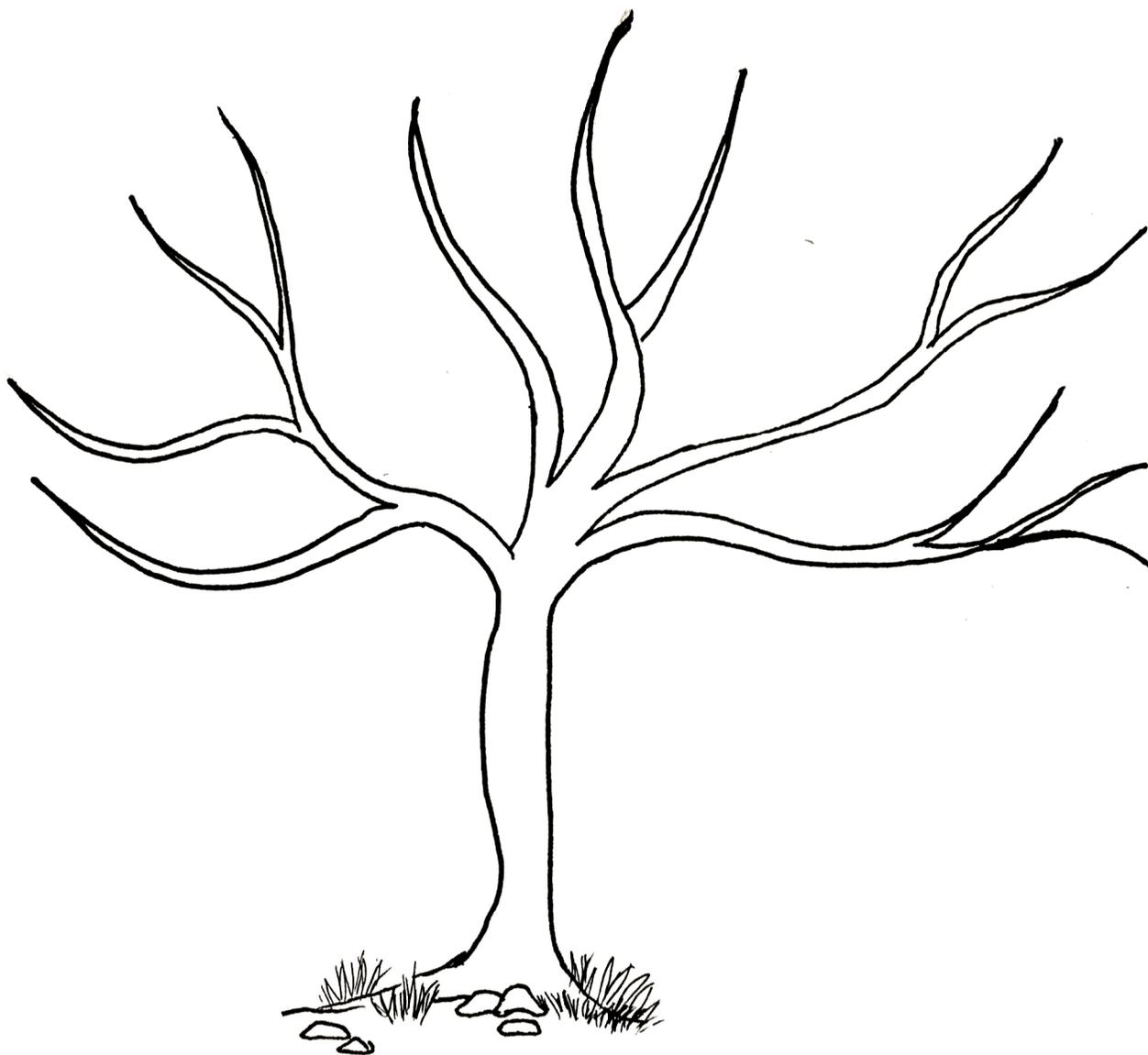


# My Prayer Study Booklet

A prayer revealed by `Abdu'l-Bahá

“O my God! O my God! Thou seest these children who are the twigs of the tree of life,…”



Children are the youngest members of the human family. The youngest parts of the tree are the twigs that grow at the tips of the tree’s branches each year. A tree without new fresh twigs or shoots looks sick or dead. On this tree, draw on some lively twigs, leaves, and fruits to show that it is healthy and beautiful.

