

19 Day Feast Pages for Kids

INTRODUCTION TO THE BAHÁ'Í MONTHS AND HOLY DAYS

Month 15
MASÁ'IL

Masá'il means "Questions"

Asking questions is a very important part of learning. Asking thoughtful _____ can help us focus and learn the truth about something. It can help us find out important information, too. A proper attitude of humility is needed when asking questions. When we have an attitude of _____, we are being humble, modest, and sincere. Humility also means being open and aware that there are more things that we do not know than _____ that we do know.

We question the world around us, and our understanding of things, so that we can make better _____. These choices will benefit not only ourselves, but others too. When we choose to follow a noble path, we contribute to the betterment of the _____.

"...while you meditate you are speaking with your own spirit. In that state of mind, you put certain questions to your spirit and the spirit answers: the light breaks forth and the reality is revealed." ~ 'Abdu'l-Bahá

Word Bank
WORLD
THINGS
HUMILITY
CHOICES
QUESTIONS

When you mediate, what are you doing?

Do you think it is important to meditate? if so, why?

When meditating, what can you put to your spirit?



Gems Kids Talk

DOROTHY: Hi guys! This is the month of Questions. There are a lot of questions I want answers to. Like, how come there are mean people? And why doesn't God make all of us nice? And, why is it so hard to be good sometimes? I'm always getting in trouble 'cuz I don't know the rules. Why are there so many rules?

SOO: Those are good questions. Sometimes I think I know the right questions to ask but they don't get me the answers I need. Here's a question: How do you come up with the right questions? Ha ha! My uncle says we need to be open and sincere if we want to learn the true answers to important questions. Like, how can we be of service? He says that's part of being humble.

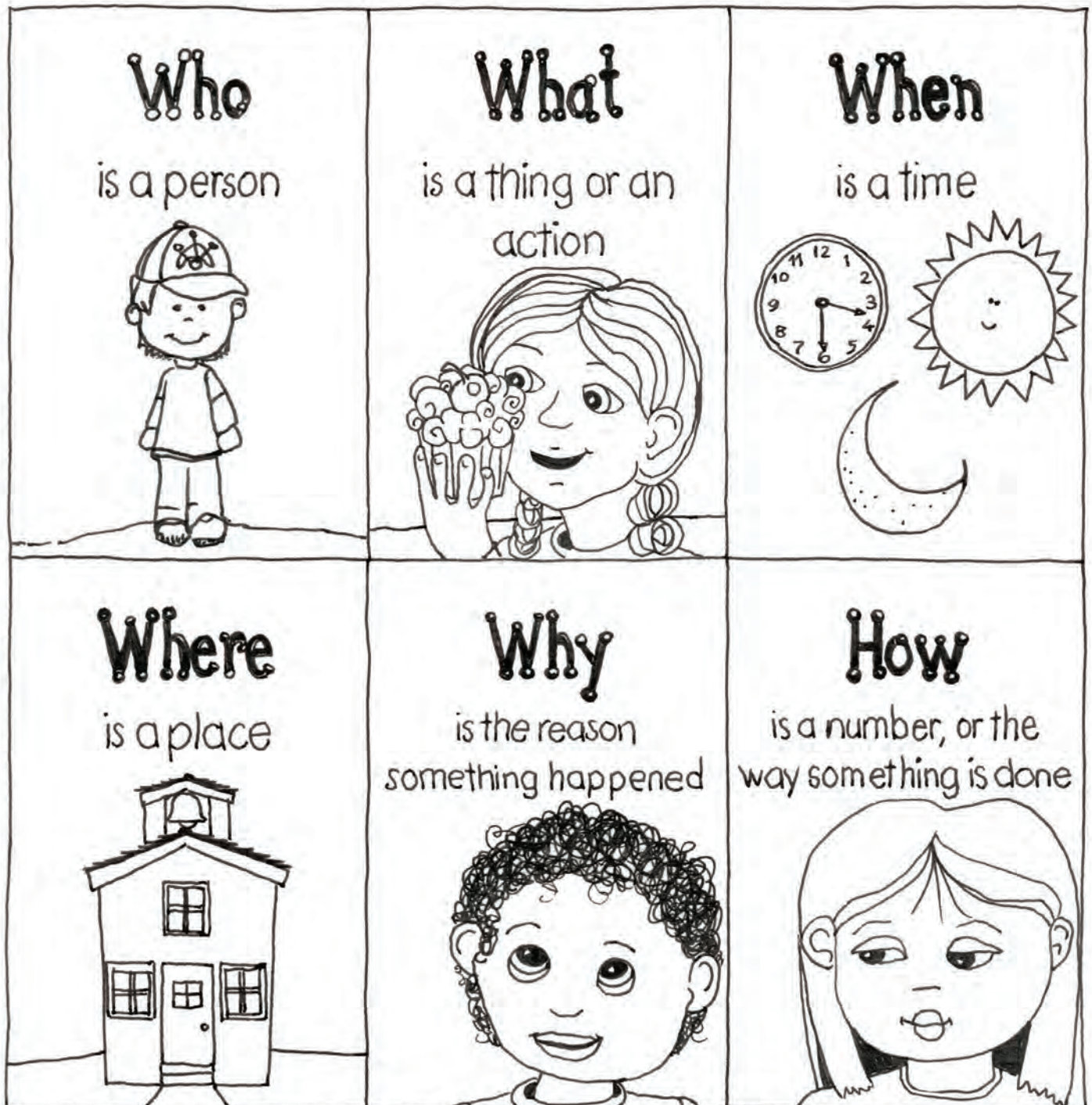
FAIZI: My sister says I can ask myself questions when I pray and read the Writings. She calls it meditation. It is about sitting quietly and clearing your mind. Then thinking about the prayer or the Writings. I can ask myself questions as I think. I can ask the same question over and over again in my mind until an answer comes to me that seems right. I think I will do that after school. It's kind of relaxing.

