures at [www.supportingthecoreactivities.org](http://www.supportingthecoreactivities.org) under this lesson)

Also have a coloring sheet on trustworthiness. Will be starting with this and then **will be called a few at a time to make your trustworthy friend kit.** <3

Another option is to **make a parachute**- talking about how being trustworthy is related to this. Please see [www.supportingthecoreactivities.org](http://www.supportingthecoreactivities.org) under this lesson for details.