

# Children's Classes Grade 1



Book 3 Lessons from the Ruhi Institute

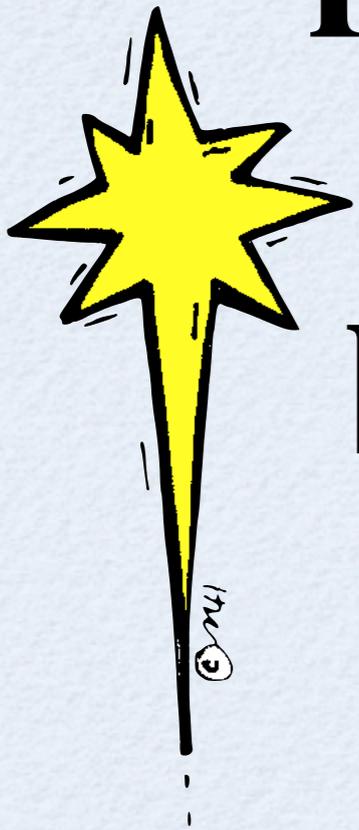
# LESSON 1: UNITY

# 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.

# PRAYER

**O God, guide me,  
protect me, make of me  
a shining lamp and a  
brilliant star. Thou art  
the Mighty and the  
Powerful.**



# SONG: "WE ARE DROPS"

We are drops

Of one ocean.

We are leaves

Of one tree.

Come and join us

In our quest for unity.

It's a way of life for you and me.

All the earth is  
But one country.  
We are one  
Can't you see?  
Come and join us  
In our quest for unity.  
It's a way of life for you and me.

The principal goal of the Bahá'í Faith is the unity of mankind. We try to live in unity and see everyone as our brother or sister. It is especially important for us to do this in the community where we live. Bahá'ís avoid arguments and fights. If any differences arise, we resolve them with friendliness and love. To help ourselves live in unity, let us memorize the following quotation of Bahá'u'lláh:

**So powerful is the light  
of **unity** that it can  
illumine the whole  
earth.**





LESSON 2: QUALITIES OF  
THE HEART

# PRAYER

O God! Rear this little babe in the bosom of Thy love, and give it milk from the breast of Thy Providence. Cultivate this fresh plant in the rose garden of Thy love and aid it to grow through the showers of Thy bounty. Make it a child of the kingdom, and lead it to Thy heavenly realm. Thou art powerful and kind, and Thou art the Bestower, the Generous, the Lord of surpassing bounty.

# SONG: "HIS FIRST COUNSEL"

Listen to the voice

That makes our hearts rejoice.

His first counsel is this:

Possess a pure heart,

A kindly heart,

A radiant heart.

The heart is a treasure,  
A gift beyond measure,  
A bounty from your Lord.  
Protect it from the fire  
Of worldly desire,  
And freely let it soar.

Our hearts are like mirrors. We should always keep them clean. Hatred, envy, and negative thoughts are like dust that stop the mirror from shining. When our hearts are pure they reflect the light of God, and we become a cause of happiness for others. To help keep our hearts pure, let us memorize this quotation of Bahá'u'lláh:

**O Son of Spirit! My  
first counsel is this:**

**Possess a pure,  
kindly and radiant  
heart...**





# LESSON 3: JUSTICE

# PRAYER

O my Lord! Make Thy beauty to be my food, and Thy presence my drink, and Thy pleasure my hope, and praise of Thee my action, and remembrance of Thee my companion, and the power of Thy sovereignty my succorer, and Thy habitation my home, and my dwelling-place the seat Thou hast sanctified from the limitations imposed upon them who are shut out as by a veil from Thee.

Thou art, verily, the Almighty, the All-Glorious, the Most Powerful.

# SONG: "JUSTICE IS THE WAY"

Justice is the way

To make a brighter day,

When people are in need.

Justice is the light,

A light that's shining bright.

Shining through good deeds.

How often have we heard that 'Abdu'l-Bahá  
Shared everything He had.  
He was content with less and led a simple life,  
So others would be glad.

## CHORUS

Justice is a little more than just being fair.  
To be just we have to give,  
Share what we have, share what we love.  
Share the joy to live.