Say: ***“I am the new, beautiful life upon God’s tree.”***

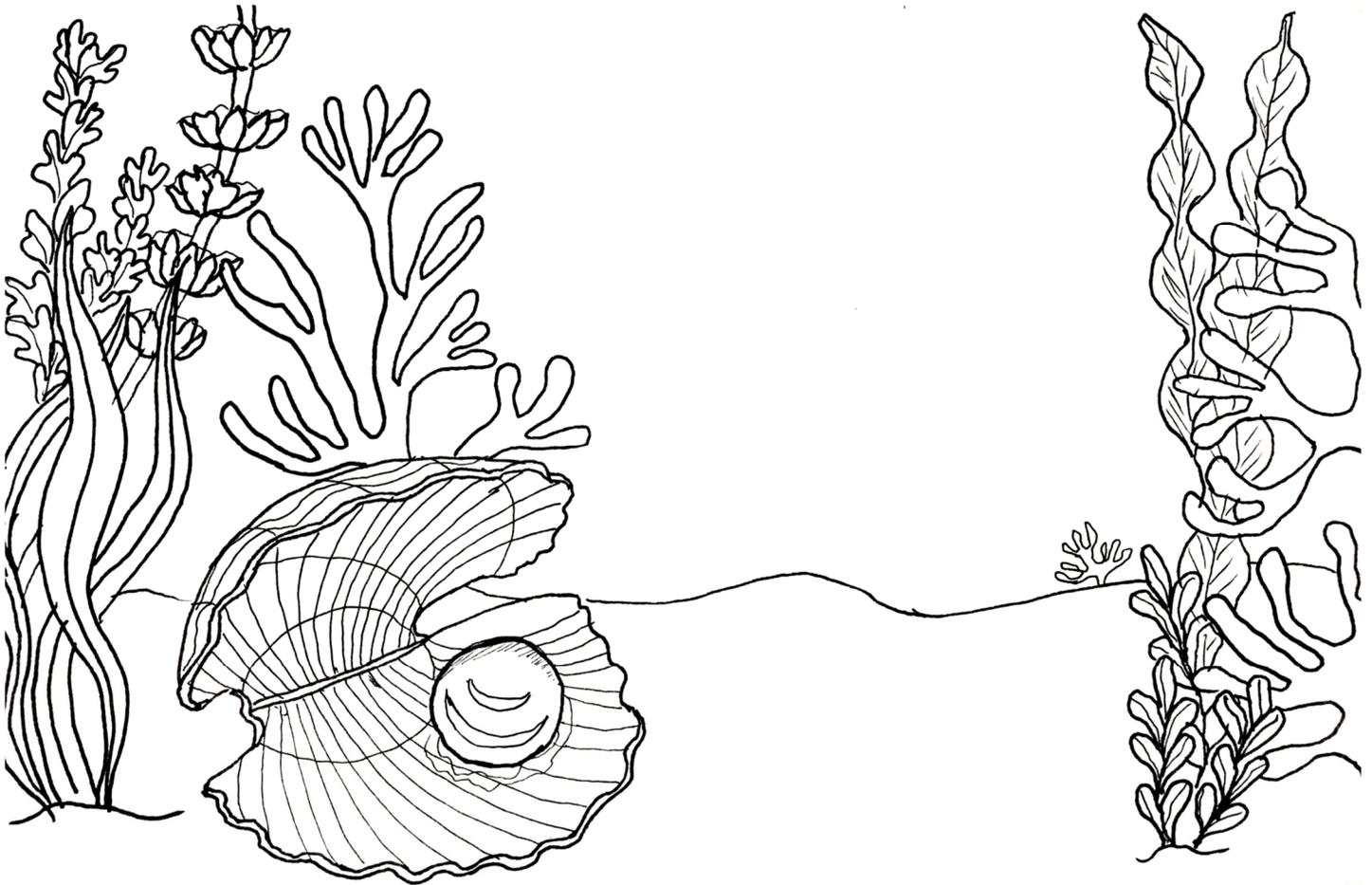
“...the birds of the meads of salvation...”



Just as God protects us from harm, birds can use nature to protect themselves and their young. Can you draw these birds in the safety of their homes or in their hiding spots? Use the birds which are already drawn to guide you to draw birds of your own.