OLINGA: Meditation sounds nice. I think I'll try it too. My teacher says there's an art to asking questions. She says that the answers are in well-thought-out questions. There's so much to ask questions about... God, the world, others, ourselves. You know, the more I know, the more I realize I don't know! You know? Ha ha!



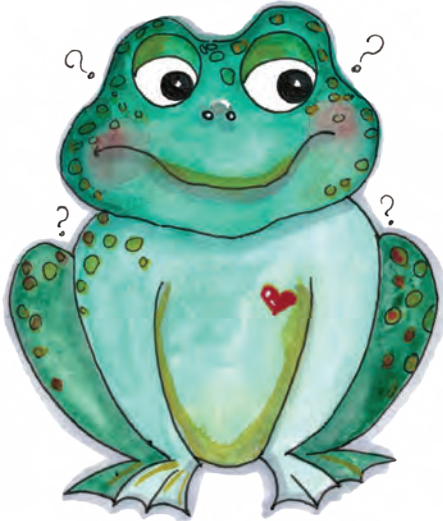
Gems Coloring Page

“...while you meditate you are speaking with your own spirit. In that state of mind, you put certain questions to your spirit and the spirit answers: the light breaks forth and the reality is revealed.” ~ ‘Abdu’l-Bahá



Gems 10-Word Crossword

"...while you meditate you are speaking with your own spirit. In that state of mind, you put certain questions to your spirit and the spirit answers: the light breaks forth and the reality is revealed." ~ 'Abdu'l-Bahá



Down:

1. a proper attitude of ____ is needed when asking questions
2. asking ____ can help us learn
5. ask this to learn a place
6. we ask our spirit questions when we ____
9. bring advantage to

