

SSE Group 4

Respecting Parents and Elders

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Value:	Right Conduct
Sub Value:	Duty to Parents
Objective:	God comes to you when you love and serve your parents.

"My happiness lies in you being happy and you making your parents happy." – Sai Baba

Sloka/Prayers

Opening Prayers – 3 Aumkaars, 3 Gayathri mantras, 3 Sai Gayatri mantras

Silent Sitting: Jyothi Meditation (2 minutes)

Quotation:

There is no school equal to a decent home and no teacher equal to a virtuous parent."
-Gandhi

Group Activity:

- Guidance Activity
- Serve Parents Discourse – Pundarika story (Role Play)
- Parents' Inspiration - <https://www.youtube.com/watch?v=1DUYIHZsZfc>
- Sparrow Video - <https://www.youtube.com/watch?v=oXqvExJNj00>(optional)

Story Telling : Footsteps in the Sand

Group Singing: Sai Mata Pita, Dina Bandhu Sakha..

Life Application and Recap of today's lesson and the objective

Write a thank you letter to your parents and grandparents.

Closing prayers: Samastha Loka Sukhino Bhavantu, OM
Shanthy x 3

Group Discussion: Swami's words about Parents

Serve Parents, Serve God

Students! Boys and girls!

Always remember your mother's love. Do not hurt your mother in any way. You say Swami's love is that of a thousand mothers.

When you are unable to comprehend and experience the love of a single mother, how can you understand the love of a thousand mothers?

If you are unable to please your mother, how can you make Swami happy? Swami will be happy when you make your mother happy. Swami does not want anything. Many people wish Me happy birthday. You need not wish Me happy birthday since I am always happy. Give happiness to your parents, friends, and relatives.

The blessings of your parents will confer health and wealth on you. God comes to you on His own when you love and serve your parents.

Group Activity - Get Girls to act it out (Role Play)

Pundarika used to visit the temple of Lord Panduranga every day. One day, he was engrossed in serving his parents and hence could not visit the temple. So, Lord Panduranga Himself came to Pundarika. At that time Pundarika was pressing the feet of his parents. Since Pundarika was busy serving his parents, he requested Lord Panduranga to take His seat and wait. So saying, he passed a brick to the Lord, because there were no chairs and sofas in those days.

After attending to his parents, Pundarika offered his due respects to Lord Panduranga. The Lord was immensely pleased with his devotion to his parents and blessed him profusely, saying "God comes to you on His own when your behavior is good. There is no service greater than service to parents. Consider service to parents as service to the Lord."

We need not go to God but should make God come to us. One can select one's wife, but not one's parents. Only God selects His parents. I wish that you obtain the blessing of your parents and set an ideal for the rest of the world.

Today, I do not see parents being accorded the respect due to them. They are approached only in times of need and neglected later. There is a proverb in Telugu: the boat is set on fire once it serves its purpose of taking you across the river. Similarly, parents are sought after only in times of difficulties. Once you are highly placed in society and accumulate wealth, parents are forgotten.

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Watch a short movie on how to treat our parents

Story Telling:

Footsteps in the Sand

Story

One night a man had a dream. He dreamed that he was walking along the beach with the Lord. Across the sky flashed scenes from his life. For each scene, he noticed two sets of footprints in the sand: one belonging to him and the other to the Lord.

When the last scene of his life flashed before him, he looked back at the footprints in the sand. He noticed that many times along the path of his life there was only one set of footprints. He also noticed that it happened at the very lowest and saddest times in his life.

This really bothered him and he questioned the Lord about it. "Lord, you said that once I decided to follow you, you would walk with me all the way. But I have noticed that during the most troublesome times in my life, there is only one set of footprints. I don't understand why when I needed you most, you would leave me."

The Lord replied, "My son, my precious child, I love you and I would never leave you. During your times of trial and suffering, when you saw only one set of footprints, it was then that I carried you."

Group Singing:

Sai Maataa Pitaa, Dina Bandhu Sakhaa
Tere Charano main Sai Meraa Koti Pranaam
Mujhe Sakti Do, Mere Sai Shiva
Mujhe Bhakti Do Mere Sai Shiva
Mujhe Mukti Do mere Sai Shiva