

Lesson 5: The Golden Rule – Treat Others the Way You Want to be Treated

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.

Recite opening prayer:

"O God! Educate these children. These children are the plants of Thine orchard, the flowers of Thy meadow, the roses of Thy garden. Let Thy rain fall upon them; let the Sun of Reality shine upon them with Thy love. Let Thy breeze refresh them in order that they may be trained, grow and develop, and appear in the utmost beauty. Thou art the Giver. Thou art the Compassionate."

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

Memorizing quotations

Before introducing the next quotation for memorization, review previous quotes. Use the Index Cards to help them memorize the quotes.

"O Son of Spirit! My First Counsel is this: Possess a pure, kindly and radiant heart"

"In the garden of thy heart plant naught but the rose of love..."

"Tread ye the path of justice, for this, verily, is the straight path."

Memorizing quotations

God loves each and every one of us, and He has created the human heart to know Him and to love Him. With pure hearts, we are able to see the signs of God reflected in His creation, most of all in the faces of our fellow human beings. In our love for God, we want to bring joy and happiness to all those we see around us. So great is our love for them that what makes us the most happy is to see them enjoying the good things in life that we desire for ourselves. So it is that we think first of our fellow human beings before we think of ourselves. Let us memorize the following quotation of Bahá'u'lláh:

"Blessed is he who preferreth his brother before himself."

Blessed

1. There is a well and a bucket, but no way to use the bucket to get water. Penny, using her intelligence, finds a rope to tie to the bucket, lowers the bucket, and gets water. Penny's intelligence is a gift of God. God has blessed Amelia with intelligence.
2. Leila's family says prayers every morning in the living room of their home. The home of Leila's family is blessed.

Prefers

1. Ellie likes to eat chocolate and vanilla ice cream, but when she has to choose, she chooses vanilla. Ellie prefers vanilla.
2. Julian can go out and play, or go help his father in the garden. He decides to help her father in the garden. Julian prefers to help his father.

Singing Time

My First Counsel is This

Love, Love, Love

A Noble Way

Prefer Your Brother (New Song)

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

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!"

Activity: Make a coloring book called "The Colors of Friendship." Find cartoons that fit these themes or have the children make up pictures for each number below:

1. If you like to have fun with lots of friends, follow the Golden Rule and treat your friends with great kindness. [Picture of sharing]
2. If your friend drops their books, hurry to help them pick them up. [Picture of a helping hand]
3. Instead of arguing, it is better to be friendly. [Friends holding hands]
4. If you are reading a book, share it with your friend. Read it with them. [Read to a friend]
5. If your friend is sad, cheer them up! [Making a friend happy]

END CLASS:

Remind Children that the class was about the Golden Rule. Ask them what the Golden Rule is and give an example.

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