



S.K.S. SWAMINARAYAN TEMPLE (LONDON) – BAL YUVAK MANDAL

Westfield Lane, Kenton, Harrow, Middlesex, HA3 9EA Est. 1966 Charity Reg. No. 271034

Tel: 020 8909 9899 Fax: 020 8909 9897 Email: bym@sksst.org

THE CALL FOR GOD!

Introduction

You will be shown a clip from Mahabharat, below are a set of guidelines to help guide the discussion and there is an activity at the end.

Summary of the Video Clip

The clip depicts an important part of the Mahabharat, which is a poem written by Ved Vyas, describing the lives of Pandavas and Kauravas. Although related by blood, their characteristics are completely different.

The clip you have just seen, shows how the Pandavas gave into their bad habits. What started off as a harmless game of dice, soon turned into something more dangerous and destructive. Ultimately, the Pandavas lost the game of dice, and along with that, they lost their kingdom, their right to become heirs to the throne and instead became servants.

However, the most notable thing was that the Pandavas gambled their wife, Draupadi. She was dragged from her chambers, to the main hall where the King sat. The King's son ordered his younger brother to disrobe her in front of everyone present, including the King and the King's advisors.

These people who treated Draupadi like their own daughter didn't even have the strength to defend her... no-one got up from their seat to protect her. The only thing she could rely on was her faith in God. She prayed to Krishna Bhagwan with firm faith and belief that Bhagwan Himself would save her.

DISCUSSIONS FOR THE GROUP

A large majority of people look to God when something bad is happening to them. They look to God when they are going through a bad time.

Question to discuss:

Why do we remember God in times of need only, rather than all the time?

[Encourage group members to come up with times they have asked for Bhagwan to help them out with something.]

He is always around us, always with us but yet, we only think of Him when we want Him. When was the last time you prayed to Bhagwan for something?



S.K.S. SWAMINARAYAN TEMPLE (LONDON) – BAL YUVAK MANDAL

Westfield Lane, Kenton, Harrow, Middlesex, HA3 9EA Est. 1966 Charity Reg. No. 271034

Tel: [020 8909 9899](tel:02089099899) Fax: [020 8909 9897](tel:02089099897) Email: bym@sksst.org

Examples:

- Passing a test or exam
- Getting a promotion at work
- Wanting the latest mobile phone
- Winning the lottery

What is it within us that makes us think of Bhagwan during bad times?

Question to discuss:

What stops us from thinking about Bhagwan all the time?

[Discuss with the group and get to the root of why a lot of people do not or are not able to think of Bhagwan all the time.]

Refer to Vachnamrut Gadhada Pratham Prakran 1, where Swaminarayan Bhagwan has said that thinking of Bhagwan all the time is difficult, due to the numerous distractions around us. We should not give up and keep pursuing the goal of keeping Bhagwan with us every second of our lives.

A lot of people say that it is difficult to think of Bhagwan when doing something else.

An example:

For those of you who drive a car, how many of you listen to music or talk on the phone? If these things can be done, then surely, instead of talking on the phone or listening to music, we can chant Bhagwan's name... and keep him close to us

Group Task

Go round the group and ask everyone what one simple thing they can do to help them remember Bhagwan throughout the whole day.

[List them out in the attached piece of paper]

Present the top 3 to the rest of the Sabha. Girls to pass theirs to boys side so they too can be read out.



S.K.S. SWAMINARAYAN TEMPLE (LONDON) – BAL YUVAK MANDAL

Westfield Lane, Kenton, Harrow, Middlesex, HA3 9EA Est. 1966 Charity Reg. No. 271034

Tel: [020 8909 9899](tel:02089099899) Fax: [020 8909 9897](tel:02089099897) Email: bym@sksst.org

SUMMARY

The Call for God

Bhagwan is not there just for when we need Him. He will always be there for us, as long as we ask for Him. There are simple things we can do in our everyday life to help us remember Bhagwan throughout the day:

- Say Jay Shree Swaminarayan at least 5 times a day
- Before eating something, say Jay Shree Swaminarayan
- Sing a dhun for 5 minutes every day
- When leaving the house or coming back in, go to the home Sinhaasan and do Darshan of Bhagwan
- When doing Puja or at any other time of the day, close your eyes for a little while and picture an image of Bhagwan in your mind.
- When walking down the road, on the train or bus, listen to and/or sing kirtans and dhun.

This is only a small list, but if anyone has anymore ideas or suggestions, please forward them onto bym@sksst.org so we can share these with everyone.

Group leaders – please make a note within your folders to ask your group members every fortnight how they are progressing in remembering Bhagwan in their daily lives. If they are struggling, then encourage them to do some simple things to get them started.

|| JAY SHREE SWAMINARAYAN ||



S.K.S. SWAMINARAYAN TEMPLE (LONDON) – BAL YUVAK MANDAL

Westfield Lane, Kenton, Harrow, Middlesex, HA3 9EA Est. 1966 Charity Reg. No. 271034

[Tel: 020 8909 9899](tel:02089099899) [Fax: 020 8909 9897](tel:02089099897) [Email: bym@sksst.org](mailto:bym@sksst.org)

For Group Discussion

As a group, go round to each person for suggestions on how they can do something to help them think of Bhagwan throughout the day, everyday:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____
13. _____
14. _____
15. _____

Please mark the top three and appoint someone to present them to the BYM sabha when asked.