

#2 The Wound of Words – When a Child’s Heart Breaks

Verses: SB 4.8.14-25

Theme: *How to respond when our child is hurt — emotionally, unfairly, deeply.*

Duration: 45-60 minutes

□□ SCRIPTURAL BACKGROUND

In SB 4.8.14-25:

- Dhruva is devastated after being insulted and runs to his mother.
 - Sunīti does not seek revenge or blame.
 - She gives him the highest gift — spiritual direction.
 - This becomes the turning point in Dhruva’s life.
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□□ LESSON PLAN STRUCTURE (with interactivity)

□□ 1. Opening Activity – “What Do Our Children Remember?” (5 min)

Ask:

“Think of one sentence your parent or teacher said to you as a child...
Something that stayed in your heart — positively or negatively.”

Invite 1-2 to share. Then say:

“Words shape our children’s inner worlds. So what do they hear when they’re hurting?”

□□ 2. Bhagavatam Narrative (10 min)

Read or narrate SB 4.8.14-25:

- Dhruva tells Sunīti what Suruci said.
- Sunīti doesn’t express anger or self-pity.
- She says: *“What Suruci said is true — if you want the throne, you must please the Lord.”*
- She then encourages him to find the Supreme Personality of Godhead.

Insight: *Sunīti didn’t rescue her son emotionally — she released him spiritually.*

□□ 3. Discussion Prompts (10–15 min)

Open Q&A:

- Why didn’t Sunīti contradict Suruci?
- What would a modern parent say in that moment?
- What do we learn about true spiritual parenting here?

Reflection Question (write silently):

“Have I ever tried to solve my child’s pain when I should have shown them a higher purpose?”

□□ 5. Emotional Self-Check: “When My Child Is Hurt...” (5 min)

Ask parents to rate themselves silently:

Statement	Scale (1-5)
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I listen calmly when my child is upset	<input type="checkbox"/>
I avoid blaming others and help my child see higher solutions	<input type="checkbox"/>
I sometimes overreact emotionally and make it about me	<input type="checkbox"/>

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Let them reflect quietly.

☐☐ 6. Parenting Takeaways (5 min)

- ☐☐ Your child's **pain** can become their **path** — if guided wisely.
 - ☐☐ **Empowering** a child spiritually is better than emotionally avenging them.
 - ☐☐ Sunīti showed what *spiritual motherhood* looks like: not reactive, but redemptive.
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☐☐ 7. Family Activity (Take Home)

Title: *My Child's Path to Krishna*

- Give parents a small card to write down:
“When my child is hurt, I will remind them of...”
 - A verse
 - A quality of Krishna
 - A way to respond with devotion

They can stick this on their fridge or altar.

☐ 8. Closing Affirmation

“I may not be able to stop my child from feeling pain —
but I can show them how to grow from it in Krishna consciousness.”

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