

A photograph of a single white daisy flower with a green stem, set against a bright blue sky with soft, wispy white clouds. The flower is positioned on the left side of the frame, looking towards the right.

*Hope*

## *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

**H**ope is important because it can make the present moment less difficult to bear. If we believe that tomorrow will be better, we can bear a hardship today.

—*Thich Nhat Hanh*

Look to this day,  
For it is life,  
The very life of life.  
In its brief course lie all the truths  
And realities of your existence;  
The bliss of growth  
The glory of action, and  
The splendor of beauty;  
For yesterday is but a dream  
And tomorrow is only a vision,  
But today well lived makes  
Every yesterday a dream of happiness  
And every tomorrow a vision of hope.  
Look well, therefore, to this day.  
Such is the salvation of the dawn.

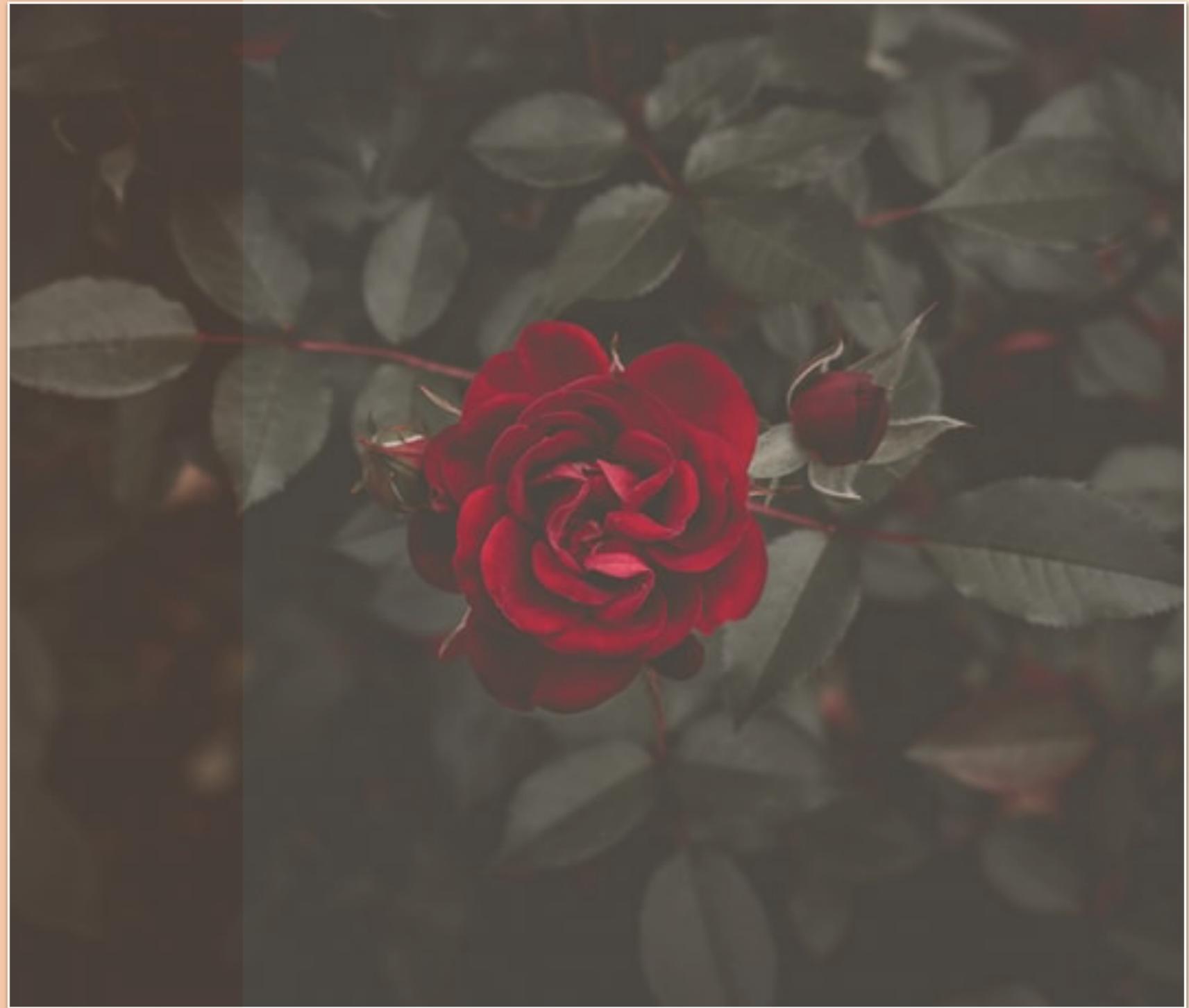


—*The Bhagavad Gita*

**L**ove gives life to the lifeless.

Love lights a flame in the heart  
that is cold. Love brings hope  
to the hopeless and gladdens  
the hearts of the sorrowful.

—*‘Abdu’l-Bahá*



**B**ut those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint.

—*The Bible: Isaiah 40:31*

**M**ay the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit.

—*The Bible: Romans 15:13*

**N**earness to Thee is my hope, and love for Thee  
is my companion.

*—Bahá'u'lláh*

**T**he best way to not feel hopeless is to get up and do something. Don't wait for good things to happen to you. If you go out and make some good things happen, you will fill the world with hope, you will fill yourself with hope.

— *Barack Obama*

**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*

**W**e must accept  
finite disappointment, but  
we must never lose infinite  
hope.

*—Martin Luther King, Jr*

**O**ur human compassion  
binds us the one to the other...as  
human beings who have learnt  
how to turn our common  
suffering into hope for the  
future.

*—Nelson Mandela*

**W**hen 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!

—*Abdu'l-Bahá*

**Y**ou don't have to  
see the whole staircase,  
just take the first step.

—*Martin Luther King Jr.*



**L**ift up your hearts above the present and look with eyes of faith into the future! Today the seed is sown, the grain falls upon the earth, but behold the day will come when it shall rise a glorious tree and the branches thereof shall be laden with fruit.

—*Abdu'l-Bahá*