

Affirmation

I am a loving person. I show my love by doing kind things and saying kind words. I treat others as I want to be treated.



“...all humanity must be shown the utmost love, kindness and respect...”
- `Abdu'l-Bahá

Love



“Let your heart burn with loving-kindness for all who cross your path.”
- `Abdu'l-Bahá

What is Love?

Love is caring for someone, wanting to be near them, and wanting to share with them. It is a special feeling that fills your heart.



Why Practice Love?

Love is contagious. When you share your love, it keeps spreading to others. When you love God, you can feel God's love for you. When you love yourself, you have more love to give.

Love keeps us from feeling lonely.

Love makes it easier for people to share and trust.

How to Practice Love:

- Smile, speak kindly, do nice things for someone or give them a hug
- Share with others
- Think about how you would like to be treated and treat others the same way
- Be kind to yourself so that it is easier to love others