



Peacefulness



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 art more friend to me than I
am to myself. I dedicate myself to Thee, O Lord.

('Abdu'l-Bahá, Baha'i Prayers, p. 150)

Quotation

It is incumbent upon all the peoples of the world to reconcile their differences, and, with perfect unity and peace, abide beneath the shadow of the Tree of His care and loving-kindness.

(Baha'u'llah, Gleanings from the Writings of Baha'u'llah, p. 6)

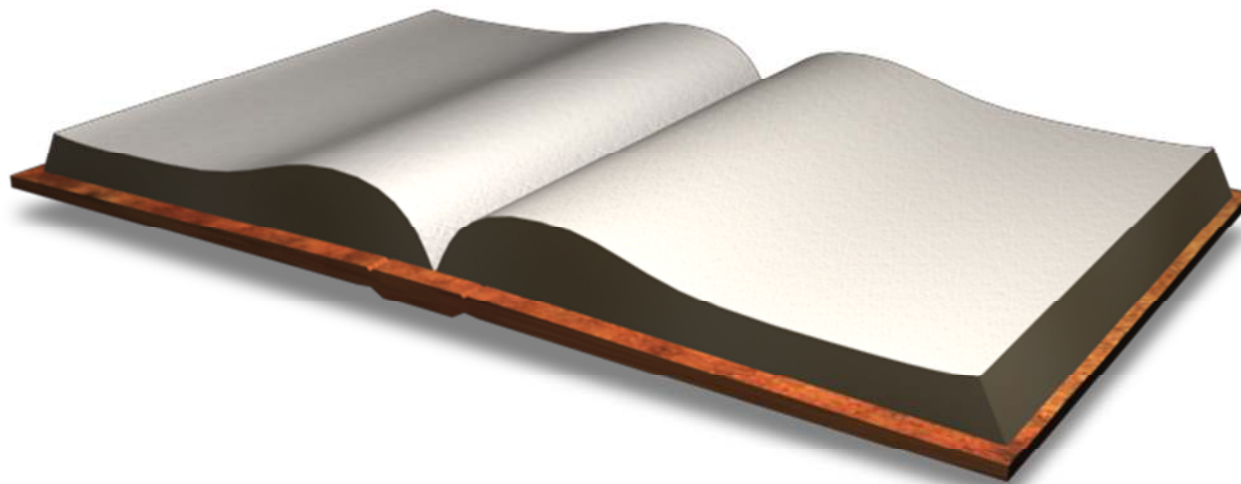
Discuss the Spiritual Quality

Peacefulness is a sense of calm inside you. It is being quiet and still. Peacefulness is looking at a situation with patience and trusting it will turn out okay. When we practice peacefulness, we believe that love is more important than getting our own way or getting something we want. When we are peaceful, we help contribute to world peace.

Discuss the Spiritual Quality (cont.)

- What would peacefulness during prayer time look like?
- How can you use peaceful language when you want someone to do something?
- Can you think of a time when you felt very peaceful?

Story



Booklet Page 1

Peacefulness is finding a quiet place within us and trusting God will guide us.



Booklet Page 2

Being peaceful helps us see things clearly and stay calm even when we are sad or upset.



Booklet Page 3

When we are peaceful, we accept other people and work out any problems with patience and consideration.



Booklet Page 4

Peace is getting along with others,
even if they are different than us
or want something different than we want.



Booklet Page 5

Every person is welcomed into a peaceful community and feels comfortable to share about their own experience and ideas.



Booklet Page 6

When we are peaceful, we give up the
love of power for the power of love.



Peacefulness (*Virtues In Us #33*)

Peace around the world.

Peace around the world.

Friendship, friendship.

We all shake hands.

I've Got Peace Like a River

(Traditional Hymn)

I've got peace like a river.

I've got peace like a river.

I've got peace like a river in my soul.

x 2

Other verses:

I've got joy like a fountain.

I've got love like the ocean

Activity

Let's all practice peacefulness!