

# ✧ A Path to Kindness ✧

There can be so much drama at school! The insults, the criticizing, the outright *bullying*. I get so mad, I'm tempted to jump in—but that won't help. So I made a pact with my friends to say good things to *at least* five people every day. It didn't work magic overnight, but slowly, the happy vibes started spreading.

Kindness might seem like a small thing, but when we spread unity and hope, we help build a new society. Little by little, as more people bring out their spiritual qualities, the world *will* change. I think of good deeds as stepping stones. We're creating a path to a new way of life for our human family.

READ THIS QUOTE, THEN CHECK OUT THE HIGHLIGHTED WORDS BELOW.

If a small number of people gather lovingly together, with absolute **purity** and **sanctity**, with their hearts free of the world, experiencing the emotions of the **Kingdom** and the powerful magnetic forces of the Divine, and being at one in their happy fellowship, that gathering will exert its influence over all the earth. The nature of that band of people, the words they speak, the deeds they do, will **unleash** the **bestowals** of Heaven, and provide a **foretaste** of eternal **bliss**.

—'Abdu'l-Bahá

DRAW A LINE FROM EACH WORD TO ITS DEFINITION.

- |                     |                                         |
|---------------------|-----------------------------------------|
| 1. <b>Purity</b>    | A. Set in motion forcefully, set free   |
| 2. <b>Sanctity</b>  | B. The world of God, heaven             |
| 3. <b>Kingdom</b>   | C. Gifts, honors                        |
| 4. <b>Unleash</b>   | D. A sample of something to come        |
| 5. <b>Bestowals</b> | E. Holiness, sacredness                 |
| 6. <b>Foretaste</b> | F. Happiness, complete joy              |
| 7. <b>Bliss</b>     | G. Innocence, moral goodness, sincerity |

What does it mean for your heart to be "free of the world"? \_\_\_\_\_

What deeds could you do to help others? \_\_\_\_\_

THEN ANSWER THE QUESTIONS.