

Thou beholdest, O my Lord, the things which have befallen me in Thy days. I entreat Thee, by Him Who is the Dayspring of Thy names and the Dawning-Place of Thine attributes, to ordain for me what will enable me to arise to serve Thee and to extol Thy virtues. Thou art, verily, the Almighty, the Most Powerful, Who art wont to answer the prayers of all men!

And, finally, I beg of Thee by the light of Thy countenance to bless my affairs, and redeem my debts, and satisfy my needs. Thou art He to Whose power and to Whose dominion every tongue hath testified, and Whose majesty and Whose sovereignty every understanding heart hath acknowledged. No God is there but Thee, Who hearest and art ready to answer.¹

✧ Is there any Remover of difficulties save God? Say: Praised be God! He is God! All are His servants and all abide by His bidding!²

✧ O God! Refresh and gladden my spirit. Purify my heart. Illumine my powers. I lay all my affairs in Thy hand. Thou art my Guide and my Refuge. I will no longer be sorrowful and grieved; I will be a happy and joyful being. O God! I will no longer be full of anxiety, nor will I let trouble harass me. I will not dwell on the unpleasant things of life.



O God! Thou art more friend to me than I am to myself. I dedicate myself to Thee, O Lord.³

Bahá'í Prayer for Healing

✧ Thy name is my healing, O my God, and remembrance of Thee is my remedy. Nearness to Thee is my hope, and love for Thee is my companion. Thy mercy to me is my healing and my succor in both this world and the world to come. Thou, verily, art the All-Bountiful, the All-Knowing, the All-Wise.⁴



A Talk by 'Abdu'l-Bahá

In this world we are influenced by two sentiments, Joy and Pain.

Joy gives us wings! In times of joy our strength is more vital, our intellect keener, and our understanding less clouded. We seem better able to cope with the world and to find our sphere of usefulness. But when sadness visits us we become weak, our strength leaves us, our comprehension is dim and our intelligence veiled. The actualities of life seem to elude our grasp, the eyes of our spirits fail to discover the sacred mysteries, and we become even as dead beings.

There is no human being untouched by these two influences;

but all the sorrow and the grief that exist come from the world of matter—the spiritual world bestows only the joy!

If we suffer it is the outcome of material things, and all the trials and troubles come from this world of illusion.

For instance, a merchant may lose his trade and depression ensues. A workman is dismissed and starvation stares him in the face. A farmer has a bad harvest, anxiety fills his mind. A man builds a house which is burnt to the ground and he is straightway homeless, ruined, and in despair.

All these examples are to show you that the trials which beset our every step, all our sorrow, pain, shame and grief, are born in the world of matter; whereas the spiritual Kingdom never causes sadness. A man living with his thoughts in this Kingdom knows perpetual joy. The ills all flesh is heir to do not pass him by, but they only touch the surface of his life, the depths are calm and serene.

Today, humanity is bowed down with trouble, sorrow and grief, no one escapes; the world is wet with tears; but, thank God, the remedy is at our doors. Let us turn our hearts away from the world of matter and live in the spiritual world! It alone can give us freedom! If we are hemmed in by difficulties we have only to call



upon God, and by His great Mercy we shall be helped.

If sorrow and adversity visit us, let us turn our faces to the Kingdom and heavenly consolation will be outpoured.

If we are sick and in distress let us implore God's healing, and He will answer our prayer.

When our thoughts are filled with the bitterness of this world, let us turn our eyes to the sweetness of God's compassion and He will send us heavenly calm! If we are imprisoned in the material world, our spirit can soar into the Heavens and we shall be free indeed!

When our days are drawing to a close let us think of the eternal worlds, and we shall be full of joy!

You see all round you proofs of the inadequacy of material things—how joy, comfort, peace and consolation are not to be found in the transitory things of the world. Is it not then foolishness to refuse to seek these treasures where they may be found? The doors of the spiritual Kingdom are open to all, and without is absolute darkness.

Thank God that you... have this knowledge, for in all the sorrows of life you can obtain supreme consolation. If your days on earth are numbered, you know that everlasting life awaits you. If material anxiety envelops you in a dark cloud, spiritual radiance lightens your path. Verily, those whose minds are illumined by the Spirit of the Most High have supreme consolation.

I myself was in prison forty years—one year alone would have been impossible to bear—nobody survived that imprisonment more than a year! But, thank God, during all those forty years I was supremely happy! Every day, on waking, it was like hearing good tidings, and every night infinite joy was mine. Spirituality was my comfort, and turning to God was my greatest joy. If this had not been so, do you think it possible that I could have lived through those forty years in prison?

Thus, spirituality is the greatest of God's gifts, and 'Life Everlasting' means 'Turning to God'. May you, one and all, increase daily in spirituality, may you be strengthened in all goodness, may you be helped more and more by the Divine consolation, be made free by the Holy Spirit of God, and may the power of the Heavenly Kingdom live and work among you.

This is my earnest desire, and I pray to God to grant you this favour.⁵

References

¹Bahá'u'lláh, *Baha'i Prayers*, p. 24

²The Báb, *Selections from the Writings of the Báb*, p. 214

³Abdu'l-Bahá, *Baha'i Prayers*, p. 150

⁴Bahá'u'lláh, *Baha'i Prayers*, p. 85

⁵Abdu'l-Bahá, *Paris Talks*, p. 109

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Bahá'í Prayers to be said at Times of Difficulties

☼ DISPEL MY GRIEF by Thy bounty and Thy generosity, O God, my God, and banish mine anguish through Thy sovereignty and Thy might. Thou seest me, O my God, with my face set towards Thee at a time when sorrows have compassed me on every side. I implore Thee, O Thou Who art the Lord of all being, and overshadowest all things visible and invisible, by Thy Name whereby Thou hast subdued the hearts and the souls of men, and by the billows of the Ocean of Thy mercy and the splendors of the Daystar of Thy bounty, to number me with them whom nothing whatsoever hath deterred from setting their faces toward Thee, O Thou Lord of all names and Maker of the heavens!