

# 19 Day Feast Pages for Kids

INTRODUCTION TO THE BAHÁ'Í MONTHS AND HOLY DAYS

## Qudrat means "Power"

**Q**udrat is Arabic for power, might, or strength. Power often means the ability to influence the deeds of others or even the course of events. Divine power comes from God.

When we add our power to the power of others, we can be unified. We are like drops in an ocean when we work together, and we can do great things. We can help make the world a better place!

"In the world of existence there is indeed no greater power than the power of love. When the heart of man is aglow with the flame of love, he is ready to sacrifice all — even his life."  
~ 'Abdu'l-Bahá

"So powerful is the light of unity that it can illumine the whole earth."  
~ Bahá'u'lláh



Month 13  
QUDRAT

During which three Bahá'í months can the Twin Birthdays fall?

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What is special about the power of love?

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What can the power of unity do?

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## Gems Kids Talk

**FAIZI:** Hi guys! It's the Feast of Qudrat. We're going to be learning about power. The power of unity and the power of love. The Báb and Bahá'u'lláh loved God so much that they sacrificed and suffered to bring us a New Day. The New Day is bringing peace and good-will to everyone, everywhere! I wonder why so many really powerful things are invisible, like love, unity, gravity, and the light traveling from the sun?

**SOO:** Oooh. Good question. Do you know what I like about love and unity? Even though you can't see them, you can see the power of them. You can see how people react to kindness, and thoughtfulness, and consideration, and gentleness, and goodly deeds too. You can feel love, especially when you do loving or kind or helpful or considerate things. That really brings about peacefulness and good-will.

**OLINGA:** Yep. We can teach people about the power of love and unity through our actions, all the time. We learn

about them too, through all the things we do. We can learn from being helpful, and we can even learn from being not so helpful.

Speaking of learning, I'm learning to make some fun snacks! Today I'm making cupcakes for my mom's study circle and for our family's devotional gathering that we do on Fridays.

**DOROTHY:** Yum! I love cupcakes! Did you know that love is the greatest power? With love there will be unity. And unity is so powerful, it can illumine the whole entire earth!

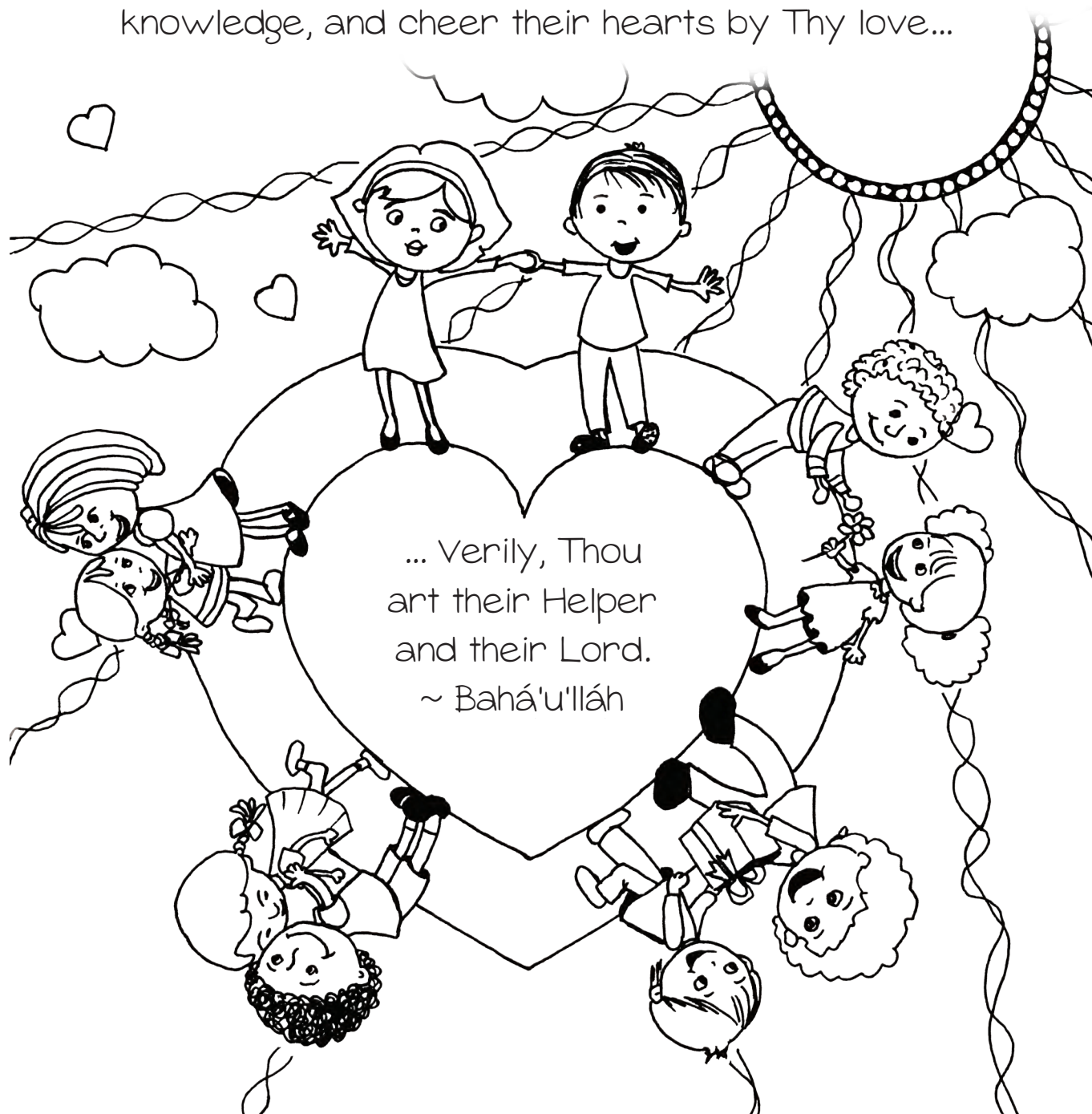
"So powerful  
is the light of unity  
that it can illumine the  
whole earth."  
~ Bahá'u'lláh