## CHORUS

God loves justice. He is pleased with us when He sees us treating other people with fairness and justice. We must respect the rights of every human being and make sure we do not take away from anyone what they deserve. In order to help us be just, let us memorize this quotation of Bahá'u'lláh:

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

The background features a minimalist landscape with a wide, flat horizon. A thick, vibrant blue band stretches across the middle, resembling a body of water or a layer of mist. Above and below this band, the sky and ground are depicted in soft, pale tones, creating a serene and open atmosphere.

# LESSON 4: LOVE

# PRAYER

O God! Refresh and gladden my spirit. Purify my heart. Illumine my powers. I lay all my affairs in Thy hand. Thou art my Guide and my Refuge. I will no longer be sorrowful and grieved; I will be a happy and joyful being.

O God! I will no longer be full of anxiety, nor will I let trouble harass me. I will not dwell on the unpleasant things of life. O God! Thou are more friend to me than I am to myself. I dedicate myself to Thee, O Lord.

# PRAYER

O Thou Kind Lord! I am a little child, exalt me by admitting me to the kingdom. I am earthly, make me heavenly; I am of the world below, let me belong to the realm above; gloomy, suffer me to become radiant; material, make me spiritual, and grant that I may manifest Thine infinite bounties. Thou art the Powerful, the All-Loving.

# SONG: "LOVE, LOVE, LOVE"

Love, love, love, love,  
Love your fellow man.  
Love, love, love is  
How the world began.  
God loved creation  
For He created thee,  
To love, love, love Him and humanity.

The love of God shines upon humanity like the rays of the sun. The sun's rays fall on deserts and gardens alike. Our love should be like the rays of the sun: we should love everyone, even those who mistreat us. In order to help us love all of humanity, let us memorize this quotation of Bahá'u'lláh:

**O Friend! In the  
garden of thy heart  
plant naught but the  
rose of **love**...**





LESSON 5: SERVICE TO  
OTHERS

# SONG: "LOOK AT ME"

Look at me,

Follow me, Be as I am,

'Abdu'l-Bahá, 'Abdu'l-Bahá.

Serve your Lord,

Follow me, be as I am

'Abdu'l-Bahá, 'Abdu'l-Bahá.

Teach, teach, teach,  
Follow me, be as I am,  
'Abdu'l-Bahá, 'Abdu'l-Bahá.

Love mankind,  
Follow me, Be as I am,  
'Abdu'l-Bahá, 'Abdu'l-Bahá.

Look at me,  
Follow me, Be as I am,  
'Abdu'l-Bahá, 'Abdu'l-Bahá.

God loves us and always wants us to be near to Him. The best way to attain nearness to God is to become His servant. We are God's servants when we serve humanity. There are many ways to serve, for example, visiting the sick, helping those in need, and teaching what one knows to others. We should serve everyone, without thinking whether they are rich or poor, friends or strangers. To help us become servants of humanity, let us memorize this quotation of Bahá'u'lláh:

**That one indeed is a  
man who, today,  
dedicateth himself to the  
service of the entire  
human race.**



# LESSON 6: TRUTHFULNESS

# SONG: "TELL THE TRUTH"

## CHORUS:

When you tell the truth, (repeat)

You win people's trust, (repeat)

Always tell the truth,

You must, you must.

When you tell the truth, you'll never feel ashamed.

God will be pleased with you.