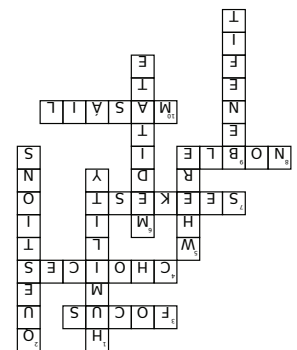
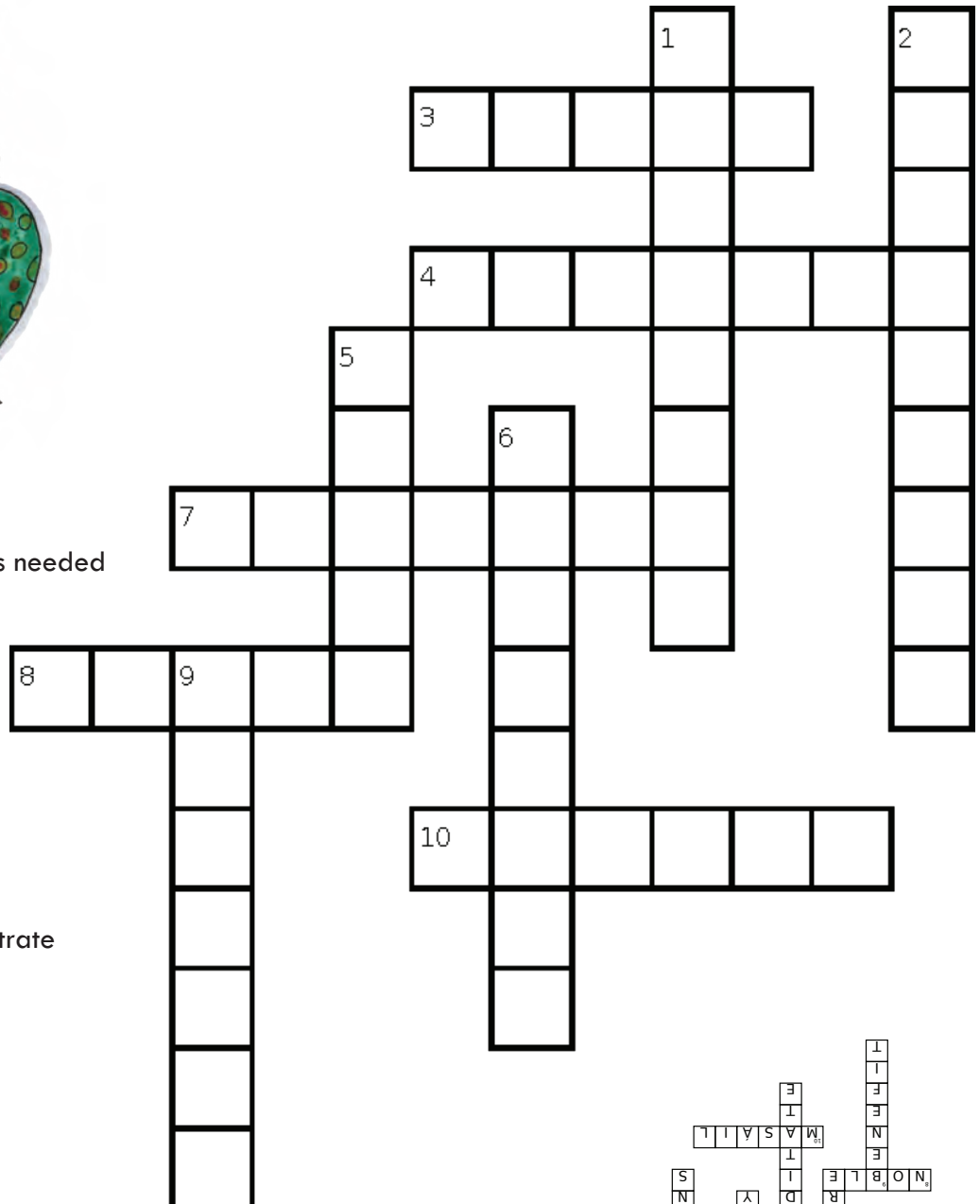
Across:

3. pay attention to or concentrate
4. options
7. search for
8. virtuous and honorable
10. Arabic word for Questions

