

BAHÁ'Í CHILDREN'S CLASS LESSONS

21. SEEKING ASSISTANCE FROM GOD

Welcome the children to the class. Remind them that they are each the child of God. How does God want them to behave? Ask one or two children to say prayers. Last time we thought about how we could be helpful. Who would like to tell us what they did to help someone?

'Abdu'l-Bahá has taught us that we should ask God for what we want. He said, **"Ask whatsoever thou wishest of Him alone; seek whatever thou seekest from him alone With a look He granteth a hundred thousand hopes,with a glimpse He layeth balm on every wound; with a nod He freeth the hearts from the shackles of grief."** (SWAB p.51)

Sometimes we want to do something that is difficult. We ask God to help us. Then we need to try our best to do it, leaving the result in God's hands. Our own effort is very important. We can't just say "Please God, give me" and then expect that it will be given to us. God only gives us what He thinks is good for us, and we have to play our part by giving it our best try.

If you want to be goal kicker, or goal shooter for your team, is it enough to keep saying "I want to be! Choose me! I'm the best, choose me!!" No, you have to practise and practise to BECOME the best. Pray to God to help you, and continue practising until you can show that you are the best. So it is with other things we want to do. We have to know what we want, pray to God to help us, and then put in all the effort that is needed.

Two prayers that Bahá'ís often use are "Is there any Remover of Difficulties" and "Thy Name is my Healing." How many children know these prayers by heart? Wonderful, very good!

"Is there any remover of difficulties save God? Say: Praised be God! He is God! All are His servants, and all abide by His bidding."

The Báb

"Thy Name is my healing, O my God, and remembrance of Thee is my remedy. Nearness to Thee is my hope, and love for Thee is my companion. Thy mercy to me is my healing and my succour in both this world and the world to come. Thou, verily, art the All-Bountiful, the All-Knowing, the All-Wise."

Bahá'u'lláh

ACTIVITIES

GROUP A

Colour in the words REMOVER OF DIFFICULTIES. Make a lovely flower garden all round.

GROUPS B AND C

Ask the children to choose which of the two prayers above, they would like to write out in their very best writing. Expect Grade 1 children to copy one line of writing. Expect older children to copy out the whole prayer. Then they can decorate a border round the prayer.

It is so wonderful that we each live under God's loving care. We need to be aware of His presence always, and we can always pray for His help, even if we say the prayer silently in our hearts.

FINISHING

Ask any children who have pictures of Bahá'í temples at home to bring them next time.

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Say one or two final prayers. Make sure that the room is left tidy.

SEEKING ASSISTANCE FROM GOD

Group A Colour in the words and pictures.