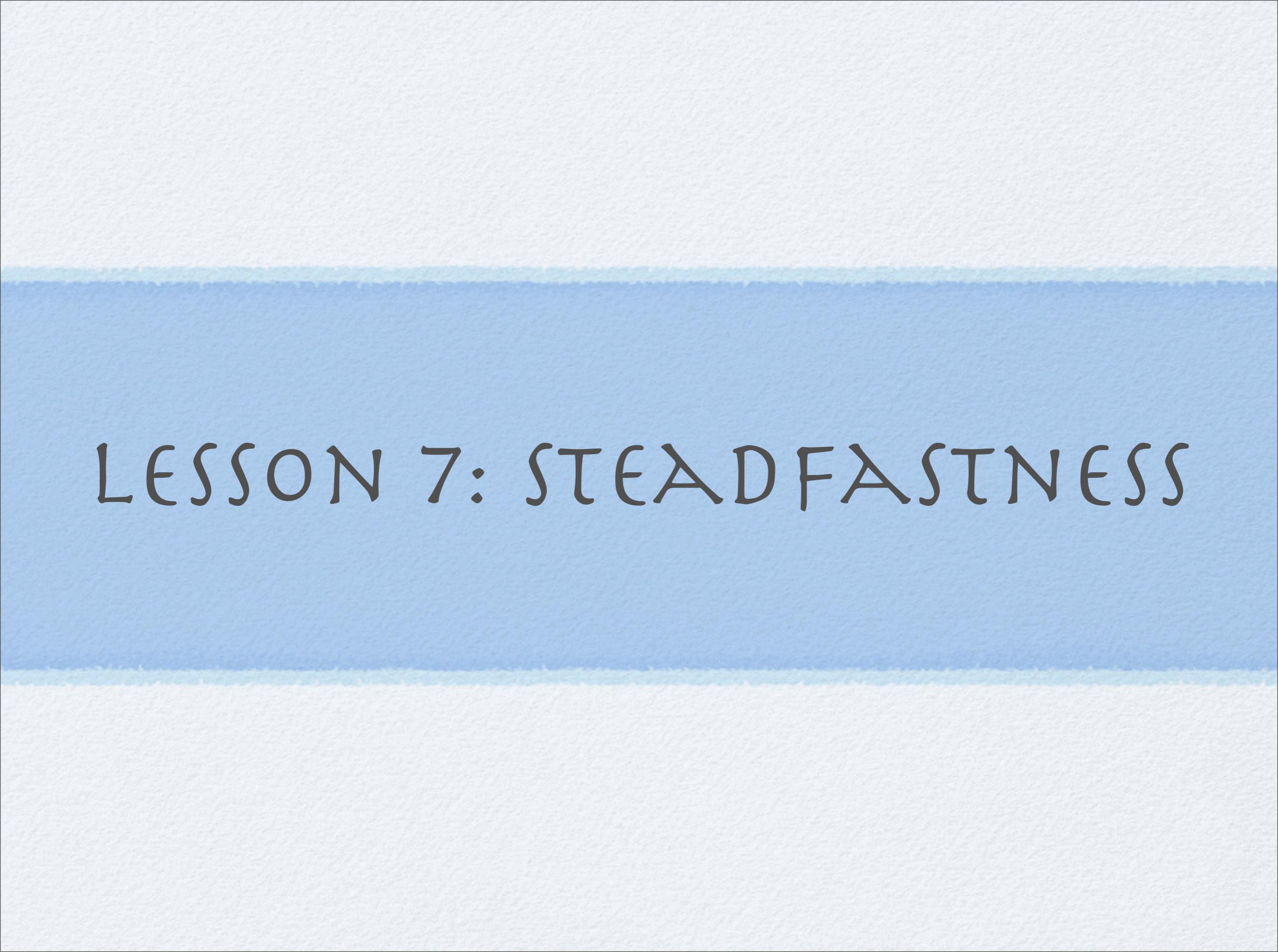
If you tell a lie, you surely will be blamed,

And maybe lose a friend or two.

(CHORUS)

Truthfulness is one of the most essential spiritual qualities. Bahá'ís should never tell even the smallest lie. Why do people tell lies? Sometimes it is because they are afraid to tell the truth. Yet we all know that God is aware of all our actions and we cannot hide anything from Him. If we are not truthful, it will be very difficult for us to develop other virtues, and we will not attain nearness to God. Let us memorize the following quotation of Bahá'u'lláh:

**Truthfulness** is  
the foundation of  
all human virtues.



# LESSON 7: STEADFASTNESS

# SONG: "WE WILL BE STEADFAST"

We are the people of Bahá,

We are the people of Bahá,

We are the people of,

We are the people of,

We are the people of Bahá.

Yá Bahá'u'l-Abhá,

Yá Bahá'u'l-Abhá,

We are the people of,

We are the people of,

We are the people of Bahá.

