

🇬🇧 SSSSB Story 077b – Can You Progress Spiritually Every Year? [13+]



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Two students were talking about progress, especially spiritual progress.

Student 1 said:

"I don't feel that I am making much progress. When I look back at the past few years, I notice that I still get angry quickly, feel jealous at times, and can sometimes be unkind. This year, I truly want to make a sincere effort to improve my character."

Student 2 replied:

"That's interesting you say that. Yesterday, I became upset with my younger sister for no real reason and said hurtful things. I was also not kind to my mother. Afterwards, I felt deep regret. I was thinking the same as you — this year, I really want to improve my character."

Student 1 asked:

"Shall we ask the SSSSB students what we can do to improve our character? I have heard that this is discussed in the SSSSB classes."

Student 2 answered:

"That's a wonderful idea. Students who are already practicing this may be able to share their experiences with us."

Question of the Day & Heart-Work

Who can guide these two students on how to improve their character?

How can we become more loving, more forgiving, less jealous, less angry, and less hurtful?

Always speak from your own opinion and personal experience.