Say: ***“God protects and shelters me from harm. My heart can rest safely with Him.”***

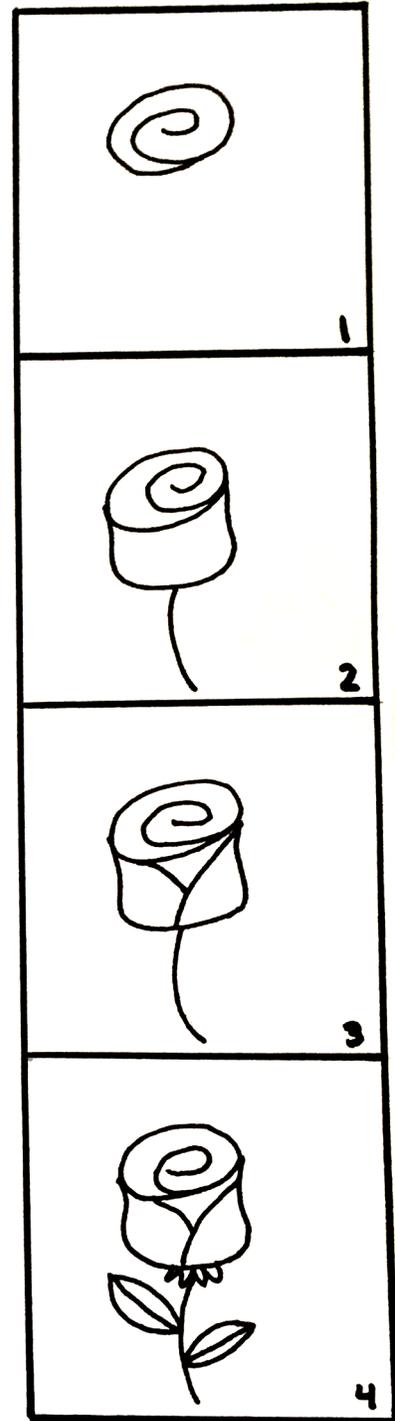
“...the pearls of the ocean of Thy grace...”



Among all the beauty God freely gives to the world, He decided to create us, valuable and beautiful too. Draw some examples above of the gifts God