

Lesson #15: Virtues: To Know God and to Love God

OPENING

Teacher: Instructs everyone to sit quietly, rest their arms in a position that they feel most comfortable and lower their faces to listen to the prayer. Explain when you pray, you have to show respect to God. Explain the Obligatory Prayer.

Recite opening prayer:

“I bear witness, O my God, that Thou hast created me to know Thee and to worship Thee. I testify, at this moment, to my powerlessness and to Thy might, to my poverty and to Thy wealth.

There is none other God but Thee, the Help in Peril, the Self-Subsisting.”

- Ask the children if any of them know a prayer by heart that they could recite for the class.

Memorizing prayer before next class:

“I bear witness, O my God, that Thou hast created me to know Thee and to worship Thee. I testify, at this moment, to my powerlessness and to Thy might, to my poverty and to Thy wealth.

There is none other God but Thee, the Help in Peril, the Self-Subsisting.”

Lesson: What does it mean to Know God and to Love God?

Why are we on Earth: Every human being was created to know God and to love Him, and we all have the spark of His love in our hearts. So we all have God in our hearts.

To Know God and to Love God is to communicate with Him by praying every day and to be like Him by achieving virtues to help you understand what God is like.

What does it mean to know God?

- Knowing God is personal. Just like knowing a person is personal. So it is YOUR relationship with God.
- Knowing God requires involvement. To get to know another person, you have try to understand Him through the Manifestations of God (Explain)
- Knowing God means communicating with Him every day: thanking Him and praying
- Understand He wants us to have God-like qualities

What are God-like qualities?

Generosity	Kindness	Respect	Faithfulness	Bravery
Forgiveness	Friendliness	Helpfulness	Honesty	
Love	Patience	Mindfulness	Compassion	
Charity	Trustworthiness	Cleanliness	Gratitude	

Congratulations! You are getting to know God when...

- You pray to Him (Him? Or Her?)
- You pray for help
- You thank Him even when you are not feeling good
- Accept that there is only One God
- Accept that God is Self-Subsisting

Keep trying! You need more practice when you...

- You forget to pray
- You are sick and you get better and you forget to thank God

Singing Time

Son of Spirit

If You're Happy and You Know It (It's best to end with this uplifting song.)

Activity

Each child will draw a pie chart on a piece of paper of their Virtues and of the Virtues they want to attain in the next year. We will look at the pie charts in one year.

END CLASS:

Someone says a closing prayer. Ask Children to settle down and bow their heads. Remind them that the quote talks about a pure heart.

“He is God! O God my God! Bestow upon me a pure heart, like unto a pearl. - ‘Abdu’l-Bahá