**Adhering to the laws of God**

1. How does obedience to God’s laws keep us safe?
2. What does it mean to obey God’s commandments for love?
3. What are God’s laws, and how do we follow them.?

Intro for teachers (extracts from the *Ruhi Institute, Book 3: Teaching Children’s Classes Grade 2*):

“Just as there are laws governing our physical lives…if we wish to avoid physical disabilities, so also there are laws governing our spiritual lives…”.

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1. How does obedience to God’s laws keep us safe?

***“O Son of Being! My love is My stronghold; he that entereth therein is safe and secure, and he that turneth away shall surely stray and perish.”***

*Baha’u’llah*

Imagine a fortress where we are safe and happy inside.

* God loves all of humanity.
* His love nurtures us and protects us.
* God’s love is like a fortress.
* When we are in the fortress (and it’s strong walls) we are safe from harm (nothing bad can break through).
* Protected in the fortress of God’s love we try our best to do what God asks us to do, and allow our hearts to be filled with the sweetness of His love.

‘Abdu’l-Baha tells us that we were made by God for happiness, not sorrow.

* How do we find true happiness – by following God’s guidance.
* This happiness lasts forever, otherwise we will be weighted down by sadness and trouble.

How do we know what God wants of us?

* One way is to look at ‘Abdu’l-Baha because Baha’u’llah said he is the perfect example.

Read the quote again. Memorize if possible

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1. What does it mean to obey God’s commandments for love?

***“The tongue of My power hath, from the heaven of My omnipotent glory, addressed to My creation these words: ‘Observe My commandments, for the love of My beauty.”***

*Baha’u’llah*

Out of His infinite love, God has given us laws and teachings to live by. These laws and teaching are like lamps that illumine our path. Through their light, we are able to see how it is that God wants us to live. As we obey His commandments, we draw closer to Him; otherwise we find ourselves in darkness and we lose our way.

‘Abdu’l-Baha’s love for God was so strong that it was the cause of everything He did every day. What did he do?

* He prayed every day, even when He was tired.
* He never spoke badly about anyone, even if everyone else was gossiping.
* He treated animals with kindness.
* He worked hard.
* He thought every day about what he could do to please God.

Read the quote again. Memorize if possible.

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1. What are God’s laws, and how do we follow them?

* Here are some of God’s laws:
  + Pray every day
  + Do not backbite
  + Treat animals with kindness
  + Be courteous and hospitable always
  + Have a worthy profession or trade
  + Think each day about what I have done, and what more I can do, so that my actions reflect the teachings of God.
  + Many more (marriage, education, burial of the dead etc)
* When somebody asked ‘Abdu’l-Baha how to put into practice the teachings of God and acquire spiritual qualities, ‘Abdu’l-Baha lovingly replied “kam kam, ruz beh ruz” which means “little by little, day by day”.
* **He told us not to look at our weaknesses and faults, but instead turn towards God and reply on God’s mercy and assistance.**