created in the ocean. Think of all the kingdoms of creation that He has made. Try to add something from the mineral, plant, and animal kingdoms!

Say: ***“God is generous in giving His gifts to the world; I will be generous too.”***

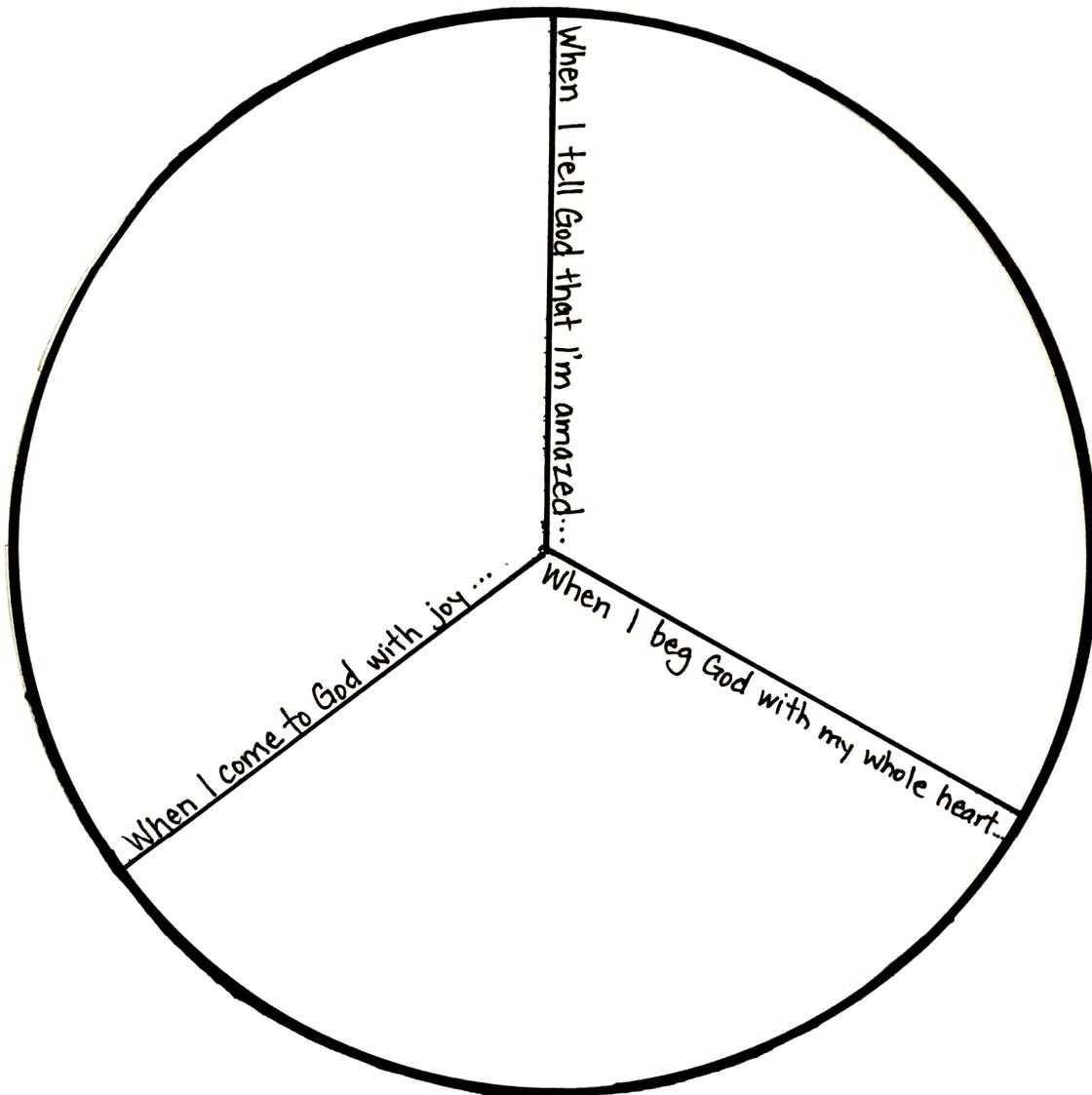
“...the roses of the garden of Thy guidance...”



