



Truthfulness



Prayer

O Thou kind Lord! I am a little child, exalt me by admitting me to the kingdom. I am earthly, make me heavenly; I am of the world below, let me belong to the realm above; gloomy, suffer me to become radiant; material, make me spiritual, and grant that I may manifest Thine infinite bounties. Thou art the Powerful, the All-Loving.

('Abdu'l-Bahá, Baha'i Prayers, p. 35)

Quotation

Beautify your tongues, O people, with truthfulness,
and adorn your souls with the ornament of honesty.

(Baha'u'llah, Gleanings from the Writings of
Baha'u'llah, p. 296)

Discuss the Spiritual Quality

Truthfulness is speaking and acting with truth. You do not lie about anything, big or small, even if it may be hard to tell the truth at times. When you are true to yourself, you show people your true self and share what is true to your heart. You see things through your own eyes and investigate truth for yourself.

Discuss the Spiritual Quality (cont.)

- How can you show Truthfulness in your home?
- In what ways do you show Truthfulness to your friends?
- How do you feel when someone does not act with Truthfulness?

Story



Booklet Page 1

Truthfulness is valuing truth in all things.



Booklet Page 2

When we are truthful, we only say things that are true.



Booklet Page 3

We are true to ourselves, which means we do things that feel true to our heart.



Booklet Page 4

We are able to recognize the difference between fantasy and reality.



Booklet Page 5

Being truthful also means we look for truth on our own, by investigating reality for ourselves.



Booklet Page 6

It is important to discover new truths throughout our whole lives. There is always more to learn!



Truthfulness (*Virtues In Us* #24)

I tell the truth, I'm glad that I do.

I tell the truth, it's the right thing to do.

I tell the truth, it's my favorite virtue.

I always say what's true, true, true.

Good Character

Good character

Is doing the right thing

At the right time

And for the right reason

Activity

Let's all practice truthfulness!