

BAHÁ'Í CHILDREN'S CLASS LESSONS

23. SELF WORTH

Welcome the children to the class and see that they are sitting quietly before starting prayers. Ask one or two children to say a prayer, or the facilitator can say one.

Today we are going to talk about how important each one of us is. Have the children share their ideas on who thinks they are important – for example ‘my brother thinks I am important because I walk with him to school’ – ‘my dog thinks I am important because I feed her’ – ‘my mom thinks I am important because she loves me’. After sharing these ideas tell the children that they are very important to God. God made each one of us and He watches over us. He sees how we are doing and He is so pleased when He sees us trying to know Him and to serve Him.

How do we get to know God? We know about God through His Messengers. Each Manifestation was sent by God to teach people lessons they need to know. Moses taught us about law. How we need to be obedient. Jesus taught us about love and how we should love our neighbour as ourselves. Mohammed taught us to submit to the will of God. The Báb taught us that a great new Messenger was coming. Bahá'u'lláh who is the Manifestation of God for this time taught many lessons which are important for us to learn. Especially important is how we can live happily together and that we must serve God.

“Thou hast created me to know Thee and to worship Thee” are the words from the Short Obligatory Prayer. ‘Abdu’l-Bahá said, **“This is worship: to serve mankind and to minister to the needs of the people.”** (PT p.177) From these words we know that helping people is the same as worshipping God. Helping people makes the heart of God happy. He sees that we are trying to serve Him and it makes Him very pleased.

Each one of us is different and each one has a special job to do to serve God. We do not have to compare ourselves with anyone else. God loves each one of us. When we try hard in school, when we do something hard to please our teacher, when we help our friend or mother or father, we are serving. We can be pleased that we are trying to please God. We feel good inside when we know that we have made an effort, even if no-one else knows about it. We can be sure that God has noticed.

Jesus wanted to remind His followers of how important they were to God. He reminded them of the sparrows – little brown birds. They are little and seem unimportant, but Jesus assured his followers that if only one of the sparrows fell to the ground God would know. Did the people know that God even knew how many hairs grew on their heads!? Then Jesus said, **“Don’t be afraid. You are more important than many sparrows.”** However sad we feel sometimes let us remember that God loves us, and we are ‘more important than many sparrows’. New Testament, Matt. 10:29

What is it to serve God? Get some suggestions from the children. Yes, if we help people

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we are serving God.

ACTIVITIES

ALL GROUPS

Have the children get into pairs to act out helpful actions. If you think that they need help whisper a suggestion for each pair to act out. They will act silently and the other children can guess what they are doing.

Here are some suggestions but you can think of others.

Finding father's lost key.

Helping mother wash the dishes.

Helping teacher hand out books.

Helping a friend learn to ride a bicycle.

Helping a small child tie shoe laces.

FINISH

Let us try to help someone every day. Tidy up. Say some final prayers. Maybe some of the actions above could be acted out for the adults.