Firmly we walk the path of God,  
Firmly we walk the path of God,  
Until the very last,  
We will be steadfast,  
Firmly we walk the path of God.  
(Repeat 1)

One of the most important qualities of a person who truly loves God is steadfastness, or firmness. As Bahá'ís, we have accepted Bahá'u'lláh and we are certain that He is the Manifestation of God for this day. Therefore, nothing that others can say or do to us can affect our faith in Him. We must always love Him and obey His laws and teachings. In order to remember this, let us memorize the following quotation of Bahá'u'lláh:

**Supremely lofty will  
be thy station, if thou  
remainest **steadfast** in  
the Cause of thy  
Lord.**



# LESSON 8: HUMILITY

# SONG: "BE LIKE THE EARTH"

See the earth,

It's so humble.

Has all God's wealth to give,

Everything we need to live.

Lets us walk on it every day,

But have you ever heard it say,

I am richer, greater than you.

See the tree,  
It's so humble.  
The more its fruits abound,  
It bows closer to the ground  
And shares the fruit that way,  
But have you ever heard it say,  
I am richer, greater than you.

Be like the earth,  
Be like the tree,  
Rise to the heaven of glory  
On the wings of humility.  
Rise to the heaven of glory  
On the wings of humility.

A very important virtue is humility. A person who is humble before God realizes the greatness of God and his own smallness. He gives himself up entirely to God's Will. When we give our will over to His, God fills our hearts with joy. To help us be humble before God, let us memorize the following quotation:

**O Son of Man!**  
**Humble** thyself  
**before Me, that I may**  
**graciously visit thee.**

The background features a wide, flat landscape with a prominent horizontal band of blue, possibly representing a body of water or a distant horizon. The sky above is a pale, light blue, and the ground below is a light, sandy or white color. The overall scene is minimalist and serene.

# LESSON 9: SELFLESSNESS

# SONG: "PREFER YOUR BROTHER"

I am thirsty, I am thirsty,

But my brother, he comes first.

So I offer him the water

That will quench his thirst.

It is a blessing to prefer your brother.

This is a way to show you care.

It is a blessing to prefer your sister.

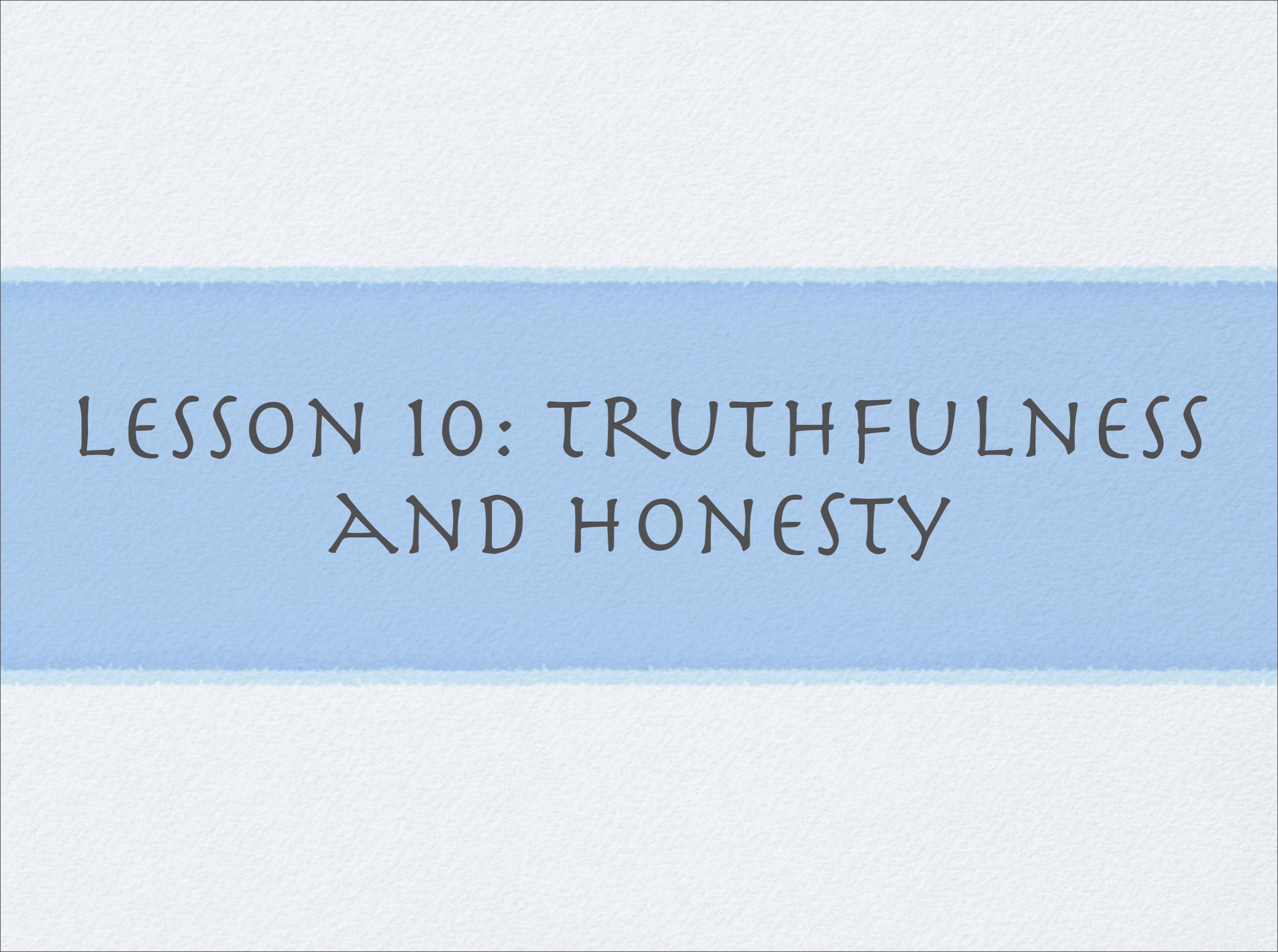
You are richer, the more you share.

