

Cut out the shape and draw a picture for each section, such as a heart for the first, a house/refuge for the second, a face looking up for the third, and a person praying for the fourth.

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

Cut out the tree top, color it green, and attach it to a brown trunk. As you say the prayer, you can hold the tree above you so you are beneath the shadow of the tree.

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.

-Bahá'u'lláh

Devotional on Peacefulness

O SON OF SPIRIT!

With the joyful tidings of light I hail thee: rejoice! To the court of holiness I summon thee; abide therein that thou mayest live in peace for evermore.

(Baha'u'llah, *The Arabic Hidden Words*)

The purpose underlying the revelation of every heavenly Book, nay, of every divinely-revealed verse, is to endue all men with righteousness and understanding, so that peace and tranquillity may be firmly established amongst them.

(Baha'u'llah, *Gleanings from the Writings of Baha'u'llah*, p. 205)

The well-being of mankind, its peace and security, are unattainable unless and until its unity is firmly established. This unity can never be achieved so long as the counsels which the Pen of the Most High hath revealed are suffered to pass unheeded.

(Baha'u'llah, *Gleanings from the Writings of Baha'u'llah*, p. 286)

Be thou a summoner to love, and be thou kind to all the human race. Love thou the children of men and share in their sorrows. Be thou of those who foster peace. Offer thy friendship, be worthy of trust. Be thou a balm to every sore, be thou a medicine for every ill. Bind thou the souls together.

(Abdu'l-Baha, *Selections from the Writings of Abdu'l-Baha*, p. 26)

Our greatest efforts must be directed towards detachment from the things of the world; we must strive to become more spiritual, more luminous, to follow the counsel of the Divine Teaching, to serve the cause of unity and true equality, to be merciful, to reflect the love of the Highest on all men, so that the light of the Spirit shall be apparent in all our deeds, to the end that all humanity shall be united, the stormy sea thereof calmed, and all rough waves disappear from off the surface of life's ocean henceforth unruffled and peaceful.

(Abdu'l-Baha, *Paris Talks*, p. 87)

I hope that you will use your understanding to promote the unity and tranquillity of mankind, to give enlightenment and civilization to the people, to produce love in all around you, and to bring about the universal peace.

(Abdu'l-Baha, *Paris Talks*, p. 42)

My Book About Peacefulness

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

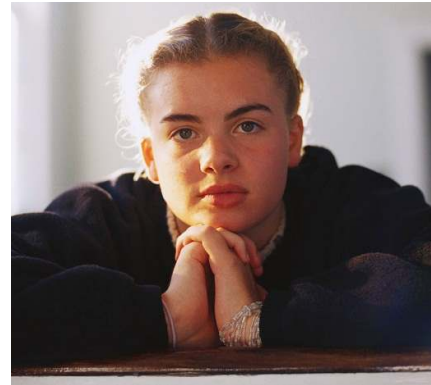
Being peaceful helps us see things clearly and stay calm even when we are sad or upset.

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

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

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

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



Peacefulness

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to reconcile their differences, and,
with perfect unity and peace,
abide beneath the shadow of the
Tree of His care and loving-kindness.

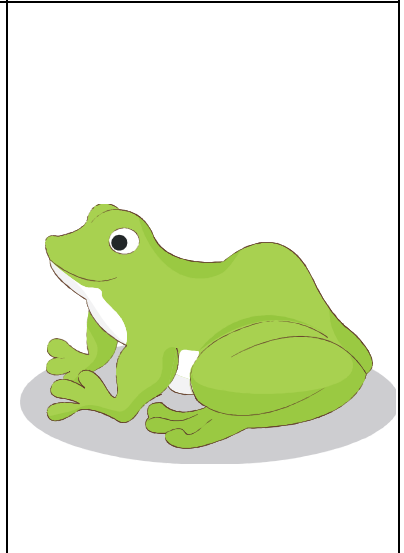
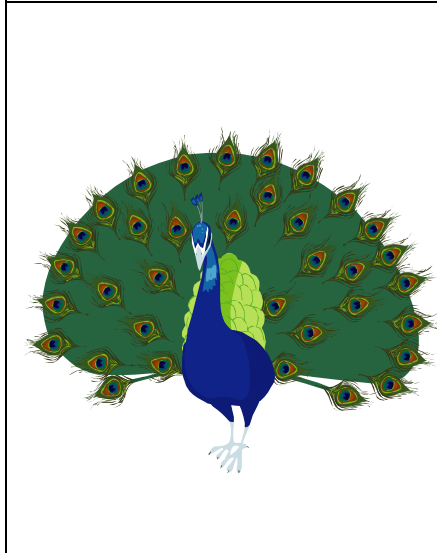
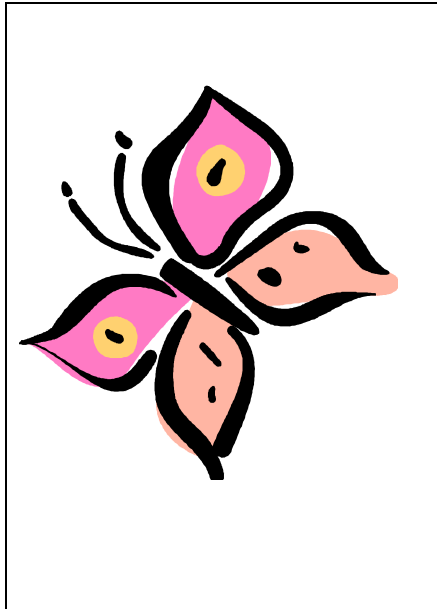
-Bahá'u'lláh

This month our family is learning about Peacefulness.

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to reconcile their differences, and,
with perfect unity and peace,
abide beneath the shadow of the
Tree of His care and loving-kindness.

-Bahá'u'lláh

Date:



We are a Peaceful Family.

We love each person & value their uniqueness.

We use respectful voices & are careful not to hurt others.

We use gentle touch & use things carefully.

We give up the love of power for the power of love.



By showing peacefulness in our home,
we contribute to peace in the world!