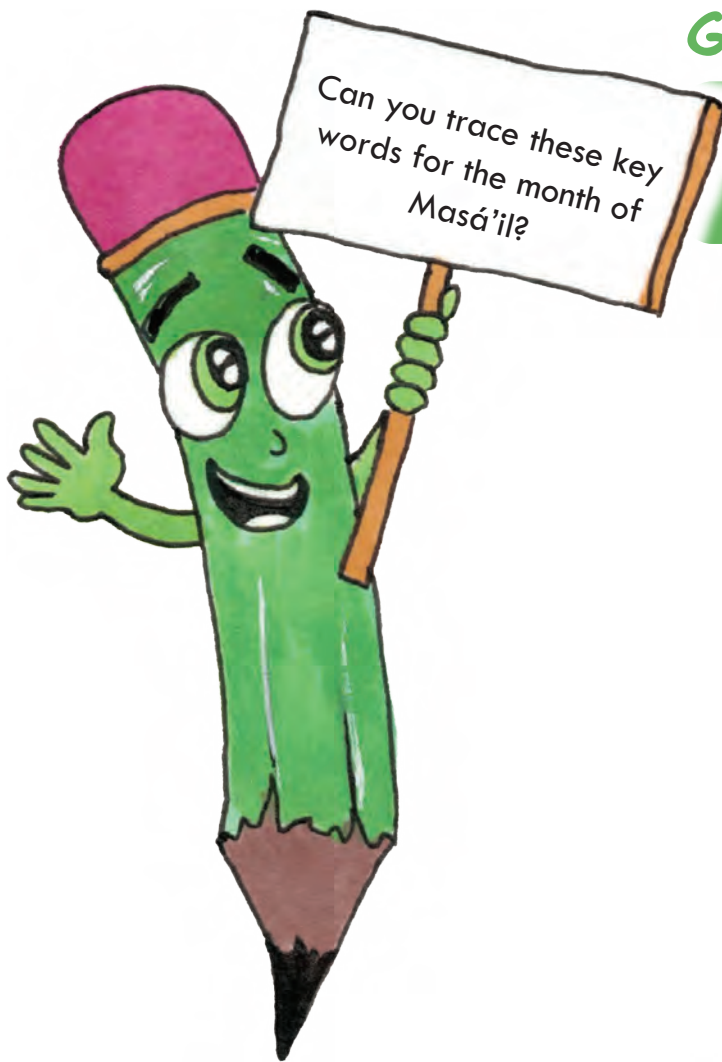
Word Bank

MEDITATE
HUMILITY
SEEKST
CHOICES
FOCUS

BENEFIT
NOBLE
WHERE
MASÁ'IL
QUESTIONS



Gems 10-Word Word Tracer



"Out of the essence of knowledge I gave thee being, why seekest thou enlightenment from anyone beside Me?" ~ Bahá'u'lláh

Choices

Attitude

Noble

Seekest

Benefit

Essence

Masá'il

Meditate

Questions

Humility

Gems 10-Word Matching Lists

"...while you meditate you are speaking with your own spirit. In that state of mind, you put certain questions to your spirit and the spirit answers: the light breaks forth and the reality is revealed." ~ 'Abdu'l-Bahá



Can you match the word in the left column to the OPPOSITE meaning in the right column? Draw a line from one to the other. Check the key below to see if you got it right!

LEARN

WAY OF THINKING OR FEELING

ATTITUDE

PAY ATTENTION TO

ASK

VIRTUOUS AND HONORABLE

NOBLE

PUT QUESTIONS TO

MASÁ'IL

SOUL

HUMILITY

ASK QUESTIONS TO SPIRIT

SPIRIT

MODESTY OR HUMBLENESS

SEEKEST

SEARCH FOR

FOCUS

ARABIC FOR QUESTIONS

MEDITATE

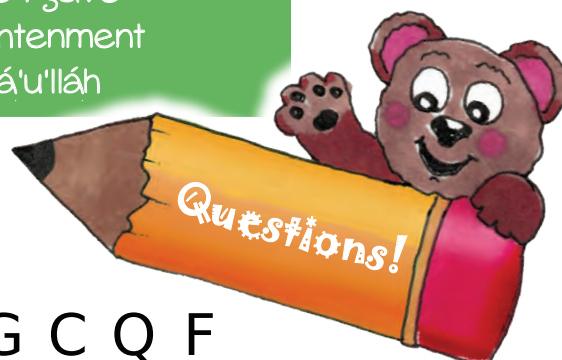
GAIN KNOWLEDGE OR SKILL



LEARN	WAY OF THINKING OR FEELING		LEARN
ATTITUDE	PAY ATTENTION TO		ATTITUDE
ASK	VIRTUOUS AND HONORABLE		ASK
NOBLE	PUT QUESTIONS TO		NOBLE
MASÁ'IL	SOUL		MASÁ'IL
HUMILITY	ASK QUESTIONS TO SPIRIT		HUMILITY
SPIRIT	MODESTY OR HUMBLENESS		SPIRIT
SEEKEST	SEARCH FOR		SEEKEST
FOCUS	ARABIC FOR QUESTIONS		FOCUS
MEDITATE	GAIN KNOWLEDGE OR SKILL		MEDITATE

Gems 15-Word Word Search

"Out of the essence of knowledge I gave thee being, why seekest thou enlightenment from anyone beside Me?" ~ Bahá'u'lláh



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

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

Word Bank

INFORMATION
SPIRIT
DISCUSSION
QUESTIONS
MEDITATE

MASÁ'IL
SEEKEST
CHOICES
BENEFIT
ATTITUDE

FOCUS
ESSENCE
ENLIGHTENMENT
NOBLE
BETTERMENT

Gems 15-Word Word Scramble

"...while you meditate you are speaking with your own spirit.
In that state of mind, you put certain questions to your
spirit and the spirit answers: the light breaks forth
and the reality is revealed." ~ 'Abdu'l-Bahá



Use the spaces to unscramble key
words for the month of Izzat!