I am hungry, I am hungry,  
And my sister, she is too.  
So I give her some of my food,  
That's what's best to do.

It is a blessing to prefer your brother.  
This is a way to show you care.  
It is a blessing to prefer your sister.  
You are richer, the more you share.

God wants all of us to live happily. He wants us always to be looking for ways to serve others and bring them joy. In order to live this way, we should not only wish for other people the good things we want for ourselves, we should wish even better things for them. Let us memorize the following quotation of Bahá'u'lláh:

Blessed is he who  
preferreth his  
brother before  
himself.



LESSON 10: TRUTHFULNESS  
AND HONESTY

# SONG: "TRUTHFULNESS"

Truthfulness is brighter than the light of the sun.

Truthfulness is brighter than the light of the sun.

With truthfulness, O people, beautify your tongues.

With truthfulness, O people, beautify your tongues.

Honesty adorns the soul of everyone.

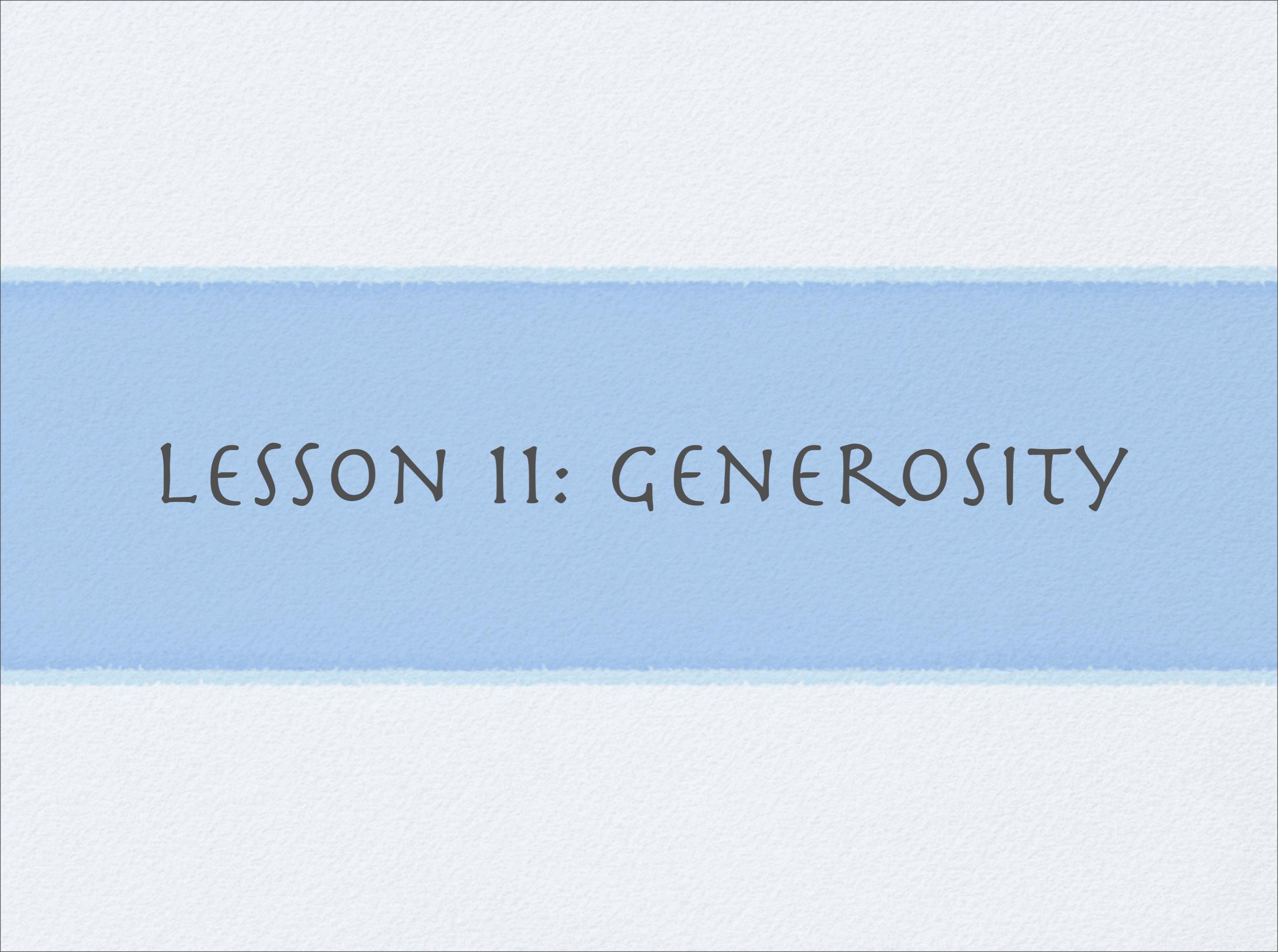
Honesty adorns the soul of everyone.

Honesty is brighter than the light of the sun.

Honesty is brighter than the light of the sun.

All of us know of beautiful things that God has created to adorn our lives and bring joy to our hearts. Yet, more than material things, it is spiritual qualities that make human beings beautiful. One of the most beautiful qualities which can adorn our lives is honesty. When we beautify ourselves with honesty, we do not take things that belong to others, and we never cheat anyone. To help us remember this quality of honesty, let us memorize the following quotation of Bahá'u'lláh:

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

