



*Overcoming Adversity*

## A PRAYER TO BEGIN WITH

**H**e is the Compassionate, the All-Bountiful! O God, my God! Thou seest me, Thou knowest me; Thou art my Haven and my Refuge. None have I sought nor any will I seek save Thee; no path have I trodden nor any will I tread but the path of Thy love. In the darksome night of despair, my eye turneth expectant and full of hope to the morn of Thy boundless favor and at the hour of dawn my drooping soul is refreshed and strengthened in remembrance of Thy beauty and perfection. He whom the grace of Thy mercy aideth, though he be but a drop, shall become the boundless ocean, and the merest atom which the outpouring of Thy loving-kindness assisteth, shall shine even as the radiant star.

Shelter under Thy protection, O Thou Spirit of purity, Thou Who art the All-Bountiful Provider, this enthralled, enkindled servant of Thine. Aid him in this world of being to remain steadfast and firm in Thy love and grant that this broken-winged bird attain a refuge and shelter in Thy divine nest that abideth upon the celestial tree.

~‘Abdu’l-Bahá

**T**here is a saying in Tibetan, ‘Tragedy should be utilized as a source of strength.’

No matter what sort of difficulties, how painful experience is, if we lose our hope, that’s our real disaster.

—Dalai Lama

**Y**ou may encounter many defeats, but you must not be defeated. In fact, it may be necessary to encounter the defeats so you can know who you are, what you can rise from, how you can still come out of it.

—Maya Angelou

The more often the captain of a ship is in the tempest and difficult sailing, the greater his knowledge becomes.

—‘Abdu’l-Bahá



**N**ot only that, but we rejoice in our sufferings, knowing that suffering produces endurance, and endurance produces character, and character produces hope, and hope does not put us to shame, because God's love has been poured into our hearts through the Holy Spirit who has been given to us.

—The Bible: Romans 5:3-5

**C**ount it all joy, my brothers, when you meet trials of various kinds, for you know that the testing of your faith produces steadfastness.

—The Bible: James 1:2-4

O God, be merciful to me, for in you my soul takes refuge; in the shadow of your wings I will take refuge, till the storms of destruction pass by.

—The Bible: Romans 57:1-2

Armed with the power of Thy name nothing can ever hurt me, and with Thy love in my heart all the world's afflictions can in no wise alarm me.

—Bahá'u'lláh

**A**s my sufferings mounted I soon realized that there were two ways in which I could respond to my situation—either to react with bitterness or seek to transform the suffering into a creative force. I decided to follow the latter course.

—Martin Luther King Jr.



**M**en who suffer  
not, attain no  
perfection.

—‘Abdu’l-Bahá



**M**y calamity is My providence, outwardly it is fire and vengeance, but inwardly it is light and mercy. Hasten thereunto that thou mayest become an eternal light and an immortal spirit.

—Bahá'u'lláh

**G**rieve thou not over the troubles and hardships of this nether world, nor be thou glad in times of ease and comfort, for both shall pass away.

—‘Abdu’l-Bahá

**B**e not the slave of your moods, but their master. But if you are so angry, so depressed and so sore that your spirit cannot find deliverance and peace even in prayer, then quickly go and give some pleasure to someone lowly or sorrowful, or to a guilty or innocent sufferer! Sacrifice yourself, your talent, your time, your rest to another, to one who has to bear a heavier load than you—and your unhappy mood will dissolve into a blessed, contented submission to God.

—‘Abdu’l-Bahá (Star of the West)

Only in the  
darkness can you see  
the stars.

—Martin Luther King Jr.



**H**owever difficult matters are at present, and however close to the limits of their endurance some sections of societies are brought, humanity will ultimately pass through this ordeal, and it will emerge on the other side with greater insight and with a deeper appreciation of its inherent oneness and interdependence.

—The Universal House of Justice

The troubles of this world pass, and what we have left is what we have made of our souls...

—Shoghi Effendi