TATIETUD

MNNETTNIHGEEL

BEIGN

EBLON

TNBEMRTEET

MÁSLAI

SNSTIQUEO

WHY

HNWE

EWERH

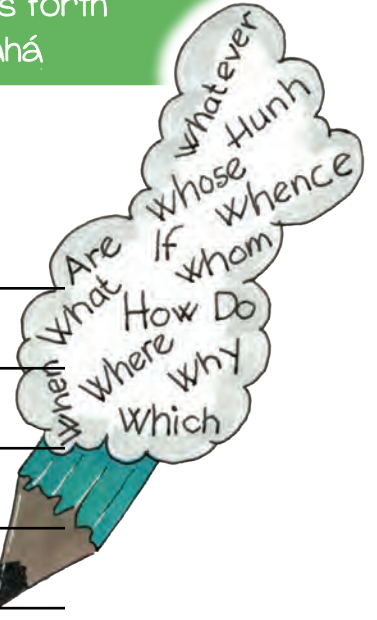
HWO

IAEMDETT

IIRMTOFNONA

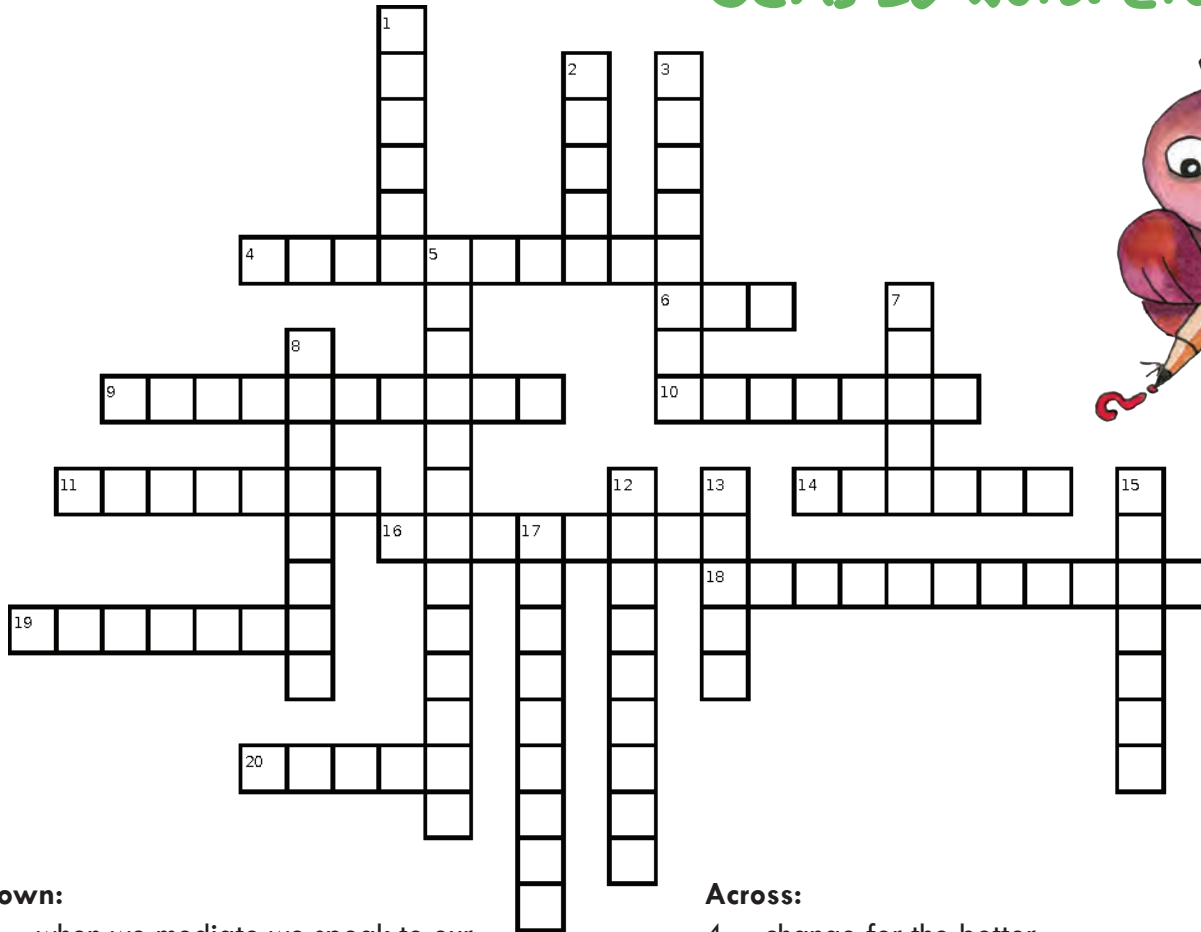
SNSSIODCIU

IIPTRS



ATTITUDE
BEING
Noble
BETTERMENT
MÁS'LAI
QUESTIONS
WHY
WHEN
WHERE
WHO
MEDITATE
INFORMATION
DISCUSSION
SPIRIT
IIPTRS
MNNETTNIHGEEL
EBLON
TNBEMRTEET
MÁS'LAI
SNSTIQUEO
WHY
HNWE
EWERH
HWO
IAEMDETT
IIRMTOFNONA
SNSSIODCIU
IIPTRS

Gems 20-Word Crossword

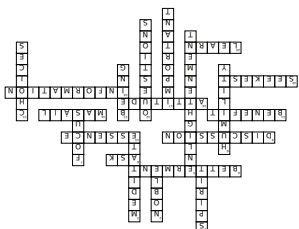


Down:

1. when we mediate we speak to our _____
2. virtuous and honorable
3. we ask our spirit questions when we _____
5. the act of increasing understanding and insight
7. pay attention to or concentrate
8. a proper attitude of _____ is needed when asking questions
12. asking _____ can help us focus
13. "Out of the essence of knowledge I gave thee _____"
15. options
16. of great significance or value

Across:

4. change for the better
6. put questions to
9. people ask questions and share information in a _____
10. the inner nature of something
11. bring advantage to
14. Arabic word for Questions
16. behavior that shows how we think or feel about something
18. asking questions can help us find out _____
19. search for
