

God is the source of true joy. Whatever we find happiness in from in the material world can fade away. Draw some pictures of material things that can make you feel happy (like ice cream, a new toy, or a bigger house) and then cross them off to show that these things will not make us happy in the long run. Paste the word "Forgive Me" on the top and discuss how we should always remember to find joy in the spiritual world.

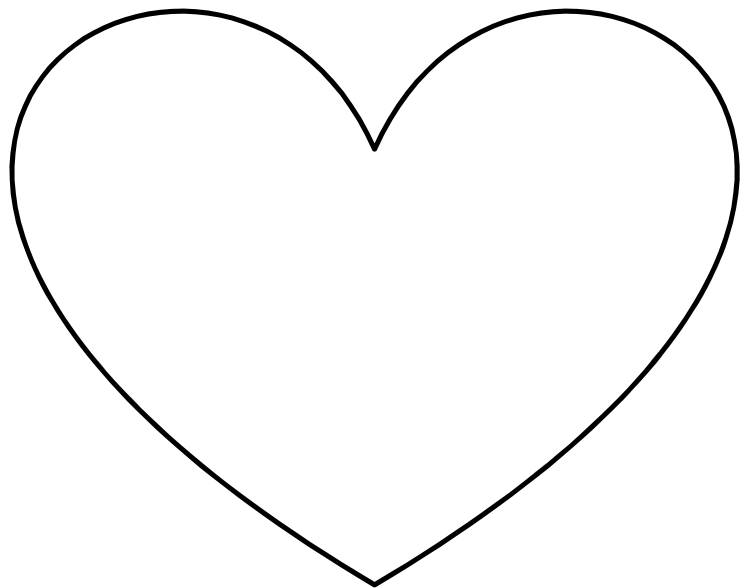
O my God, O my Lord, O my Master!
I beg Thee to forgive me for seeking
any pleasure save Thy love, or any
comfort except Thy nearness, or any
delight besides Thy good-pleasure,
or any existence other than
communion with Thee.
-The Bab

Forgive Me

Cut out the heart and decorate it. Cut out the word Forgiveness and have your child paste it into the heart. As we should forgive everyone, we should always allow forgiveness into our hearts. Paste the quotation on the back of the heart.

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

Forgiveness



Devotional on Forgiveness

If any differences arise amongst you, behold Me standing before your face, and overlook the faults of one another for My name's sake and as a token of your love for My manifest and resplendent Cause.

(Baha'u'llah, *Gleanings from the Writings of Baha'u'llah*, p. 315)

O SON OF BEING! How couldst thou forget thine own faults and busy thyself with the faults of others? Whoso doeth this is accursed of Me.

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

Beware lest ye harm any soul, or make any heart to sorrow; lest ye wound any man with your words, be he known to you or a stranger, be he friend or foe. Pray ye for all; ask ye that all be blessed, all be forgiven.

(Abdu'l-Baha, *Selections from the Writings of Abdu'l-Baha*, p. 73)

Forgive and overlook the shortcomings which have appeared in that one, for the sake of love and affection. Know that nothing will benefit thee in this life save supplication and invocation unto God, service in His vineyard, and, with a heart full of love, be in constant servitude unto Him. (Abdu'l-Baha, *Tablets of Abdu'l-Baha v1*, p. 97)

O God, my God! Lowly, suppliant and fallen upon my face, I beseech Thee with all the ardor of my invocation to pardon whosoever hath hurt me, forgive him that hath conspired against me and offended me, and wash away the misdeeds of them that have wrought injustice upon me. Vouchsafe unto them Thy goodly gifts, give them joy, relieve them from sorrow, grant them peace and prosperity, give them Thy bliss and pour upon them Thy bounty. Thou art the Powerful, the Gracious, the Help in Peril, the Self-Subsisting! (Abdu'l-Baha, *The Will and Testament*, p. 18)

O my God! O Thou forgiver of sins, bestower of gifts, dispeller of afflictions! Verily, I beseech Thee to forgive the sins of such as have abandoned the physical garment and have ascended to the spiritual world. O my Lord! Purify them from trespasses, dispel their sorrows, and change their darkness into light. Cause them to enter the garden of happiness, cleanse them with the most pure water, and grant them to behold Thy splendors on the loftiest mount. ('Abdu'l-Bahá, *Baha'i Prayers*, p. 44)

My Book About Forgiveness

Forgiveness helps us overlook our own faults and the faults of others.

Practicing forgiveness means we choose to love even when mistakes are made.

We can forgive others and we can also forgive ourselves. We can trust that we will learn from what happened and do better next time.

Everyone makes mistakes. Forgiveness is important for everyone to get along.

When we forgive, we look beyond weaknesses to see the wonderful things about every person including our own self.

Forgiveness helps us have compassion for each other and gives us hope that we can all change for the better. Forgiveness helps us have fun even when times are hard.



Forgiveness

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and never despise his low estate,
for none knoweth what his own end shall be.

-Baha'u'llah

This month our family is learning about Forgiveness.

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

Date:

Cycle of Forgiveness

What situation made you upset?	How did you feel?
How did the other person feel?	How was Forgiveness practiced?

Forgiveness Jar

Directions: When I am upset, I can choose one of these cards to help me do something with my anger or disappointment that does not hurt anyone else. It's okay to be upset but we cannot do anything that hurts others.

After I express myself and calm down, I am ready to talk about the problem and forgive. It may take a while to feel better but that is okay.



Draw



Sing or Listen to
Music



Read



Take Deep
Breaths



Exercise



Get a Hug

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