## Gems Coloring Page

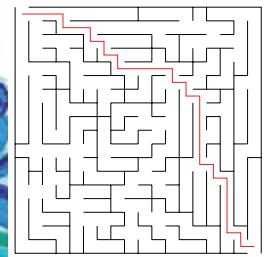
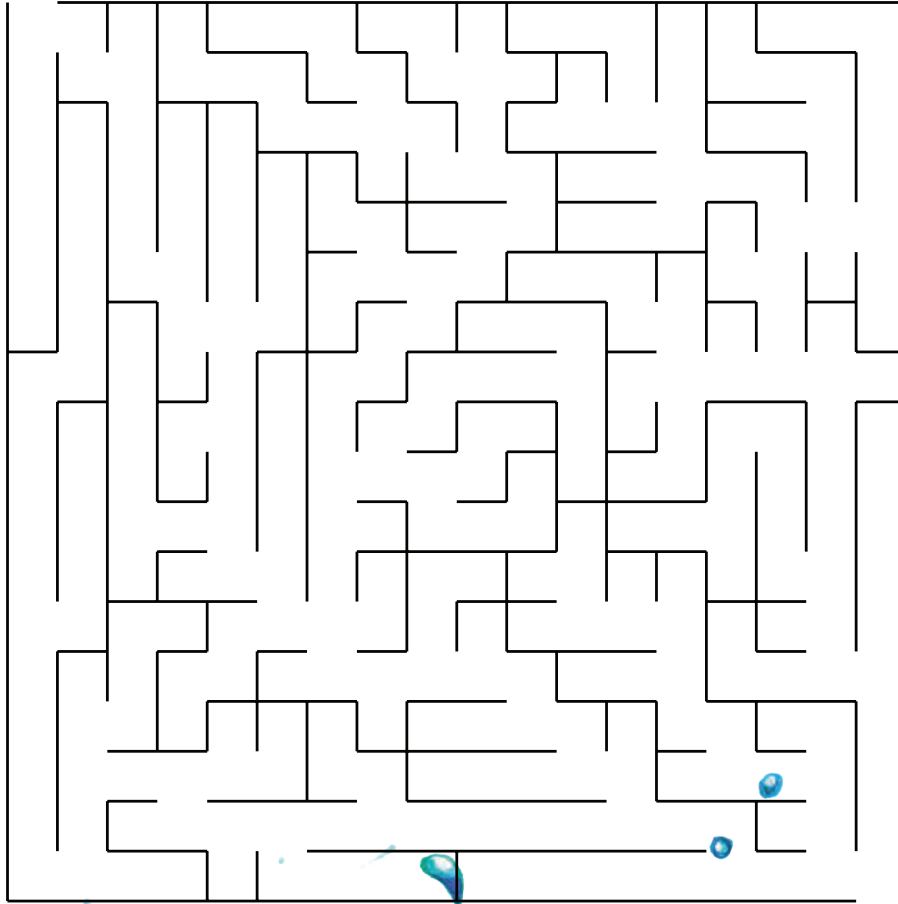
O my God! O my God! Unite the hearts of Thy servants,  
and reveal to them Thy great purpose. May they follow Thy  
commandments and abide in Thy law. Help them, O God, in their  
endeavor, and grant them strength to serve Thee. O God! Leave  
them not to themselves, but guide their steps by the light of Thy  
knowledge, and cheer their hearts by Thy love...



# Gems Maze

"So powerful is the light of unity that it can  
illumine the whole earth." ~ Bahá'u'lláh

Can you help these lost drops find their way to the ocean?



