Lesson Plan

KS3

Lesson 4

Lesson title: Bahá'í Perspective on Suffering

Learning objective:
To explore Bahá'í perspectives on suffering and how challenges can help us grow and understand the purpose of life.

This lesson is done through class discussions and activities.

Resources needed:

- To play the video clips, you will need internet access and the audio/visual equipment necessary to present it.

Estimated time for the lesson:
40 minutes.

Instructions:

1. Work through the slides and read the quotations. After each quotation, review the explanations on the following slide to help students understand the meaning and connect it to practical lessons.

2. Go through all the slides normally, as most of them are self-explanatory, but for Slides 6, 14, and 16, please take the following notes.

3. Slide 6 Explain that the diagram illustrates these ideas:

- Our soul is like a seed planted in the soil. At first, it feels dark and difficult. We face problems, disappointments, and challenges. But just like a seed needs pressure, rain, and storms to grow, our soul grows through tests.

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- When we pray, we find strength.
- When we reflect, we learn from our experiences.
- When we serve others, we turn our struggles into something beautiful.
- Hard times are not meant to break us — they help our roots grow strong. And just like a tree grows to give shade and fruit, we grow so we can help and serve others.
- The goal of our growth is not just to become strong for ourselves, but to become helpful to others — like a tree that gives shade and fruit.
- We grow so we can serve.

4. Slide 14 – Prayer Audio

- Play the prayer audio for students to listen to.
- Encourage them to reflect on how prayer can give strength during challenging times.

5. Slide 16 – Class Activity

- Students work in groups of 3–4.
- Discuss a hardship students has faced and focus on how they grew from it.
- Represent this experience creatively through art, poetry, skits, or other forms suggested on the slide.
- Emphasize that growth through challenges is not just for personal benefit but also to help and serve others.

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