



Gentleness



Prayer

Thy name is my healing, O my God, and remembrance of Thee is my remedy. Nearness to Thee is my hope, and love for Thee is my companion. Thy mercy to me is my healing and my succor in both this world and the world to come. Thou, verily, art the All-Bountiful, the All-Knowing, the All-Wise.

(Baha'u'llah, Baha'i Prayers, p. 85)

Quotation

If it be Thy pleasure, make me to grow as a tender herb in the meadows of Thy grace, that the gentle winds of Thy will may stir me up and bend me into conformity with Thy pleasure, in such wise that my movement and my stillness may be wholly directed by Thee.

(Baha'u'llah, Prayers and Meditations by
Baha'u'llah, p. 240)

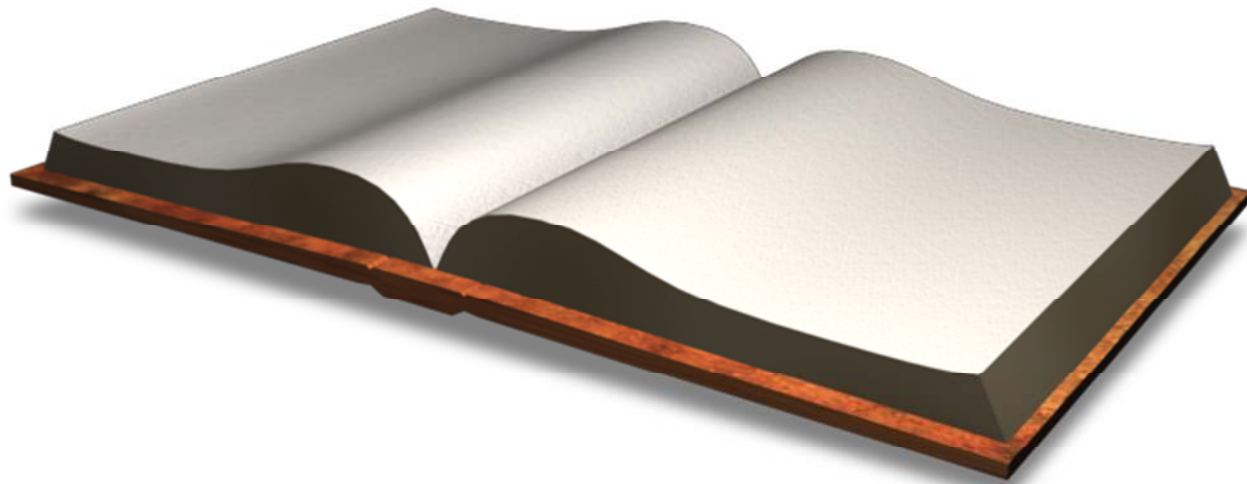
Discuss the Spiritual Quality

Gentleness is being kind to other people. It is considering their feelings before you do or say something. Being gentle means controlling yourself so you do not hurt anyone else with your voice or body. We should be gentle with animals as well. Gentleness also means being careful with things so they will not be damaged or broken. When we are gentle we touch softly, speak quietly, and move carefully.

Discuss the Spiritual Quality (cont.)

- Can you show me what it means to use a gentle voice?
- How do you feel when someone is not gentle?
How could they be more gentle?
- What does it mean to have “gentle hands”?

Story



Booklet Page 1

Gentleness is being considerate of the feelings of other people. Our bodies and our voices should be gentle.



Booklet Page 2

When we play we make sure our touch
is not too rough.



Booklet Page 3

We use nice voices so we don't hurt
anyone's ears or feelings.



Booklet Page 4

We are careful not to harm the things around us, too.



Booklet Page 5

We should also be gentle with ourselves.

We all need quiet time sometimes.



Booklet Page 6

Being gentle means using self-control so that we respect everyone and everything around us. It helps us all feel safe and cared for.



Compassion (Virtues In Us #37)

Let me give my friend a hug,
a gentle hug, a gentle hug,
let me give my friend a hug
when he is hurting.
Let me get a tissue,
a tissue, a tissue,
let me get a tissue
to wipe away his tears.

My Gentle Friend
(tune “Twinkle Twinkle Little Star”)

Today I met a gentle friend
I really liked to play with him
He touches softly, never shouts
Friendly words come from his mouth
Gentle friends can be fun too
Let's be gentle, me and you

Activity

Let's all practice gentleness!