

## **Forgiveness: Getting Started**

### ***Inspiring Words***

Every child must be trained in the things of the spirit, so that he may embody all the virtues and become a source of glory to the Cause of God. Otherwise, the mere word 'Bahá'í', if it yield no fruit, will come to nothing. Strive then to the best of thine ability to let these children know that a Bahá'í is one who embodieth all the perfections, that he must shine out like a lighted taper -- not be darkness upon darkness and yet bear the name 'Bahá'í'.

(Abdu'l-Baha, Selections from the Writings of Abdu'l-Baha, p. 142)

### ***Printables***

Page 1: Spiritual Treasure Box Projects  
Page 2: Devotional  
Page 3: Booklet  
Page 4: Radiant Hearts Book Template  
Page 5: Monthly Letter Template  
Page 6: Daily Activity #15  
Page 7: Daily Activity #16

*See the "Printable" document for these pages.*

### ***Questions to Consider***

How do I currently model Forgiveness?

What are ways I would like to model Forgiveness better?

How does my child currently exhibit Forgiveness?

What aspects of showing Forgiveness can I help my child work on?

## Forgiveness: Foundation

### **Prayer**

O my God, O my Lord, O my Master! I beg Thee to forgive me for seeking any pleasure save Thy love, or any comfort except Thy nearness, or any delight besides Thy good-pleasure, or any existence other than communion with Thee.

(The Bab, Selections from the Writings of the Bab, p. 215)

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### **Quotation**

He should forgive the sinful, and never despise his low estate, for none knoweth what his own end shall be.

(Baha'u'llah, Gleanings from the Writings of Baha'u'llah, p. 265)

Forgiveness

### **Introduction to the Virtue**

Forgiveness is choosing to overlook mistakes and love the person who made them regardless. We should forgive others and also ourselves. When we forgive, we do not punish anyone or feel hopeless. We move ahead and decide to do things differently. When we have forgiveness, we have faith that people can change and we show compassion for bumps in the road of life.

How do you show Forgiveness when someone accidentally hurts you?

How does it feel when someone shows Forgiveness to you?

What happens when we don't practice Forgiveness?

Forgiveness

### **Songs**

#### **We Will Forgive (tune of "Twinkle Twinkle")**

Sometimes life is lots of fun  
We work and play and laugh a ton  
  
We all have some hard times too  
We make mistakes both me and you  
  
When those hurts and tears happen  
We will forgive and try again

Forgiveness

#### **I Will Say I'm Sorry (tune of "Mary had a Little Lamb")**

When I bump into someone, or break something, or make a mess  
When I yell or hurt someone  
I will say I'm sorry  
  
Sorry is a way to say, I know I should change my ways  
When I need to make amends  
I will say I'm sorry

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## Forgiveness: Daily Activities

### *Activities for Every Month*

1. Spiritual Treasure Box project (prayer).	2. Assemble the booklet.	3. Make a Monthly Letter.
4. Spiritual Treasure Box (quotation).	5. Make Radiant Hearts Book page.	6. Add a jewel to the Crown of Virtues.