Roses have a beautiful scent. They draw people, and animals, closer. We know the guidance God has given to make the world happy. By our actions we can draw people towards God's teachings. Our good deeds can inspire good deeds in others. Draw some roses in the above space.

Say: ***“By doing good deeds, as Baha’u’llah asks, I can encourage others to do their best too!”***

“O God, our Lord! We sing Thy praise, bear witness to Thy sanctity and implore fervently the heaven of Thy mercy...”



Prayer is a conversation with God. There are many ways to talk to someone; not all times will we be calm and happy. God hears our hearts no matter how we are feeling. Singing His praise means we are happy or thankful. Bearing witness to His sanctity means that we are admitting that He is great, awesome, or powerful. To implore fervently God’s mercy means that we are asking (or begging) Him to forgive us, to strengthen us, or to see us with compassion and understanding. All of these are acceptable types of prayers. Above, draw what it looks like when someone is coming to God in prayer with these thoughts.

Say: ***“God will hear my heart’s wish when I speak truthfully and with my whole heart!”***

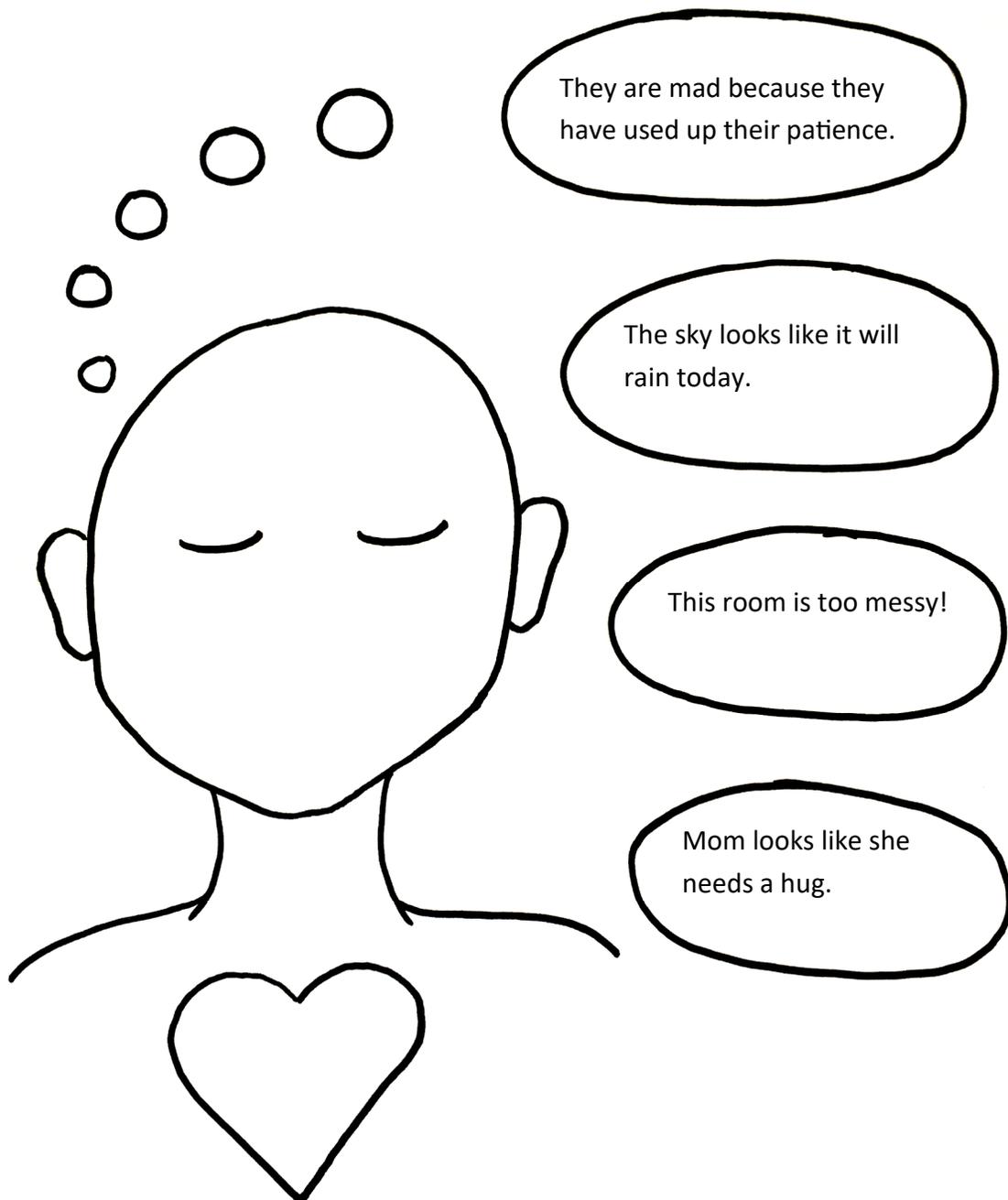
“...to make us lights of guidance, stars shining above the horizons of eternal glory amongst mankind...”



Lights and stars shine brightly. We use them to find our way and to not be scared of the darkness. Here we ask God to fill us with His light so that we can guide and comfort all the people in the world.

Say: ***“I have God’s light and goodness within me. I will guide and comfort.”***

“...and to teach us a knowledge which proceedeth from Thee.”



They are mad because they have used up their patience.

The sky looks like it will rain today.

