

Lesson 12: Courage – via Zoom

OPENING

Teacher: This is one of three daily prayers that Baha'is have to say once a day. This one is called the Short Obligatory Prayer. What does Obligatory mean?

Everyone sits quietly, rest their arms in a position that they feel most comfortable and lower their faces to listen to the prayer and show respect to God:

"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 that they could recite for the class.

Reviewing Previous Quotations

"O Son of Spirit! My first counsel is this: Possess a pure, kindly and radiant heart, that thine may be a sovereignty ancient, imperishable and everlasting." – Bahá'u'lláh

TODAY'S LESSON

Teacher: Today's Lesson is Courage. **Ask the class:** What is Courage? If people are courageous, they are not afraid to be themselves

To have courage means to stand for what is right, to defend those who need our help, even if this will put us in danger. It takes courage to go to unknown places, to face new situations, to do things that others before us have never done. We draw courage from our love of God and our desire to please Him above all others.

Ask the class:

1. What would courage look like: If you are at school in the playground and some older kids are teasing a little kid.
2. What would courage look like: If you go to an amusement park and you don't want to go on a scary ride?
3. What would courage look like: You are asked to speak in front of your class in school?
4. What would courage look like: All your friends want you to try something, like stealing and you feel it is wrong?
5. What would courage look like: You do something you are sorry for, like breaking one of your mom's or dad's things at home? No one knows who did it.

6. What would courage look like: You feel scared of the dark when you're trying to go to sleep? (What help do you need?)

Signs of Success

Congratulations! You are practicing courage when you...

- Do what you know is right even when it is hard or scary
- Admit mistakes and learn from them
- Are willing to try new things
- Ask for help from God and others
- Find courage in your heart even if others laugh at you or call you names
- Go ahead and do something you want to do even if you still feel afraid. Keep trying!

AFFIRMATION

I have the courage to try new things. I admit my mistakes and learn from them. I listen to my heart. I have the courage to do what is right.

To help us remember that we should face every situation in life with courage, let us memorize the following quotation:

"Armed with the power of Thy name nothing can ever hurt me, and with Thy love in my heart all the world's afflictions can in no wise alarm me." Baha'u'llah

SINGING TIME

My First Counsel is This
Love, Love, Love
A Noble Way
Prefer Your Brother
Truthfulness
Fountain of Generosity
If You're Happy and You Know It
This Little Light of Mine – include next class

ACTIVITIES

- Read one t-shirt and come up with a story about what it says. (Purchases t-shirts with Courageous theme from Baha'i Resources)
- Ask the class if we should do a play next time.

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

