# **Disposition: Being Temperate, Self-Disciplined and Seeking Contentment**

## **Lesson:** Two

### Question/LO: What teachings do Christians and Baha’Is follow in order to become more self-disciplined?

### Who will I choose/allow to have influence over my behaviour?

| **Dimension of learning** | **Activities** | **Resources** |
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| Learning from experience | Begin with a multi-choice quiz, possibly giving one question to each table group. Eg:1. How would you react if someone took your favourite chocolate bar? Would you: (a) shout and make a fuss, (b) complain to a parent/teacher, (c) buy another, (d) do without.2. Your classmates accuse you of cheating. Would you: (a) sulk, (b) protest your innocence by being outraged and angry, (c) state the truth and leave it at that. | n/a |
| Learning about religious traditions and non-religious world-views | Read Matthew 5:38-48. This is the passage referring to turning the other cheek.Discuss:How are Christians to react? Why?If you had exercised such self-discipline, would you have reacted differently to anything that has gone on in the last week?Baha’i Bahai’s are taught to restrain themselves in their criticism of others. They are taught to focus on the positive and avoid the negative. It is thought that otherwise it would have a negative impact on the heart and soul. This stems from the belief that everyone is on a spiritual journey and as such not people are not perfect. We therefore should not point out the imperfections in others. Baha’is are encouraged to contribute towards a society built on peace, and positive relationships are crucial to that. Ask pupils to create a poster design or symbol (like a road sign - clear and simple) to convey ‘no criticism of others’. Ask pupils to explain their reasons for their design. | Bible Reference:Matthew 5: 38-48BibleGateway: https://www.biblegateway.com/passage/?search=Matthew+5%3A+38-48&version=NIV |
| Learning from faith and non-religious world-views | Question to discuss: Who will I choose/allow to have influence over my behaviour? | n/a |
| Learning to discern | Finally, discuss with pupils: Can I envisage situations when following a tradition could lead to behaviour considered by some to be anti-social?For example: the Civil Rights Movement and the example of Martin Luther King who didn’t think that being content with the circumstances of African American people was the right response. Actions taken by African American Christians at this time could be seen to be anti-social, or not like people ‘should’ behave. African American Christians challenged situations when others were ‘accepting’ at the time. You may be able to think of other examples. | n/a |