

Lesson #22 - INNER BEAUTY

OPENING

Remind children to sit quietly, rest their arms and lower their faces to listen to the prayers and show respect to God. Ask who can recite the 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.”
~Bahá'u'lláh

Today we're going to talk about beauty. But not just the kind of beauty that shows on someone's face, but more importantly, the kind that shines from inside of us, that tells us how to love each other. God loves us all and created us to love God and each other. That's real inner beauty. Here is another prayer, a prayer for children which shows that God sees our inner beauty.

“O Thou kind Lord! These lovely children are the handiwork of the fingers of Thy might and the wondrous signs of Thy greatness. O God! Protect these children, graciously assist them to be educated and enable them to render service to the world of humanity. O God! These children are pearls, cause them to be nurtured with the shell of Thy loving-kindness.

Thou art the Bountiful, the All-Loving.”
~Abdu'l-Bahá

All children and all adults are part of one family, the human family. Some people are extra pretty or handsome on the outside, but what's really important is how we treat each other, how we show love and feel compassion for each other. We all feel the same emotions; love, compassion, confidence, shyness, bravery. We should never think that beautiful people are better than others. We should never think we're better than others, or not as good as others based on how we look. We should always support each other and try to help when we think someone is being treated unfairly because of their appearance.

Bahá'u'lláh wrote about how much God loves us and that He gave us souls that are pure and beautiful. He tells us not to concentrate on outward beauty, but on the beauty within. Here are a few examples:

“O Son Of Man! Veiled in My immemorial being and in the ancient eternity of My essence, I knew My love for thee; therefore I created thee, have engraved on thee Mine image and revealed to thee My beauty.”

“O Son Of Dust! Blind thine eyes, that thou mayst behold My beauty...”

“O Friends! Abandon not the everlasting beauty for a beauty that must die, and set not your affections on this mortal world.”

He also tells us that true beauty comes from practicing virtues.

“Beautify your tongues, O people, with truthfulness, and adorn your souls with the ornament of honesty.”

People will know by your actions and the kindness of your words that you are truly beautiful inside.

How do you react when

- you meet a new kid at school who is very beautiful?
- you meet a new kid who appears very plain?
- you hear someone say something mean about someone else’s appearance?

Activity

Show Photos of both famous and infamous people – question if you can tell much about them by what they look like. Let the children guess first by looking at a photo of the person and ask what kind of person they are in real life.

Color pictures showing many different people doing different activities. Talk about what the activity tells you about the person opposed to what the person may look like in the picture.

Closing Prayer