



Josie the Detective: Do You Feed Your Soul?

“The teachings of Bahá’u’lláh . . . are like a table provided with every kind of fresh and delicious food.” —‘Abdu’l-Bahá

Hi, I’m Josie. I love exploring mysteries, religion, and justice. I like baking too! My friends Frieda, Eric, Aziz, and I are having a bake sale to raise money for the food bank. Did you know baking is chemistry? We put dough in the oven, and presto! Like magic, heat changes its color, taste, and scent. And when we eat it, food turns into energy. Our souls—our true inner selves—need food too. They’re

the biggest mystery ever. I feed my soul when I pray, meditate, hang out in nature, and help people. I feel happy and closer to God. Just like when I eat a healthy treat, I get refreshed and energized!

It’s a win for everybody—our bake sale will give people food, provide money for the food bank, and feed our souls with service. What are *your* favorite recipes to fill your soul?

Our group made this quiz about food for our souls. Circle your answers and add up your score.

Try this quiz online! Scan code to go to *Brilliant Star’s* website.



1. I think about my important goals and build virtues to reach them.
Often = 3 • Sometimes = 2 • Rarely = 1
2. I express gratitude for life’s blessings every day.
Often = 3 • Sometimes = 2 • Rarely = 1
3. I put my beliefs into action by being helpful and kind to others.
Often = 3 • Sometimes = 2 • Rarely = 1
4. I take time to pray and meditate daily.
Often = 3 • Sometimes = 2 • Rarely = 1
5. I try to be mindful and pay attention to what’s going on in the present moment.
Often = 3 • Sometimes = 2 • Rarely = 1
6. I talk with family and friends about spiritual beliefs and other things that are meaningful to me.
Often = 3 • Sometimes = 2 • Rarely = 1
7. I learn about the history and teachings of my faith.
Often = 3 • Sometimes = 2 • Rarely = 1
8. I like to find out about other religions.
Often = 3 • Sometimes = 2 • Rarely = 1
9. I read and reflect on sacred writings and try to learn from them.
Often = 3 • Sometimes = 2 • Rarely = 1
10. I express my gifts and talents through hobbies, arts, and activities.
Often = 3 • Sometimes = 2 • Rarely = 1
11. I spend time in nature and focus on the beauty around me.
Often = 3 • Sometimes = 2 • Rarely = 1
12. I stay positive and look for the good in life and in people.
Often = 3 • Sometimes = 2 • Rarely = 1

Scan code to explore Josie’s stories about social justice, life’s mysteries, and faith.



My Score

36-28 POINTS Way to go! You’re an expert chef for your soul! Keep exploring and trying new flavors.

27-20 POINTS Good job. You’re testing some tasty soul recipes. Try a tip from the quiz to add more heat.

19-12 POINTS You could work on feeding your soul. Try some tips from the quiz and dig in!