# Gems 10-Word Word Search

"In the world of existence there is indeed no greater power than the power of love. ~ 'Abdu'l-Bahá



R F O L L O W Z T A  
Y S N I D V G U C R  
H S E R V A N T S P  
E A U N I T Y L O U  
A Y V L Q F F A B R  
R P G P J H Q W E P  
T O W K U C J S Y O  
S W C S P K V U C S  
R E Q U D R A T Q E  
U R P O W E R F U L



## Word Bank

POWERFUL  
HEARTS  
OBEY  
SERVANTS

FOLLOW  
LAWS  
PURPOSE  
UNITY

QUDRAT  
POWER

R F O L L O W Z T A  
Y S N I D V G U C R  
H S E R V A N T S P  
E A U N I T Y L O U  
A Y V L Q F F A B R  
R P G P J H Q W E P  
T O W K U C J S Y O  
S W C S P K V U C S  
R E Q U D R A T Q E  
U R P O W E R F U L

# Gems 10-Word Matching Opposites

Can you draw a line from the word in the left column to the opposite meaning in the right column?

"So powerful  
is the light of unity  
that it can illumine the  
whole earth."  
~ Bahá'u'lláh

UNITY

KING

SERVANT

DARKNESS

POWERFUL

LAWLESSNESS

LIGHT

DISOBEY

FOLLOW

HATE

LOVE

SAD

CHEERFUL

GUIDE

LAWS

WEAK

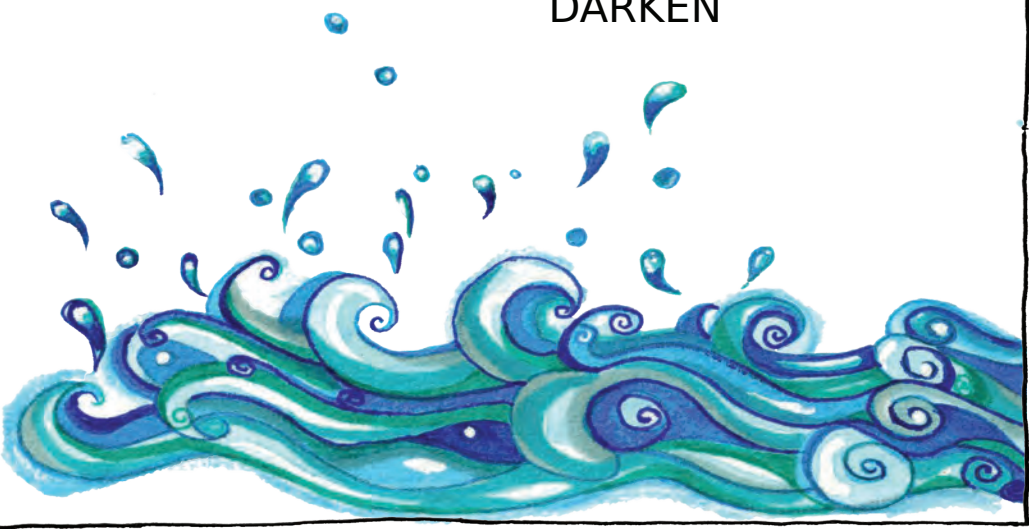
ILLUMINATE

DISCORD

OBEY

DARKEN

UNITY  
SERVANT  
POWERFUL  
LIGHT  
FOLLOW  
LOVE  
CHEERFUL  
LAWS  
ILLUMINATE  
OBEY  
DARKEN  
DISCORD  
WEAK  
GUIDE  
SAD  
HATE  
DISOBEY  
LAWLESSNESS  
KING





# Gems Brain Teaser

"In the world of existence there is indeed no greater power than the power of love. ~ 'Abdu'l-Bahá

Which seven of these items do you think the Báb used? Cross out the duplicates to see what is left.