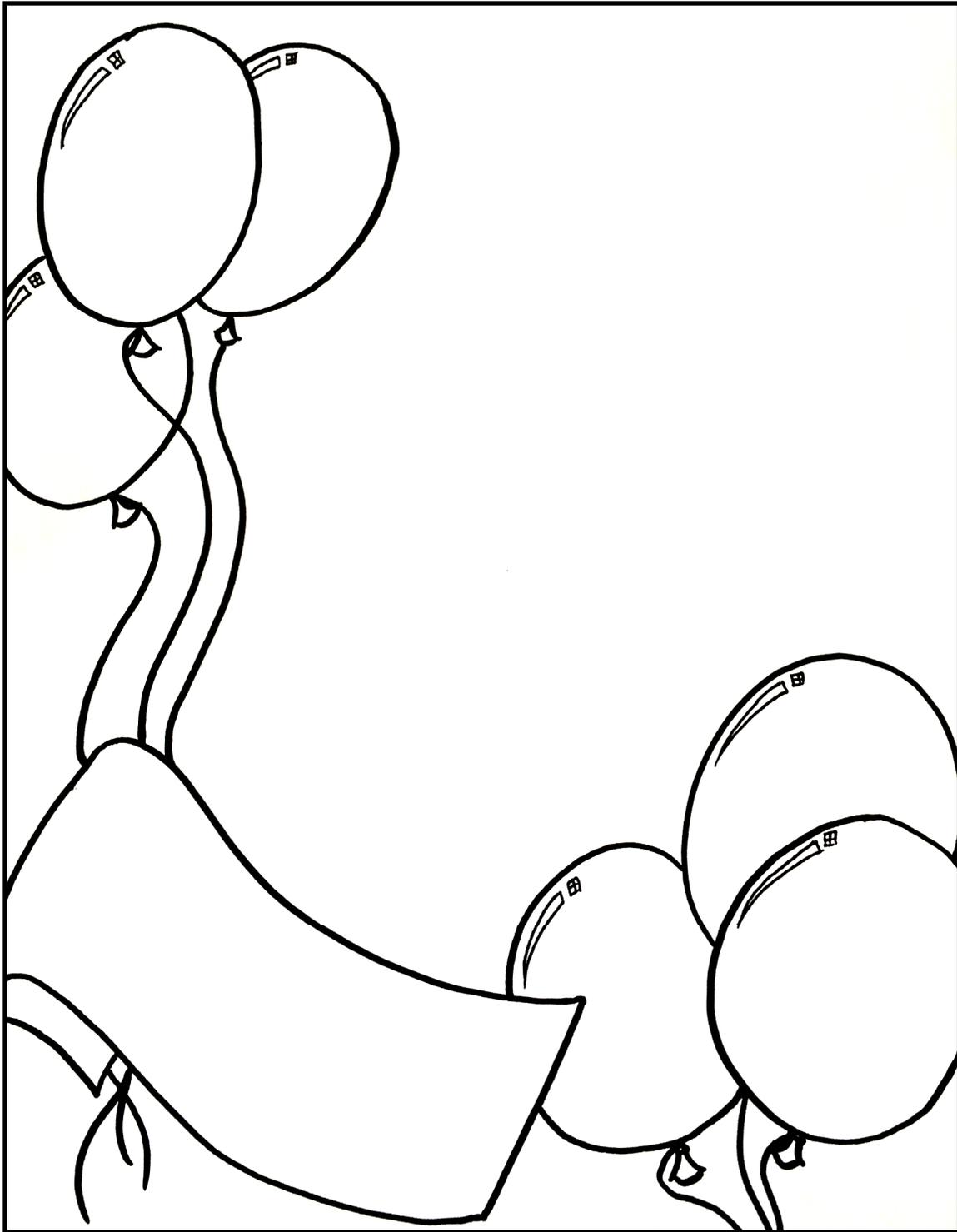
This room is too messy!

Mom looks like she needs a hug.

Our eyes can see and they help us understand physical things around us. Our inner eyes help us to see spiritual truths. Our outer eyes could see tears in someone's eyes as they cry when they hear mean words. Our inner eyes tell us that their heart is broken by the unfairness of the words. Knowledge from God helps our inner eye grow stronger. Colour the bubbles with things your inner eye could see, blue. Decorate the child to have a radiant heart which helps their inner eye to see.

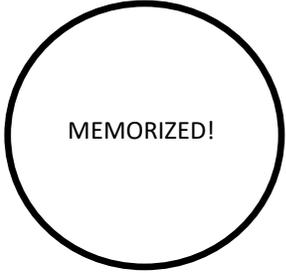
Say: ***“When I act the way God asks, I see the reasons behind His laws and guidance. My inner eye becomes stronger when I look for spiritual truth!”***

“Yá Bahá’u’l-Abhá!”



This means “O Thou Glory of Glories”. This phrase is a form of saying God’s greatest name. “Baha” or “Glory” is His greatest name. Joyfully saying this phrase is like a celebration. It celebrates the goodness of God. God is greater than all of the great things in the world. He created them! In the space above draw a picture of a joyful celebration.

Say: ***“God is the most great; He created so many great things in this world!”***



MEMORIZED!

O my God! O my God!  
Thou seest these children  
who are the twigs of the  
tree of life, the birds of the  
meads of salvation, the  
pearls of the ocean of Thy  
grace, the roses of the  
garden of Thy guidance.

O God, our Lord!

We sing Thy praise, bear witness to Thy sanctity and implore fervently the heaven of Thy mercy to make us lights of guidance, stars shining above the horizons of eternal glory amongst mankind, and to teach us a knowledge which preceedeth from Thee.

Yá Bahá'u'l-Abhá!