



Dear parents,

This book about prayer with quotes from the Bahá'í Writings is geared towards children younger than age fifteen, as it does not include important information about obligatory prayers. It also does not include important information about reciting "Allah'u'Abha" 95 times each day, or about meditation. It is meant to be an introduction to prayer, using quotes taken from the compilation *Prayer and Devotional Life* compiled by the Research Department of the Universal House of Justice. To access this compilation and other writings from the Bahá'í Faith, go to www.bahai.org.

If there are mistakes or changes needed, please email Anna at LittleOneResources@gmail.com.

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Book About

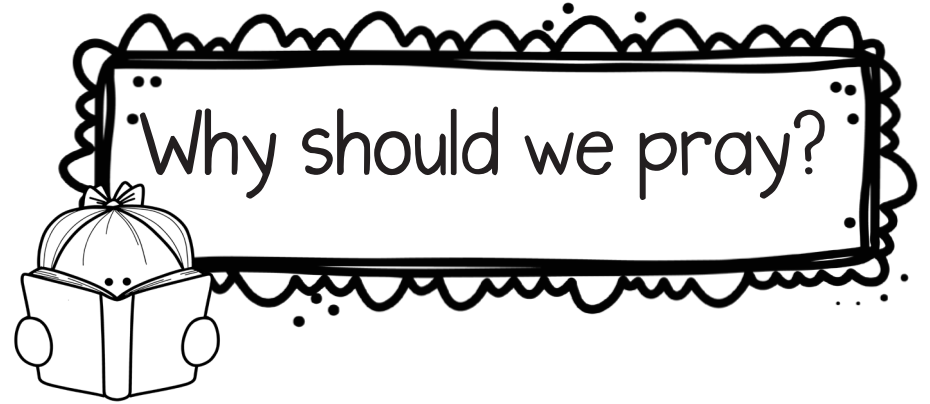
PRAYER





These children
are even as young plants,
and teaching them the prayers
is as letting the rain
pour down upon them...

'Abdu'l-Bahá



★ Prayer is
indispensable
to our
spiritual
development



Indispensable means we really need it,
just like we really need air to breathe
and food to eat!

The believers,
particularly the young ones,
should therefore fully realize
the necessity of praying.

For prayer is absolutely
indispensable
to their inner spiritual development,
and this, already stated,
is the very foundation and purpose
of the Religion of God.

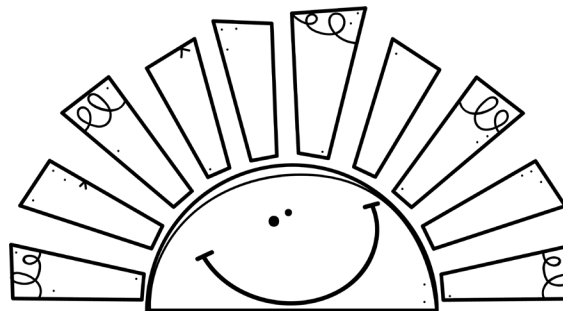
(From a letter dated 8 December 1935
written on behalf of Shoghi Effendi
to an individual believer)



When should we pray?



We should pray
in the morning
and evening,
but we can also
pray any time
we need to!



Recite ye
the verses of God
every morn
and eventide.

Bahá'u'lláh



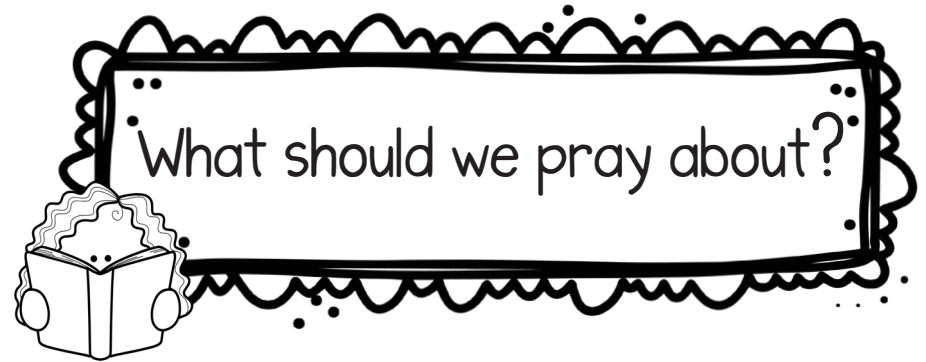
Teach ye your children
so that they may peruse
the divine verses
every morn and eve.

Bahá'u'lláh



Every day at first light,
ye gather the Bahá'í children together
and teach them the communes and prayers.
This is a most praiseworthy act,
and bringeth joy to the children's hearts:
that they should, at every morn,
turn their faces toward the Kingdom
and make mention of the Lord
and praise His Name,
and in the sweetest of voices,
chant and recite.