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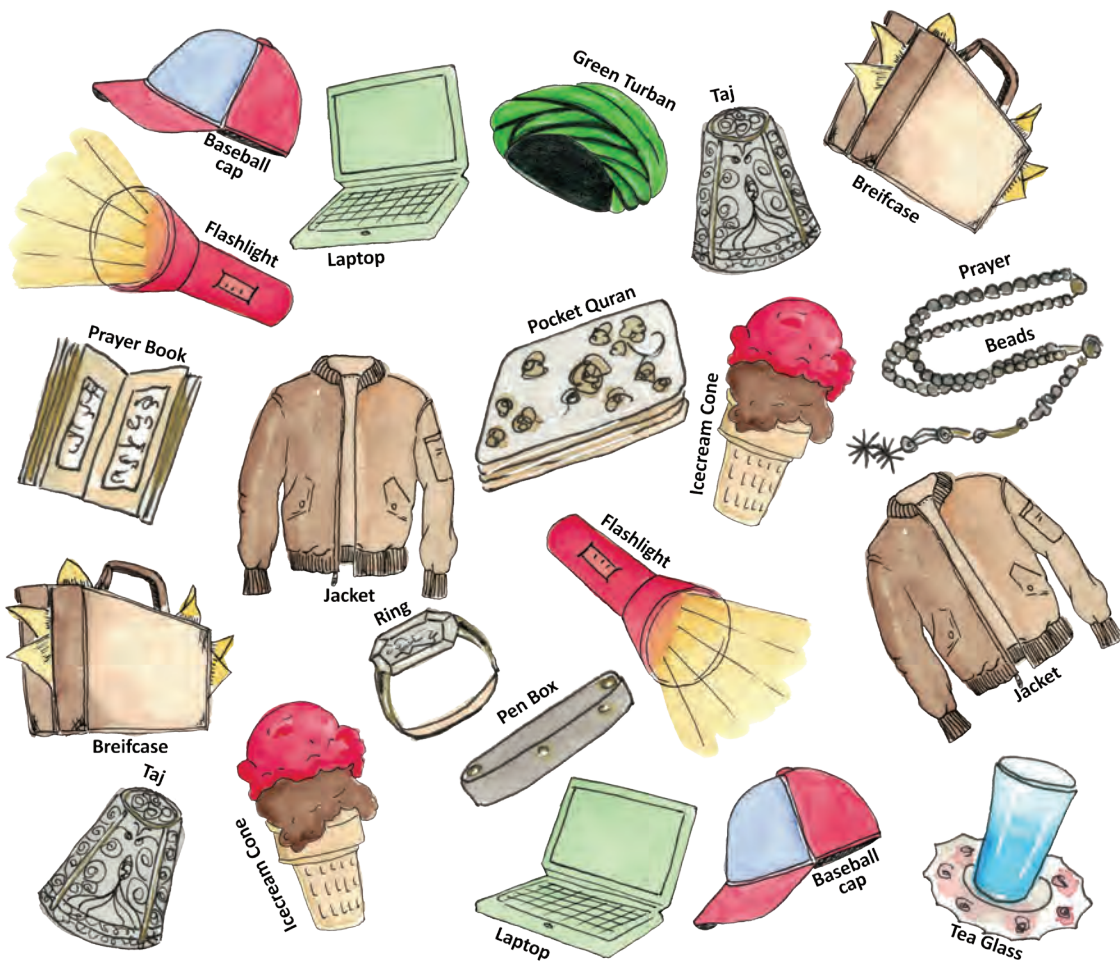
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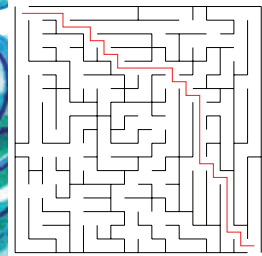
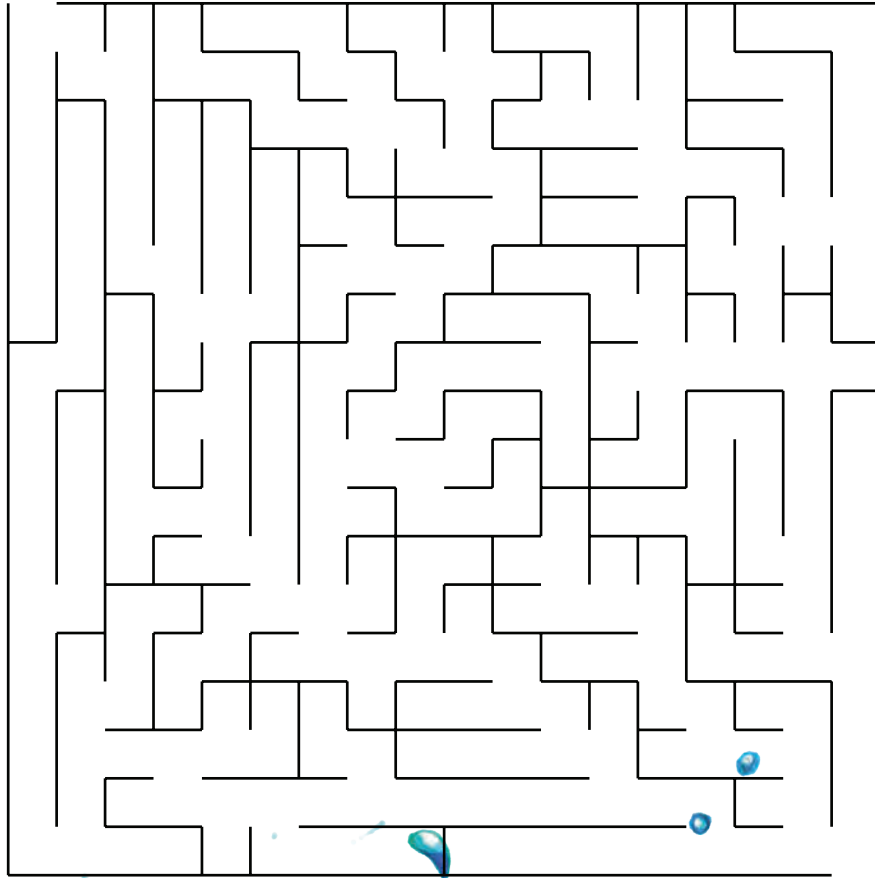
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# Gems 15-Word Word Scramble

