

Prayer

- > **Prayers** “O my God! O my God! Unite the hearts of Thy servants...”
...review the memorising of this prayer. Sing it... (find melody versions on youtube.com) or do memorisation cards > use memorisation booklets to practice it with.
- > **Theme** *Prayer* – ‘Abdu’l-Bahá lived in a state of prayer – His heart was always turned to God. Prayer is conversation with God – how would you act if you were in the presence of God, talking to God? A good question to ask ourselves before we pray, helping us remember to be reverent, humble, patient, radiant, ... if we pray for something and it is in agreement with Divine Wisdom, then God will bestow it upon us. Sometimes we ask for things that would not be good for us or even harm us, and God in His infinite wisdom, does not grant it. God loves us more than we can ever imagine. And it is through our praying to Him, that we receive His bounties, His protection and His help to become worthy of His love. Of course we don’t only pray for ourselves. we can prayer for our family, friends, our community and all of humanity (see p38 of ‘Teaching Children’s Classes Grade 2’ book, for more explanations)
- > **Quote** – To help us live our lives in a state of prayer, lets memorise the following (explain words):
“Intone, O My servant, the verses of God that have been received by thee, as intoned by them who have drawn night unto Him, that the sweetness of thy melody may kindle thine own soul, and attract the hearts of all men.” –Bahá’u’lláh
- > **Song** – Tokozani (lyrics and bars on p217)
- > **Story** – p.39 in Ruhi Book 3a: *About ‘Abdu’l-Bahá teaching a devoted Bahá’í how to pray.*
- > **Drama** – After the usual warm up exercises in our imaginary squares...
 - > stretch arms out at shoulder length, and rotate them in small circles, gradually increasing them to bigger and bigger circles, when the arms get REALLY heavy, drop them and shake them out.
 - > Then children walk around the room, and when the teacher calls out a shape (circle, square, triangle, straight line, crooked line, etc) without talking they quickly try to create this shape together. This will help them to learn to pay close attention to each other.
 - > Then move on to improvising/enacting a situation related to today’s theme ‘prayer, or being in a state of prayer’:
Tell the children to pretend to be a field of corn/wheat. There has been no rain for days, how do they look? (they droop, bend) Days pass, but there is not a cloud in the sky. Drooping, they are silently praying. Suddenly there is a loud clap of thunder in the distance, it grows louder and louder (clap hands, or use drum), then start slowly tapping on something – pretend it is raining, faster and faster. The rain has finally come and the plants raise their drooping leaves
- > **Craft/art** Make a two part paper collage (use magazines and coloured paper to cut up) and create a picture of the plants before and after the rain. Shapes and colours and atmosphere will change from one to the next. If not enough collage material available, let the children draw the before and after.
- > clean up
- > **Closing Prayers:** let children say prayers they know off by heart

“Before and after the rain collage”



If there isn't time to do both sides (before and after rain), just make the happy flower one...