The background features a wide, flat landscape under a pale, overcast sky. A prominent, solid blue horizontal band stretches across the middle of the image, creating a strong visual contrast. The overall tone is serene and minimalist.

# LESSON 11: GENEROSITY

# PRAYER

O my Lord! O my Lord! I am a child of tender years. Nourish me from the breast of Thy mercy, train me in the bosom of Thy love, educate me in the school of Thy guidance and develop me under the shadow of Thy bounty. Deliver me from darkness, make me a brilliant light; free me from unhappiness, make me a flower of the rose garden; suffer me to become a servant of Thy threshold and confer upon me the disposition and nature of the righteous; make me a cause of bounty to the human world and crown my head with the diadem of eternal life. Verily, Thou art the Powerful, the Mighty, the Seer, the Hearer.

# SONG: "FOUNTAIN OF GENEROSITY"

Be a fountain,

Be a spring,

Be an ever-flowing thing.

It is true that if you do,

Happiness will come to you.

Search your heart every day.

Is there something you can give

away?

Happiness should be your goal,  
Give your heart  
And give your soul.  
It is true that if you do,  
God will always be with you.  
Search your heart every day.  
Is there something you can give  
away?

(Repeat last verse)

God is very generous with His creation. He looks after all of us. He gives daily nourishment to everyone. He has given us many gifts, such as hearing, sight and intelligence. In the same way that God is generous with us, He wants us to be generous with each other. We should give of what we have to those who need our help. In order to remember to be generous, let us memorize this quotation of Bahá'u'lláh:

To give and be **generous**  
are attributes of Mine;  
well it is with him that  
adorneth himself with My  
virtues.

