

Cut out the shape of a person. Glue the pearl heart onto their chest, and the quotation on their back. (There are a few extra hearts in case your child wants to make extra people to represent other family members.)



He is God! O God, my God.  
Bestow upon me a pure heart  
like unto a pearl.

-Abdu'l-Baha

Cut out the mirror and paste a piece of tin foil or paper colored gray on the inside. Paste the quotation on the back.

Be ye the very essence  
of cleanliness  
amongst mankind.

- Baha' u' llah



## Devotional on Cleanliness

It hath been enjoined upon you to pare your nails to bathe yourselves each week in water that covereth your bodies, and to clean yourselves with whatsoever ye have formerly employed.

(Baha'u'llah, The Kitab-i-Aqdas, p. 57)

Consider how a pure, well-polished mirror fully reflects the effulgence of the sun, no matter how distant the sun may be. As soon as the mirror is cleaned and purified, the sun will manifest itself. The more pure and sanctified the heart of man becomes, the nearer it draws to God, and the light of the Sun of Reality is revealed within it.

(Abdu'l-Baha, The Promulgation of Universal Peace, p. 147)

O Lord! Give to the people of Baha cleanliness and holiness in all conditions, purify and free them from all defilement, deliver them from the use of all that is execrated, liberate them from the chains of habits, so that they may be pure and free, clean and spotless, that they may be worthy servants of the Sacred Threshold and may deserve to enter into relation with God.

(Abdu'l-Baha, Baha'i World Faith - Abdu'l-Baha Section, p. 335)

Cleanliness and sanctity in all conditions are characteristics of pure beings and necessities of free souls.

(Abdu'l-Baha, Baha'i World Faith - Abdu'l-Baha Section, p. 333)

The first perfection consists in cleanliness and sanctity and in purity from every defect. When man in all conditions is pure and immaculate, he will become the center of the reflection of the manifest Light.

(Abdu'l-Baha, Baha'i World Faith - Abdu'l-Baha Section, p. 333)

It is easy to read the Holy Scriptures, but it is only with a clean heart and a pure mind that one may understand their true meaning.

(Abdu'l-Baha, Paris Talks, p. 56)

# My Book About Cleanliness

When we are clean, we feel fresh and ready to face the day.



To be clean means wearing clean clothes,  
washing often (with soap!)



and keeping our whole body clean-  
including our face, ears, nose, hands,  
feet and fingernails.

When we practice cleanliness,  
we keep our room tidy,



we help clean our house,

and we take care of the environment  
by picking up after ourselves and others.

When we practice cleanliness,  
we feel good and other people  
feel happy to be with us!



# *Cleanliness*

Be ye the very essence of cleanliness  
amongst mankind.

- Baha'u'llah

**This month our family is learning about Cleanliness.**

Be ye the very essence of cleanliness  
amongst mankind.

- Baha'u'llah

**Date:**