20. gain knowledge or skill



Word Bank

ATTITUDE

BEING

BENEFIT

BETTERMENT

CHOICES

DISCUSSION

ENLIGHTENMENT

ESSENCE

FOCUS

HUMILITY

IMPORTANT

INFORMATION

MASÁ'IL

MEDITATE

NOBLE

QUESTIONS

SEEKST

SPIRIT

LEARN

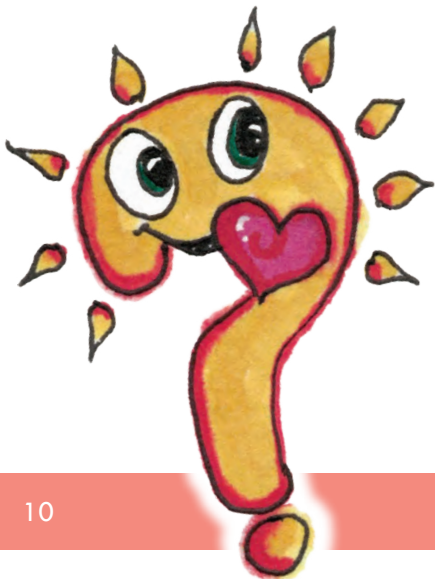
ASK

Gems 25-Word Word Search

"...while you meditate you are speaking with your own spirit. In that state of mind, you put certain questions to your spirit and the spirit answers: the light breaks forth and the reality is revealed." ~ 'Abdu'l-Bahá



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



Word Bank

ATTITUDE

BEING

BENEFIT

BETTERMENT

CHOICES

DISCUSSION

ENLIGHTENMENT

ESSENCE

FOCUS

HUMILITY

IMPORTANT

INFORMATION

MASÁ'IL

MEDITATE

NOBLE

QUESTIONS

SEEKST

SPIRIT

LEARN

ASK

WHEN

WHY

WHERE

WHAT

WHO

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

Gems Meditation Questions

"Out of the essence of knowledge I gave thee being, why seekest thou enlightenment from anyone beside Me?" ~ Bahá'u'lláh

Are you wondering about something? Is there something you would like to understand better? Maybe meditating, and asking those questions to your spirit, can help. You can write questions here to help you remember to meditate on them later.



