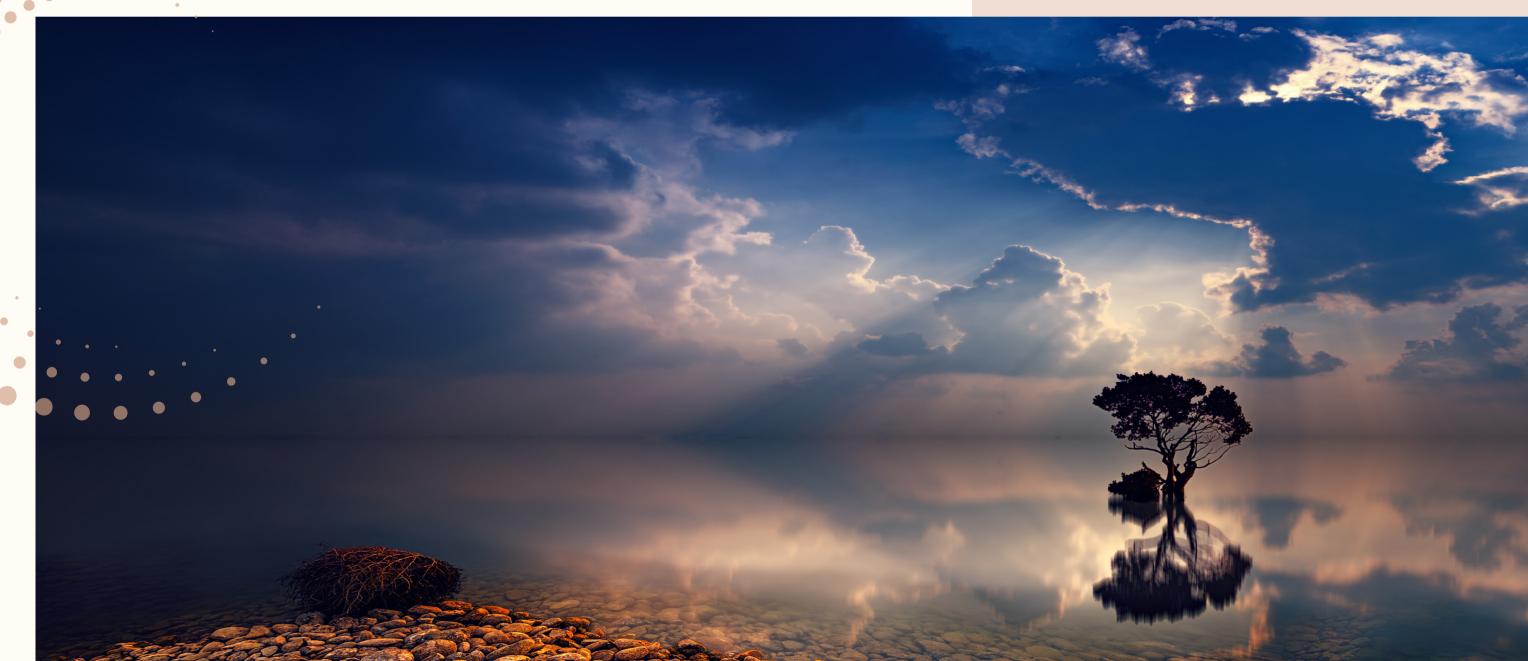
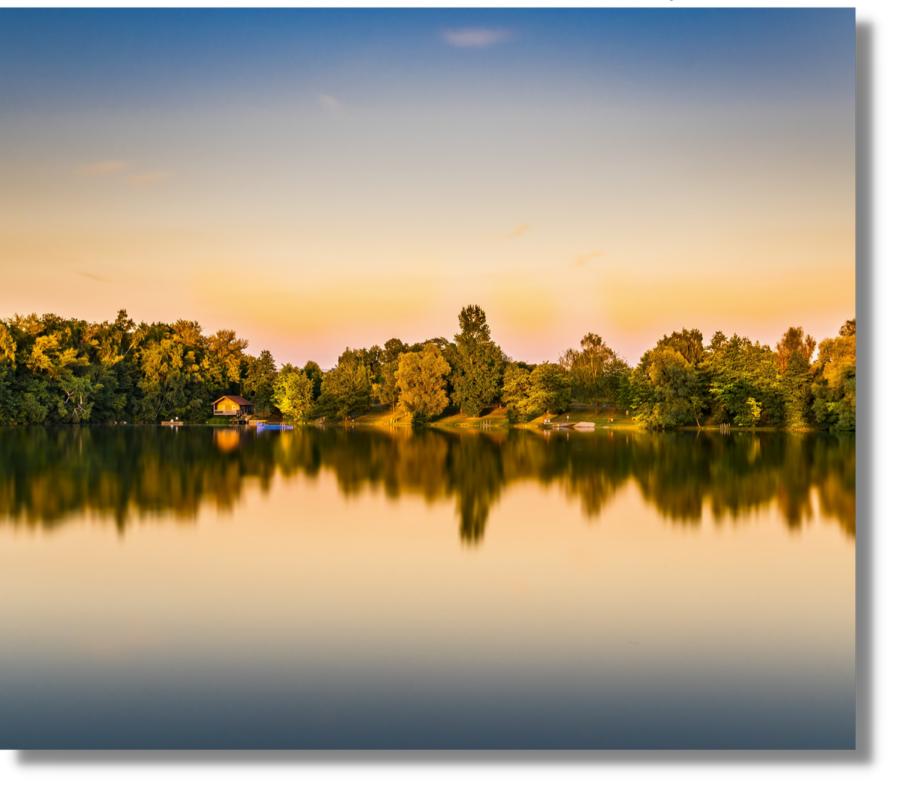
## REFLECTIONS ON THE LIFE OF THE SPIRIT





Reflect on the meaning of these passages



The betterment of the world can be accomplished through pure and goodly deeds, through commendable and seemly conduct. -Bahá'u'lláh

O Son of Being! Bring thyself to account each day ere thou art summoned to a reckoning...

Say: O brethren! Let deeds, not words, be your adorning.

Holy words and pure and goodly deeds ascend unto the heaven of celestial glory. -Bahá'u'lláh

-Bahá'u'lláh

-Bahá'u'lláh

)iscuss these quotations using the question provided to begin

Truthfulness is the foundation of all human virtues. - 'Abdu'l-Bahá

What is the foundation of all human virtues?

Beautify your tongues, O people, with truthfulness, and adorn your souls with the ornament of honesty. -Bahá'u'lláh

> With what should we beautify our tongues? With what should we adorn our souls?

A kindly tongue is the lodestone of the hearts of men. It is the bread of the spirit, it clotheth the words with meaning, it is the fountain of the light of wisdom and understanding.

-Bahá'u'lláh

How can a kindly tongue be described?

What effect does a kindly tongue have on words?





Do not be content with showing friendship in words alone, let your heart burn with loving kindness for all who may cross your path.

What type of friendship should not satisfy us?

What should burn brightly in our heart?

When a thought of war comes, oppose it by a stronger thought of peace. A thought of hatred must be destroyed by a more powerful thought of love. - 'Abdu'l-Bahá

What should oppose a thought of war?

What should destroy a thought of hate?

- 'Abdu'l-Bahá



## Join us to explore more conversations like this about prayer, the life of the spirit, and the purpose of life.





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