'Abdu'l-Bahá



To show God our love
To praise and thank God
To pray for our parents
To ask for God's help
To ask for healing

What else do you pray about?

It is seemly that the servant should,
after each prayer,
supplicate God
to bestow mercy and forgiveness
upon his parents.

-The Báb



In the highest prayer,
men pray only for the love of
God.

-‘Abdu’l-Bahá



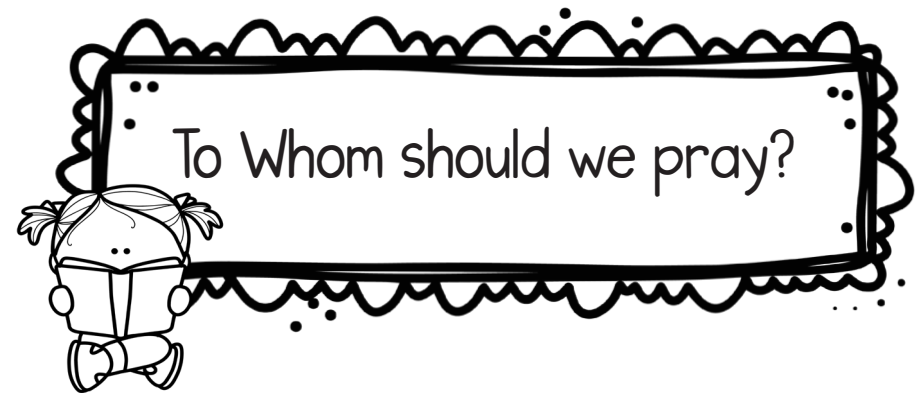
Strive thou, then,
to praise and glorify
God...

-‘Abdu’l-Bahá



It behoveth the servant to
pray to and seek assistance
from God, and to supplicate
and implore His aid.

-‘Abdu’l-Bahá



We can pray directly to God,
or we can
turn our thoughts to Baha’u’llah,
or ‘Abdu’l-Baha, or Shoghi Effendi
to speak to God for us,
but when we use
the Baha’i prayers that speak to God,
we should not change the name of God.



...we must not be rigid about praying; there is not a set of rules governing it; the main thing is we must start out with the right concept of God, the Manifestation, the Master, the Guardian -we can turn, in thought, to any one of them when we pray. For instance you can ask Bahá'u'lláh for something, or, thinking of Him, ask God for it. The same is true of the Master or the Guardian. You can turn in thought to either of them and then ask their intercession, or pray direct to God. As long as you don't confuse their stations, and make them all equal, it does not matter much how you orient your thoughts.

-Written on behalf of Shoghi Effendi

While praying it would be better to turn one's thoughts to the Manifestation as He continues, in the other world, to be our means of contact with the Almighty. We can, however, pray directly to God Himself.

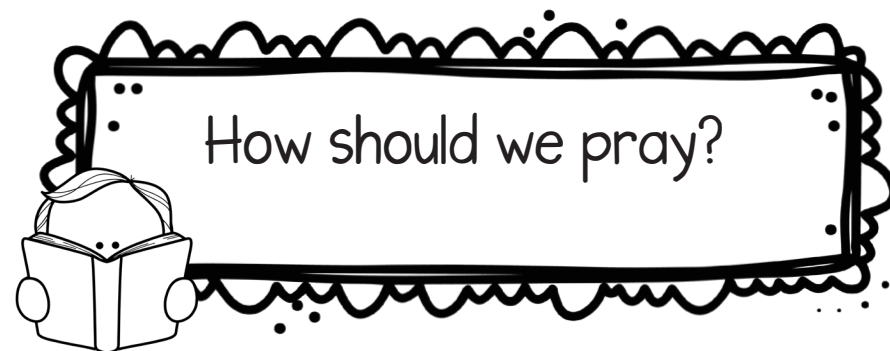
-Written on behalf of Shoghi Effendi

You have asked whether our prayers go beyond Bahá'u'lláh: it all depends whether we pray to Him directly or through Him to God. We may do both, and also can pray directly to God, but our prayers would certainly be more effective and illuminating if they are addressed to Him through His Manifestation, Bahá'u'lláh. Under no circumstances, however, can we, while repeating the prayers, insert the name Bahá'u'lláh where the word "God" is used. This would be tantamount to a blasphemy.