Where _____

Why _____



When _____



What _____

How _____



Gems Snacks

Rice Cereal Treat!

You will need

- 4 cups rice cereal
- 1/2 cup honey
- 1/2 cup peanut butter
- 1/2 tsp salt
- 1/2 tsp vanilla extract
- bowl
- mixing spoon
- plastic wrap
- cooking spray or oil
- platter

What to do

1. Mix up the rice, honey, peanut butter, salt, and vanilla extract in a bowl.
2. Oil the platter and spray a large sheet of plastic wrap lightly with cooking spray.
3. Pour most of the mixed ingredients out onto the plastic wrap, saving some for the dot on the bottom.
4. Using the plastic wrap, roll the mixture into a tube shape.
5. Un-wrap the tube and place on the platter. Then bend the tube into the shape of a question mark.
6. With the remaining mixture, create a ball and flatten onto the platter to make the dot.
7. Share with friends!



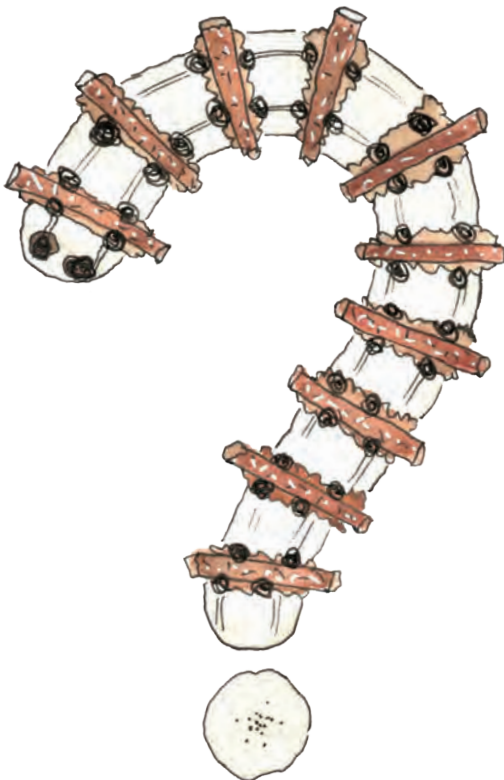
Crunchy Chewy Banana Treat!

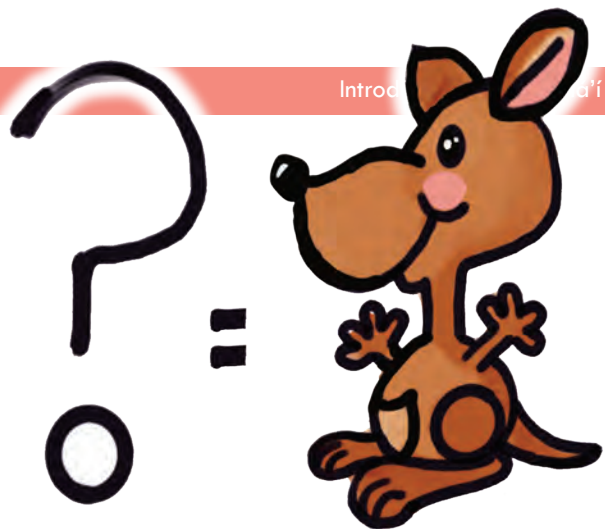
You will need

- bananas
- peanut butter
- pretzels
- raisins or other dried fruit

What to do

1. Cut the banana into 12 pieces
2. On one cut end of each banana piece, add a healthy dollop of peanut butter.
3. Reserve one middle banana piece for the dot.
4. Press each piece to the next, making the shape of a question mark. Note that both end pieces are used.
5. Add pretzels and dried fruit
6. Share and enjoy!