"So powerful is the light of unity that it can  
illumine the whole earth." ~ Bahá'u'lláh

Can you help these lost drops find their way to the ocean?





We're making the  
world more beautiful!



## Gems 15-Word Word Tracer

Powerful

Laws

Follow

Light

Obey

Guide

Power

Unity

Purpose

Hearts

Serve

Souls

Qudrat

Illuminate

Helper

Deeds

Cheer

Love

# Gems 19-Word Word Search

"So powerful is the light of unity that it can illumine the whole earth." ~ Bahá'u'lláh



## Word Bank

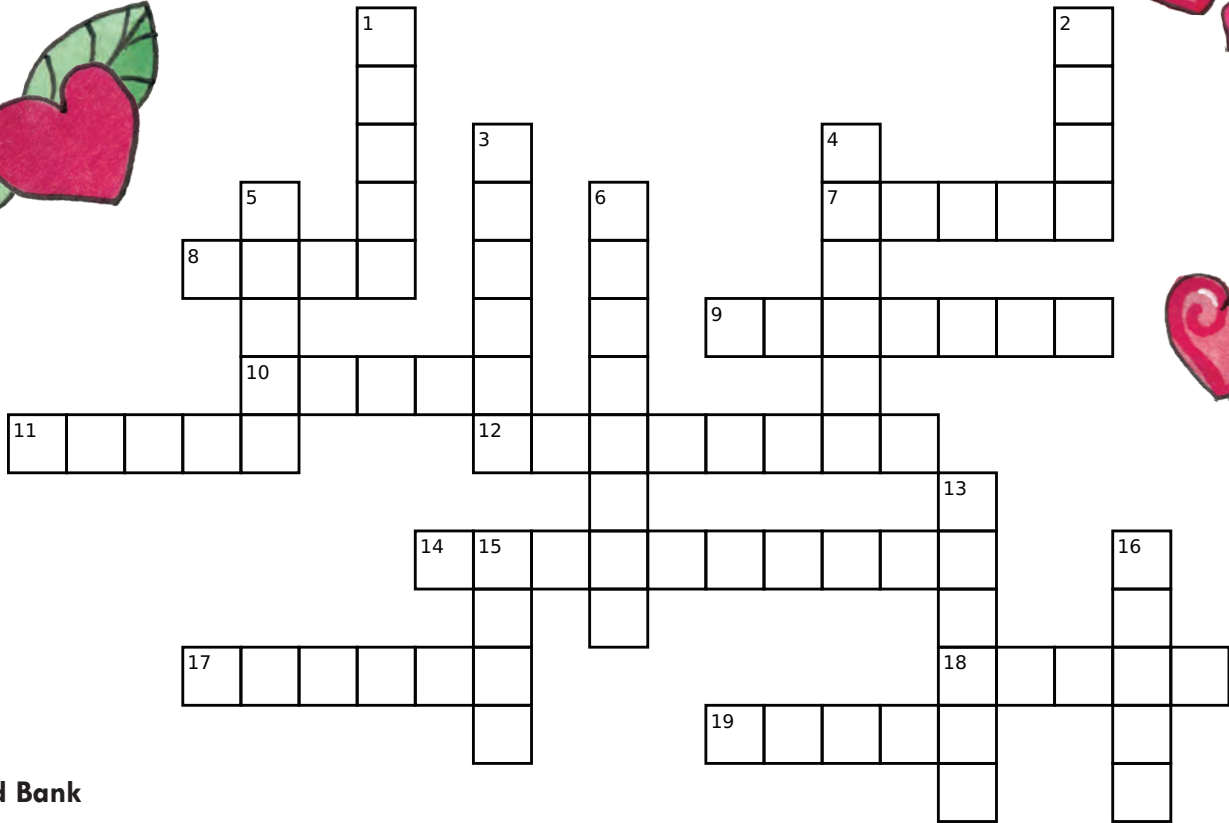
SERVE  
SOULS  
QUDRAT  
ILLUMINATE  
HELPER  
DEEDS  
CHEER  
LOVE  
POWERFUL  
LAWS  
FOLLOW  
LIGHT  
SERVANTS  
OBEY  
GUIDE  
POWER  
UNITY  
PURPOSE  
HEARTS