### *Games and Role Plays*

7. "Today we're going to practice saying sorry when we accidentally bump into someone." Throughout the day we are all moving around a lot and bumps and knocks just happen. Practice accidentally knocking someone, and saying sorry. In this case, saying sorry lets the other person know you did not mean to do what you did. We say it when we want to acknowledge a mistake we made. <span style="float: right;">Forgiveness</span>
8. "Today we're going to practice responding when someone says they are sorry." When someone apologizes to us, we might say "I forgive you" or "That's okay." Forgiving does not mean just allowing others to hurt us though; we can also express ourselves, adding "I'd like you to ask me next time instead of hit." <span style="float: right;">Forgiveness</span>
9. "Today we're going to go on a journey to learn about the importance of forgiveness." Pack a suitcase or bag with clothes and books. Go on a walk outside carrying the heavy bag. Now imagine going through your whole day with this suitcase! Not forgiving and carrying around anger is like hauling around a bag all day. Forgiveness frees our hearts and minds, and lets us live in peace. <span style="float: right;">Forgiveness</span>
10. "Today a friend is going to teach us about what it means to be sorry." Have a puppet do something your child does not like, and then show the puppet feeling very sorry. Explain how feeling sorry and wanting to express that feeling is why we say "I'm sorry." When we accept an apology, we are acknowledging how the other person feels and being compassionate with them. <span style="float: right;">Forgiveness</span>
11. "Today we're going to see what forgiveness looks like in your heart." Fill an empty jar with water to represent your heart. Now talk about something that may happen to you that makes you sad or angry, and put in a bit of dirt. If we leave this dirt inside our heart, it will make whatever comes into our hearts dirty. Now wash it out with soap to show how praying and forgiving makes our hearts clean. <span style="float: right;">Forgiveness</span>
12. "Today we're going to play Feelings Are Not Forever." When you forgive, it does not necessarily mean you do not feel hurt or upset any more. Forgiving is choosing to let go of angry or sad feelings and being patient as they subside. Many times, we can change our feelings by purposefully deciding to feel differently. List feelings for your child to act out with their face (happy, sad, angry, excited, hurt, surprised), and have them change many times. Remind them that feelings are important to listen to but we should not let them rule us or dictate our behavior. <span style="float: right;">Forgiveness</span>

## **Forgiveness: Daily Activities (continued)**

### ***Creative Arts***

<p>13. "Today we're going to learn about how it is easier to forgive when we fill our hearts with love." Cut out a large heart and have your child color or paint it red. The red represents God's love. When we allow God to fill our heart with love, there is no room for anger. We can forgive others when our hearts are filled with love because we feel the love ourselves and we can share it with others. <span style="float: right;">Forgiveness</span></p>
<p>14. "Today we're going to practice saying a prayer when we need help forgiving someone." Forgiving someone can be hard sometimes. Remembering that God is the remover of all difficulties can help us. Practice singing "the remover of difficulties" from the Online Lesson and using it during hard times. <span style="float: right;">Forgiveness</span></p>
<p>15. "Today we're going to create a Cycle of Forgiveness that will help us learn about when we need to practice forgiveness." Talk with your child about a time they were upset with or hurt by someone. Use page 6 of the Printables to draw what happened, how your child reacted, how the person responded, and how forgiveness was practiced (giving a hug, saying sorry, making up for what happened). <span style="float: right;">Forgiveness</span></p>
<p>16. "Today we're going to make a Forgiveness Jar to help us express our disappointment or anger without hurting the person we are upset with." Sometimes people do things we do not like. In these situations it is okay to feel upset or sad, but it is not okay to hurt that person back in any way. Cut out the cards on page 7 of the Printables (there are a few blank ones to add your own ideas) and put them in a jar with the label and directions attached. Practice using it. <span style="float: right;">Forgiveness</span></p>
<p>17. "Today we're going to practice drawing our feelings when we feel upset." When your child is upset about something, ask them to draw a picture to help explain to the person they are upset with how they feel. Talking about the way we feel can help us prepare our hearts to forgive someone. <span style="float: right;">Forgiveness</span></p>
<p>18. "Today we're going to make a list of accidents." An accident is something we do not mean to do versus something we have control over. Accidents are a part of life and we all make them. Make a list of accidents (you may like to write them down as they happen throughout the day) and practice forgiveness. Letting go of any hard feelings associated with accidents makes dealing with them easier. <span style="float: right;">Forgiveness</span></p>
<p>19. "Today we're going to learn a poem about forgiving ourselves." Actions to go along with the poem are in the Online Lesson: "Each day I try to do my best; I know I grow from having tests; When I have an accident or do something unkind; I take a deep breath and use my mind; I choose a way to make things better and then; I do it, forgive myself, and try again." <span style="float: right;">Forgiveness</span></p>

*Visit the Online Lesson where you can see example photos of the daily activities, listen to the songs, and download the "Printables" document for this lesson:*

<http://www.enablemetogrow.com/forgiveness/>