The background features a wide, flat landscape under a pale, overcast sky. A prominent, solid blue horizontal band stretches across the middle of the image, creating a strong visual contrast. The overall tone is serene and minimalist.

# LESSON 12: KINDLINESS

# SONG: "GOD'S CREATURES"

The creatures of this big world,  
Whether they walk or fly, or fly,  
Are part of God's creation  
Like you and I.

## CHORUS:

That's why we treat them with kindness.  
Remember when you do, you do.  
To care for God's creation  
Brings blessings to you.

The dog on our front door step,  
He is our faithful friend, our friend.  
We also thank our milk cow  
And bees in the wind.

## CHORUS

The donkey carries his burden,  
The kitty purrs on our lap, our lap,  
And the bird sings sweetly  
When we take our nap.

## CHORUS

God wants the Bahá'ís to work for the good of humanity. He wants everything that divides people to disappear so that everyone can live together as one family. To help this happen, we must cleanse our hearts from bad feelings towards others. We must mingle with peoples of every religion, race, nation and class in a spirit of kindness and love. To remember this, let us memorize the following quotation of Bahá'u'lláh:

Blessed is he who  
mingleth with all  
men in a spirit of  
utmost **kindliness**  
and **love**.

# LESSON 13: OBEDIENCE

# SONG: "I WANT TO BE HAPPY"

There is something you must know.  
In this Faith we have to show,  
We are men of deeds, not of words.  
Our very life should show our Faith  
to friend and foe.

I want to be happy,  
I want to be strong,  
To be His servant  
My whole life long.

So, I must obey the laws of God.

Yes, I must obey the laws of God.

There is something you must know.  
In this world of pomp and show,  
People are tired of empty speech.  
They want to see you  
practice what you teach.

I want to be happy,  
I want to be strong,  
To be His servant  
My whole life long.  
So, I must obey the laws of God.  
Yes, I must obey the laws of God.

Sometimes situations in life become difficult and we do not know what to do. God, our Creator, knows everything. He knows when someone is sad or in trouble. He loves us and is watching over us every moment of our lives. We should put our whole trust in God and, when we need help, turn to Him for assistance. To help us remember to turn to God at all times, let us memorize the following quotation:

The sign of love is  
fortitude under My  
decree and patience  
under My trials.



LESSON 14: GOD IS OUR  
STRONGHOLD

# SONG: "MY LOVE IS MY STRONGHOLD"

O Son of Being,  
My love is My stronghold.  
He that entereth therein  
Is safe and secure,  
And he that turneth away  
Shall surely stray and perish.

O Son of Being,  
My love is My stronghold.  
O Son of Being,  
My love is My stronghold.

God's love is like a fortress. A fortress is a mighty building with strong, thick walls and doors and windows that no one can break into. If someone wants to hurt us and we go into this fortress, we are safe. Loving God is like being inside a fortress, a stronghold where no one can do us harm, where we are completely protected. Let us memorize the following quotation of Bahá'u'lláh:

O Son of Being! My love  
is My stronghold; he that  
entereth therein is safe  
and secure, and he that  
turneth away shall surely  
stray and perish.



LESSON 15: TRUST IN GOD

# SONG: "HOW WE SHOULD BE"

I love the Master,

The Master loves me.

He shows me how Bahá'ís should be,  
Trusting in God faithfully,

That is how Bahá'ís should be.

I love the Master,  
The Master loves me.  
He shows me how Bahá'ís should be.  
Praying for guidance constantly,  
That is how Bahá'ís should be.

I love the Master,  
The Master loves me.  
He shows me how Bahá'ís should be.  
God's will, not my will, my prayer will be,  
That is how Bahá'ís should be.

Sometimes situations in life become difficult and we do not know what to do. God, our Creator, knows everything. He knows when someone is sad or in trouble. He loves us and is watching over us every moment of our lives. We should put our whole trust in God and, when we need help, turn to Him for assistance. To help us to remember to turn to God at all times, let us memorize the following quotation:

Put your **trust** in  
God, and commit  
your affairs to His  
keeping.