W	Q	U	D	R	A	T	S	S	A	S	U	F	Z	Q
O	B	O	J	O	U	G	S	H	L	O	N	J	K	C
B	R	H	O	P	O	D	P	Z	X	U	I	V	P	H
E	D	N	T	U	Y	R	D	X	G	L	T	H	O	E
Y	L	S	E	R	V	A	N	T	S	S	Y	E	W	E
L	L	Z	Y	P	G	H	I	B	W	R	G	L	E	R
Y	A	N	L	O	C	A	Y	N	A	I	U	P	R	Q
U	W	Z	Y	S	F	O	L	L	O	W	I	E	P	L
M	S	R	F	E	H	E	A	R	T	S	D	R	O	O
B	I	L	L	U	M	I	N	A	T	E	E	C	W	V
L	D	H	D	T	D	Q	R	Y	E	G	M	I	E	E
I	I	E	X	L	Z	J	Z	R	R	G	Z	Z	R	I
L	N	G	E	O	Y	R	S	L	O	V	E	A	F	M
L	F	R	H	D	T	O	H	S	E	R	V	E	U	P
M	M	B	A	T	S	C	O	V	H	X	A	C	L	X

WQUDRATSSASUFZQ  
OB OJ OUGSHLONJKC  
BRHOPODPZXUIVPH  
EDNTUYRDXGLTHOE  
YLSERVANTSSYEWE  
LLZYPGHI BWRGLER  
YANLOCAYNAIU PRQ  
UWZYSFOLLOWIEPL  
MSRFEHEARTSDROO  
BILLUMINATEECWV  
LDHDTDQRYEGMIEE  
IIEXLZJZR RGZZRI  
LNGEOYRSLOVEAFM  
LFRHDTOHSEERVEUP  
MMBATSCOVH XAC LX

# Gems 19-Word Crossword

"In the world of existence there is indeed no greater power than the power of love. ~ 'Abdu'l-Bahá



## Word Bank

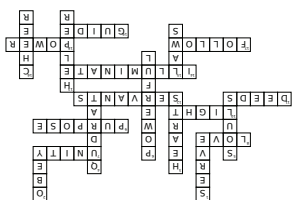
SERVE	FOLLOW
SOULS	LIGHT
QUDRAT	SERVANTS
ILLUMINATE	OBEY
HELPER	GUIDE
DEEDS	POWER
CHEER	UNITY
LOVE	PURPOSE
POWERFUL	HEARTS
LAWS	

## Down:

1. grant us strength to \_\_\_\_ God
2. abide in Thy Law means to \_\_\_\_
3. we pray to unite the \_\_\_\_ of Thy servants
4. 13th Bahá'í month
5. hearts
6. the light of unity is \_\_\_\_
13. God is our \_\_\_\_ and our Lord.
15. when we obey God's \_\_\_\_ that keep us safe from harm.
16. God's love can \_\_\_\_ our hearts

## Across:

7. \_\_\_\_ can illumine the whole earth
8. our hearts are cheered by God's \_\_\_\_
9. "... reveal to them Thy great \_\_\_\_"
10. "... guide their steps by the light of Thy \_\_\_\_"
11. power often means the ability to influence the \_\_\_\_ of others
12. Who's hearts should be united?
14. unity can \_\_\_\_ the whole earth
17. we pray to \_\_\_\_ God's commandments
18. English word for Qudrat
19. "\_\_\_\_ our steps to serve Thee"





