

# Patience

- > **Prayers** “Blessed is the Spot...”  
...review the memorising of this prayer. Sing it. Also let children choose their own prayers to read/say.
- > **Theme** *Patience* – ‘Abdu’l-Bahá tells us the way to develop spiritual qualities is ‘little by little, day by day’. Patience is one of the most valuable virtues to acquire. Discuss with the group, how they practice patience, examples of how it is hard at times, and what the rewards are for being patient.
- > **Quote** – read, explain and memorise it.  
**“He, verily, shall increase the reward of them that endure with patience.”** –Bahá’u’lláh  
  
(...why do we memorise this quote? to help us remember to be joyful...!)
- > **Song** – Sing the song ‘Patience’, by Stefan Brown, from his CD ‘The Angelic Way’ (<http://www.divinenotes.com/albums/TheAngelicWay/12CF8797-B6DE-F4A8-33EE-ADE192D028B2>)
- > **Story** – p.32-33 in Ruhi Book 3a: *About about Shaykh Hasan, who is sent to Karbilá by the Báb, where He promises him, that he will see with his own eyes ‘the beauteous countenance of the promised Husayn’ (Bahá’u’lláh).*
- > **Drama** – To develop skills and abilities, learning to control our actions within a defined space (p.33-34):
  - > imaginary square, moving within, along the edge of it, stretching as high as the sky, etc.
  - > then we learn to follow a series fo ‘commands’. Tell children to walk around the room and to instantly obey, as you call out the following (making sure not to bump into one another)

FREEZE: Stop all movement instantly and stand perfectly still

TURN FREEZE: Turn halfway around and then freeze instantly

JUMP FREEZE: Jump in the air, turning half way around, then freeze.

TWIST FREEZE: Jump in the air, turning around in a full circle, then freeze.

Then move on to improvising/enacting a story related to today’s theme ‘patience’:  
Patience and Impatience each have a small plot of land. One year, they both decide to plant and harvest corn on their land. They gather up the seeds and equipment. How does Patience plant and harvest his crop? How does Impatience do it?
- > **Craft/art** distribute ‘memorisation booklets’ (see separate pdf) for children to start colouring in. Practicing the first 3 quotes and the prayer they’ve learnt so far. Give children stickers for each time they give the quote a go, and let them colour in the ‘smiley face’ once they got all words right and have it memorised.
- > clean up
- > **Closing Prayers:** let children say prayers they know off by heart

# memorisation booklets