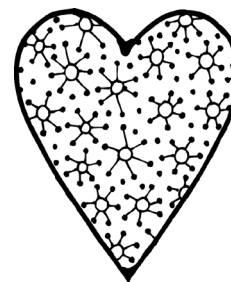
-Written on behalf of Shoghi Effendi

As regards your question: Bahá'u'lláh is, of course, not God and not the Creator; but through Him we can know God, and because of this position of Divine Intermediary, in a sense, He is all (or the other Prophets) we can ever know of that Infinite Essence which is God. Therefore, we address ourselves in prayer and thought to Him, or through Him to that Infinite Essence behind and beyond Him.

-Written on behalf of Shoghi Effendi



Turning to God
With our whole heart
With detachment
With spirituality
With radiance



The most acceptable prayer
is the one offered with the utmost
spirituality and radiance;
its prolongation hath not been
and is not beloved by God.

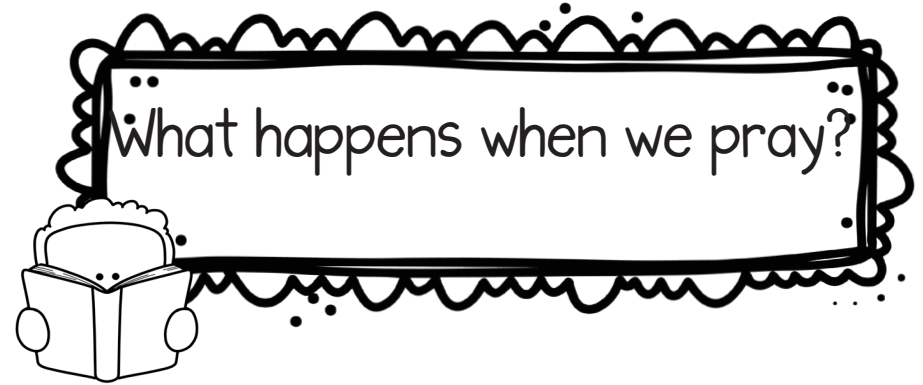
The more detached
and the purer the prayer,
the more acceptable is it
in the presence of God.

-The Báb



When we turn to God
with our whole heart
and invoke His Name,
a spiritual connection
is established
through which we become
a channel of divine influence.

-Written on behalf of Shoghi Effendi



God answers our prayers
Prayer brings light to our hearts
Prayer helps us understand
Prayer brings life to our souls
Prayer makes us happy



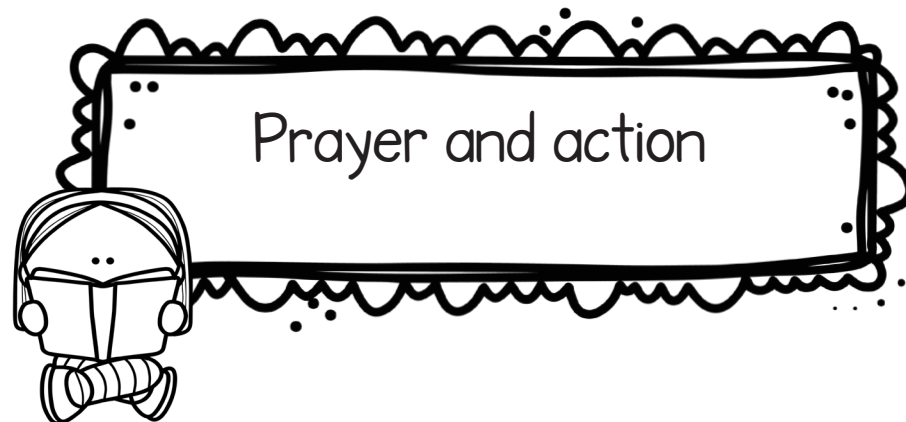
...prayer has spiritual effect.
 Therefore, we pray, "O God! Heal this sick one!"
 Perchance God will answer.
 Does it matter who prays?
 God will answer the prayer of every servant
 if that prayer is urgent.
 His mercy is vast, illimitable...
 God will answer anyone.
 -'Abdu'l-Bahá



Prayer verily bestoweth life...
 'Abdu'l-Bahá



When one supplicates to his Lord,
 turns to Him and seeks bounty from His Ocean,
 this supplication brings
 light to his heart,
 illumination to his sight,
 life to his soul
 and exaltation to his being.
 -Report of 'Abdu'l-Bahá's words as quoted in J. E. Esslemont,
 Bahá'u'lláh and the New Era, p. 93



Prayer and meditation,
 and study,
 without action,
 are of no value,
 and action must be reinforced
 by these other things,
 which strengthen the soul
 and nourish the mind.
 -Written on behalf of Shoghi Effendi

Therefore strive
that your actions day by day
may be beautiful prayers.
Turn towards God,
and seek always to do
that which is right and noble.