# Gems Snacks

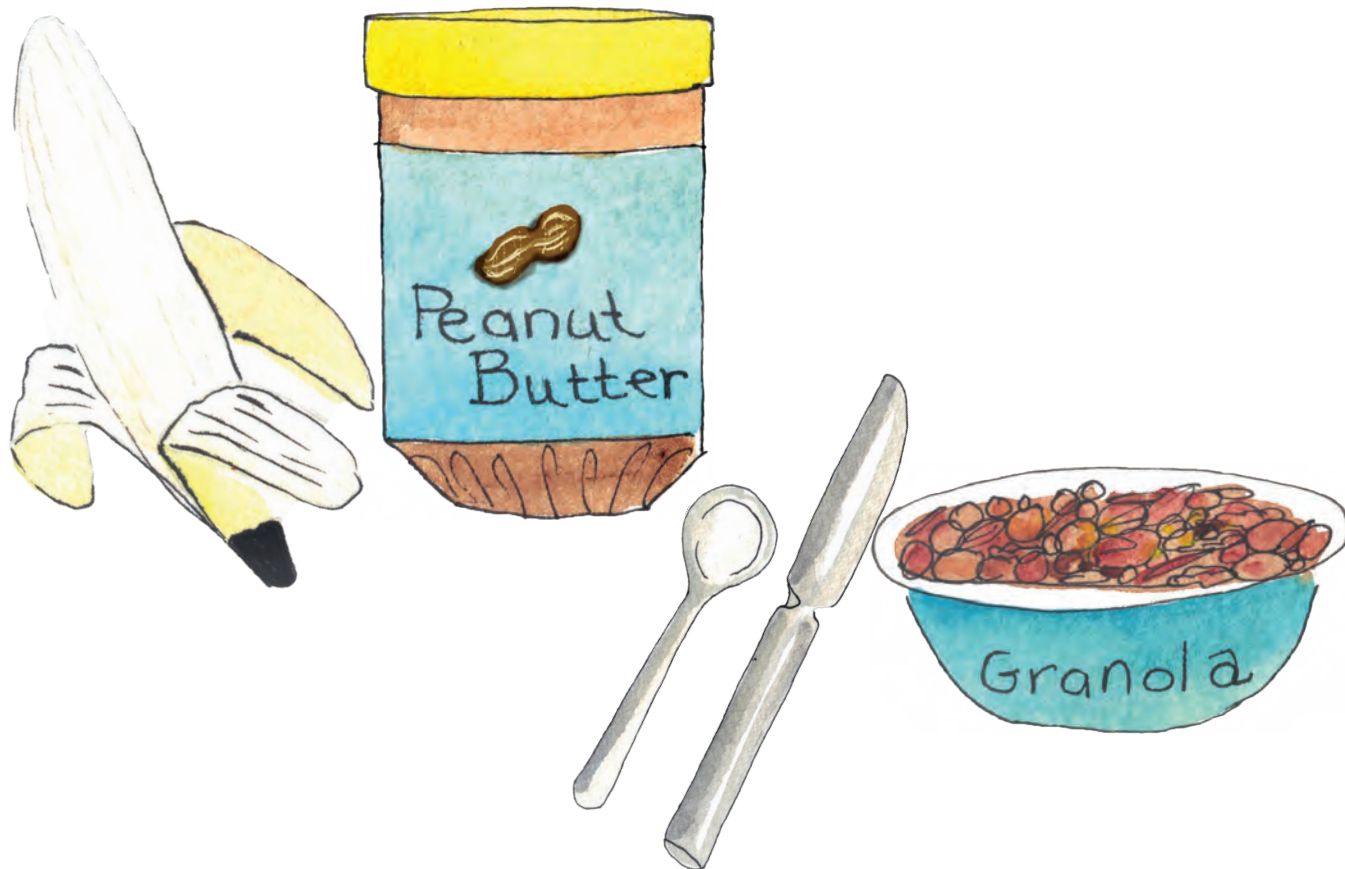
## Crunchy Banana Bites!

### You will need

- bananas
- peanut butter
- granola
- knife
- platter
- spoon
- bowl

### What to do

1. Peel the banana.
2. Cut the banana into bite sized pieces.
3. Add a bit of peanut butter or your favorite nut butter to the top of each banana piece.
4. Dip into a bowl of granola and share!





## Gems Arts & Crafts

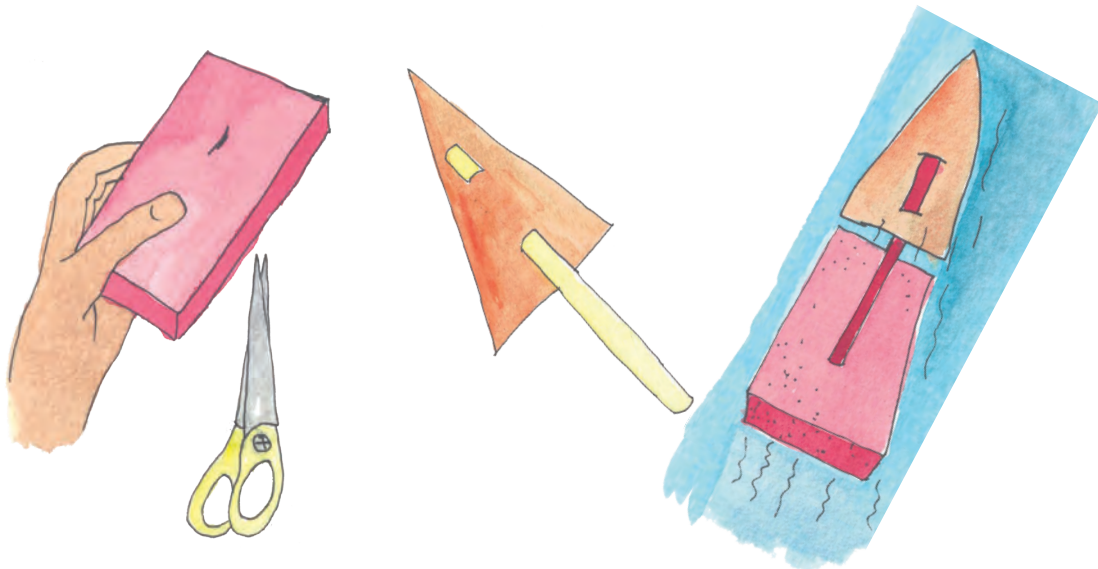
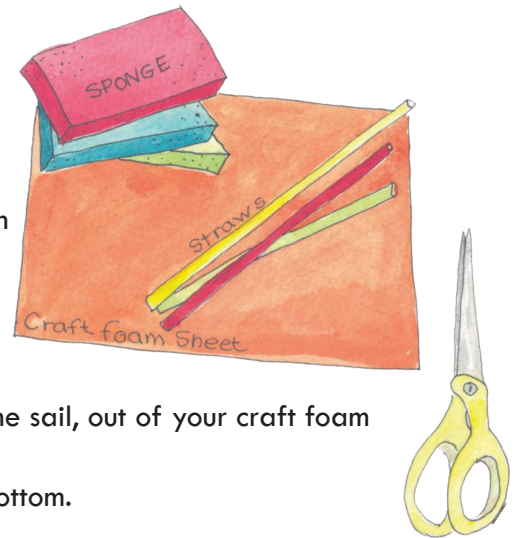
# Sailboat Water Craft!