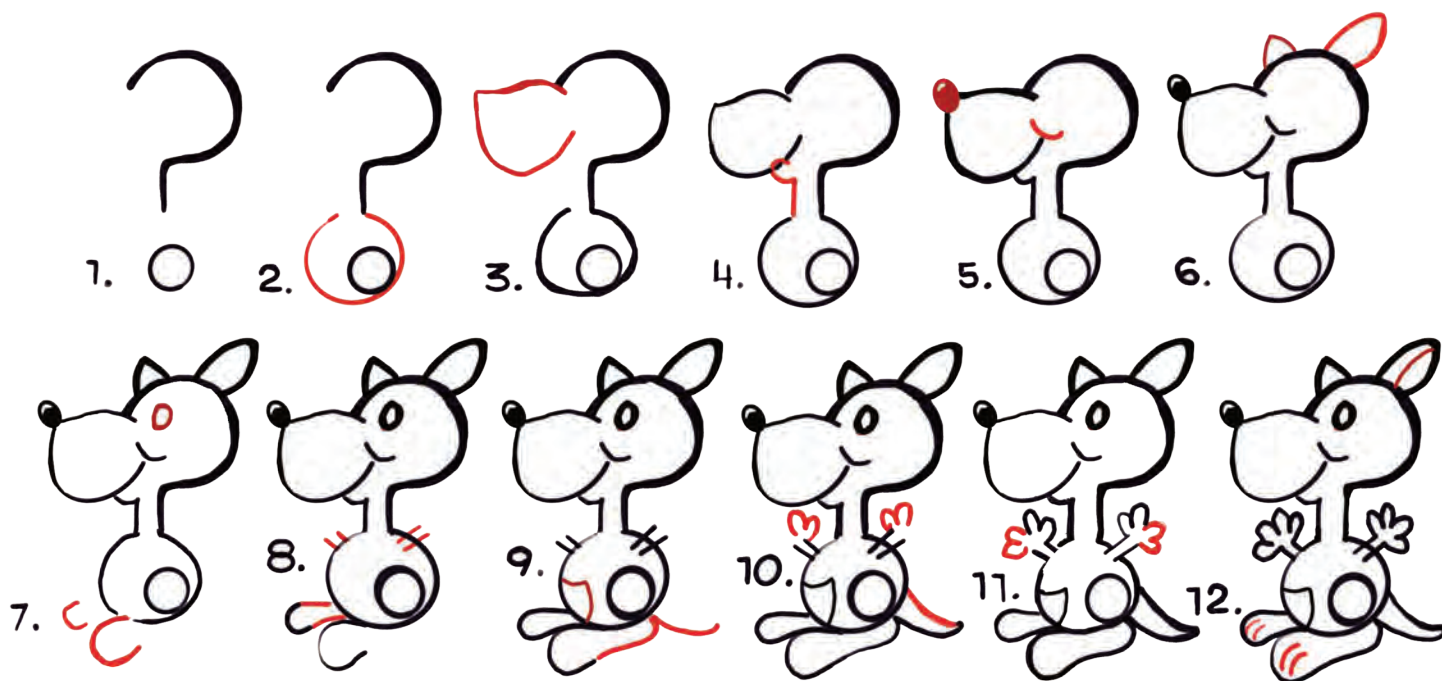




Gems Arts & Crafts

Question Mark Kangaroo!

Here's a way to draw a great looking kangaroo!
Follow the steps below, adding the red parts as you go!



Did you have fun making a snack and doing this craft? We would LOVE to see your Rice Cereal Treat and your Question Mark Kangaroo! Tag us on Facebook @MineRichInGems.IPG, or on Instagram @MineRichInGems_IPG
You can also email us at MineRichInGems.IPG@gmail.com.

Gems Suggestions Story!

Vignettes from the Life of 'Abdu'l-Bahá by Annemarie Honnold

In this book, we read about how 'Abdu'l-Bahá lived His life in humble reflection and generosity. Read all about His exemplary life in this book of stories.

bahai bookstore.com/Vignettes-from-the-Life-of-Abdul-Baha-P8970.aspx



The book, *Some Answered Questions*, offers 'Abdu'l-Bahá's profound insight on the teachings of the Faith. The preface explains that readers "will find the clue to all the perplexing questions that agitate the mind of man in his search after true knowledge. The more this book is read with care and patience, the greater are its revelations, and the more complete the understanding of its inner truth and significance."

Mily Miss Questions by Da Vinci Kids video series

Nine-year-old Mily tries to make sense of the world by asking questions. What is happiness? Where are the aliens? Why, why, why?

youtube.com/playlist?list=PL3sHBD1bzqYhUsvQSkL71yOATdzeTfAgB



Music!

Can you sound just like me? By Red

Grammer youtube.com/watch?v=VqRMHyKcJnk



The Fund

"Thus may each one of you be even as a candle casting its light, the center of attraction wherever people come together..."
—'Abdu'l-Bahá

See you next month!
Love, The Gems Kids