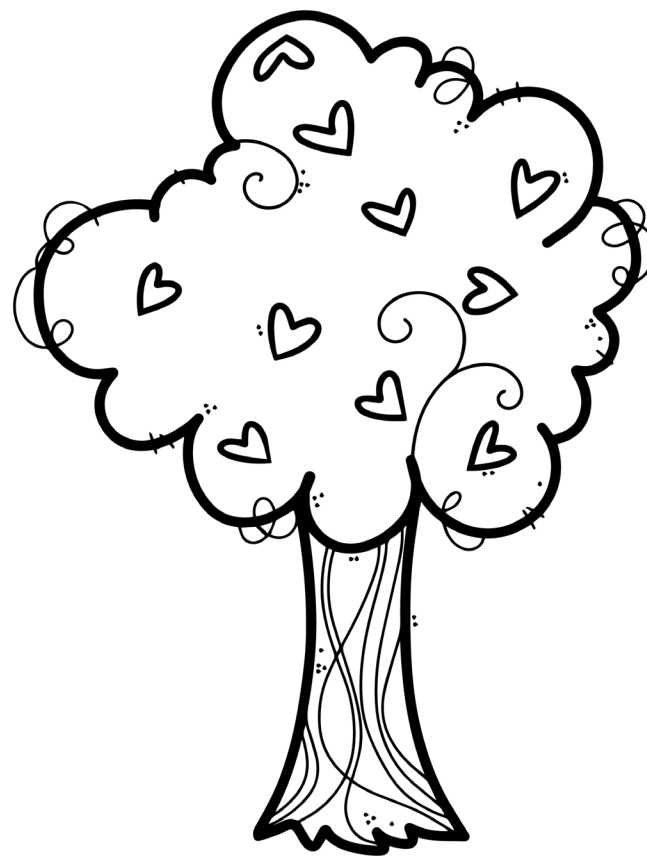
Enrich the poor,
raise the fallen,
comfort the sorrowful,
bring healing to the sick,
reassure the fearful,
rescue the oppressed,
bring hope to the hopeless,
shelter the destitute!

-Abdu'l-Bahá



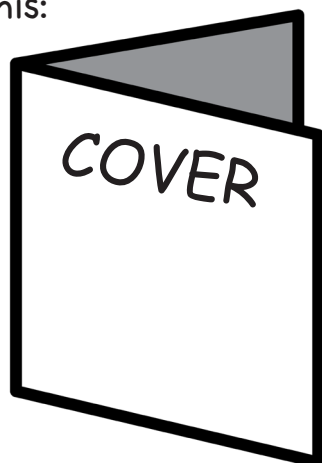
One who performeth
neither good deeds
nor acts of worship
is like unto a tree
which beareth no fruit...

Bahá'u'lláh

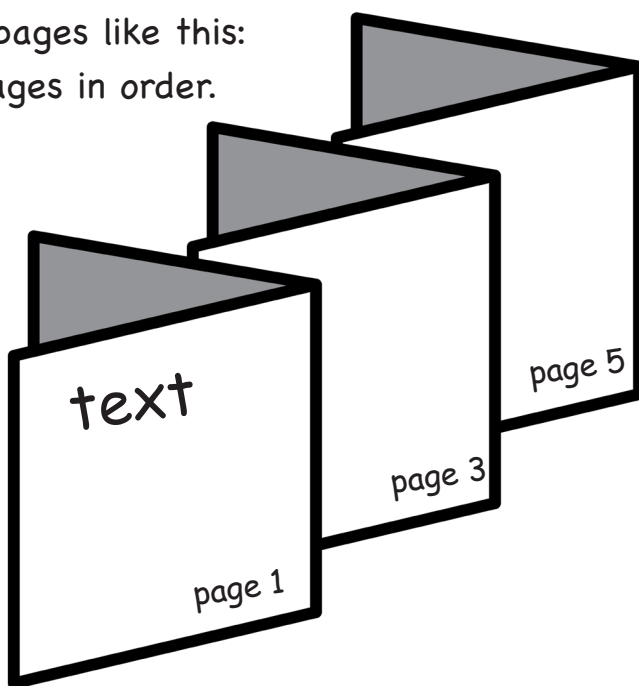


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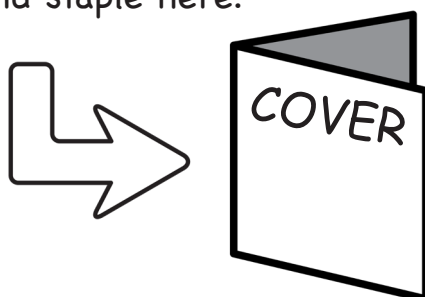
Fold the cover like this:



Fold the remaining pages like this:
Stack the folded pages in order.



Place the stack inside the cover, and staple here:





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