### You will need

- cheap, colorful sponges
- straws
- craft foam sheets
- scissors
- water to float your boat on

### What to do

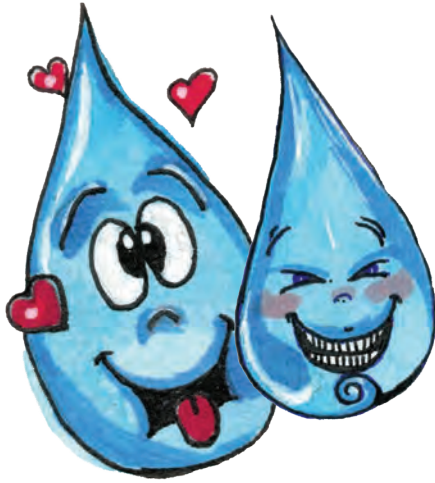
1. Cut a small slit towards the top of your sponge.
2. Cut a triangle shape, for the sail, out of your craft foam sheet.
3. Cut two slits into the foam triangle, one at the top and one at the bottom.
4. Thread the straw through the foam triangle so that it is flying
5. Place straw into the sponge's slit.
6. You can keep the sponge boat near the bathtub. Have fun sailing your boat!
7. Hint: Squeeze the water out of the sponge once you are done playing to keep your sponge from getting stinky and germly!



Did you have fun making a snack and doing this craft? We would LOVE to see your Crunchy Banana Bites and your Sailboat Water Craft! Tag us on Facebook @MineRichInGems.IPG, or on Instagram @MineRichInGems\_IPG  
You can also email us at MineRichInGems.IPG@gmail.com.



# Gems Suggestions Stories!



**The story of the Báb's first day of school, as narrated in The Dawn-Breakers**

[childrensclasses.org/activities/stories/the-childhood-of-the-bab/](http://childrensclasses.org/activities/stories/the-childhood-of-the-bab/)

**Various stories about Bahá'u'lláh's childhood**

[bahaistories.com/quotepage.php?Stories%2FBaha%27u%27llah+-+Childhood](http://bahaistories.com/quotepage.php?Stories%2FBaha%27u%27llah+-+Childhood)

**The story of the dream of Bahá'u'lláh and the fish, as dreamt by His father**

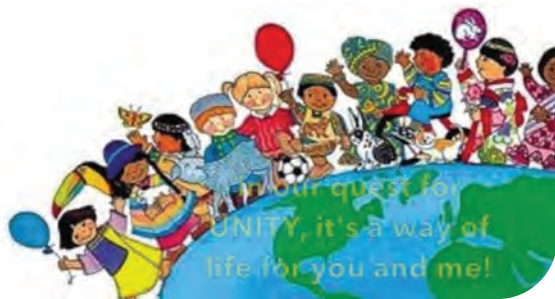
[childrensclasses.org/activities/stories/the-vazirs-dream/](http://childrensclasses.org/activities/stories/the-vazirs-dream/)

**We Are Drops performed by Kaela Nicho**

[youtube.com/watch?v=PsBlawa3SVI](https://youtube.com/watch?v=PsBlawa3SVI)



## Music!



## The Fund

"To give and to be generous are attributes of Mine..." ~ Bahá'u'lláh

**Below are some songs that can be found on the Ruhi Institute website**

[ruhi.org/resources/songs.php](http://ruhi.org/resources/songs.php)

- Who Is the Prophet of God for Today
- The Promise
- Bahá'u'lláh, the Glory of God
- The Báb
- I Have Found Bahá'u'lláh

See you next month!  
Love,  
The Gems Kids

