

A vibrant rainbow arches over a beach with waves crashing on the shore under a blue sky. The rainbow is the central focus, spanning across the upper half of the image. The sky is a deep blue with some light clouds. The ocean is dark blue with white foam from the waves. The text "Spiritual Growth" is overlaid in the center in a white, serif font with a slight shadow.

Spiritual Growth

A PRAYER TO BEGIN WITH

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.

—‘*Abdu’l-Bahá*

It is better to conquer yourself than to win a thousand battles. —*Buddha*

One should strive and employ oneself to uplift oneself. One should never dishonor oneself. The self is one's friend as well as one's enemy.

—*The Bhagavad Gita*

The troubles of this world pass, and what we have left is what we have made of our souls; so it is to this we must look—to becoming more spiritual, drawing nearer to God, no matter what our human minds and bodies go through.

—*Shoghi Effendi*

You have to do your own growing
no matter how tall your grandfather
was.

—Abraham Lincoln

At any moment, you have a
choice, that either leads you
closer to your spirit or further
away from it.

—Thich Nhat Hanh



We ourselves must walk the path.

—Buddha

You 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*



Men who suffer not, attain no perfection.

—*'Abdu'l-Bahá*

You were taught, with regard to your former way of life, to put off your old self... to be made new in the attitude of your minds; and to put on the new self, created to be like God in true righteousness and holiness.

—*Ephesians 4:20-24*

For this very reason, make every effort to supplement your faith with virtue, and virtue with knowledge, and knowledge with self-control, and self-control with steadfastness, and steadfastness with godliness, and godliness with brotherly affection, and brotherly affection with love. For if these qualities are yours and are increasing, they keep you from being ineffective or unfruitful in the knowledge of our Lord Jesus Christ.

—*2 Peter 1:5-8*

Incline your hearts, O people of God, unto the counsels of your true, your incomparable Friend. The Word of God may be likened unto a sapling, whose roots have been implanted in the hearts of men. It is incumbent upon you to foster its growth through the living waters of wisdom, of sanctified and holy words, so that its root may become firmly fixed and its branches may spread out as high as the heavens and beyond.

—*Bahá'u'lláh*

Your word is a lamp to my feet and a light to my path.

—*Psalm 119:105*

The more we search for ourselves, the less likely we are to find ourselves; and the more we search for God, and to serve our fellow-men, the more profoundly will we become acquainted with ourselves, and the more inwardly assured. This is one of the great spiritual laws of life.

—*Shoghi Effendi*



Now let us consider the soul. We have seen that movement is essential to existence; nothing that has life is without motion. All creation, whether of the mineral, vegetable or animal kingdom, is compelled to obey the law of motion; it must either ascend or descend. But with the human soul, there is no decline. Its only movement is towards perfection; growth and progress alone constitute the motion of the soul.

Divine perfection is infinite, therefore the progress of the soul is also infinite. From the very birth of a human being the soul progresses, the intellect grows and knowledge increases. When the body dies the soul lives on. All the differing degrees of created physical beings are limited, but the soul is limitless!

—*Abdu'l-Bahá*

We cannot segregate the human heart from the environment outside us and say that once one of these is reformed everything will be improved. Man is organic with the world. His inner life moulds the environment and is itself also deeply affected by it. The one acts upon the other and every abiding change in the life of man is the result of these mutual reactions.

—Shoghi Effendi

Yet perfection is not a requirement; what is required of us is a sincere daily effort to move towards this high standard. We are asked to tread a common path of service—supporting each other and advancing together, with sufficient humility to value the contribution of each person and avoid the pitfalls of self-righteousness.

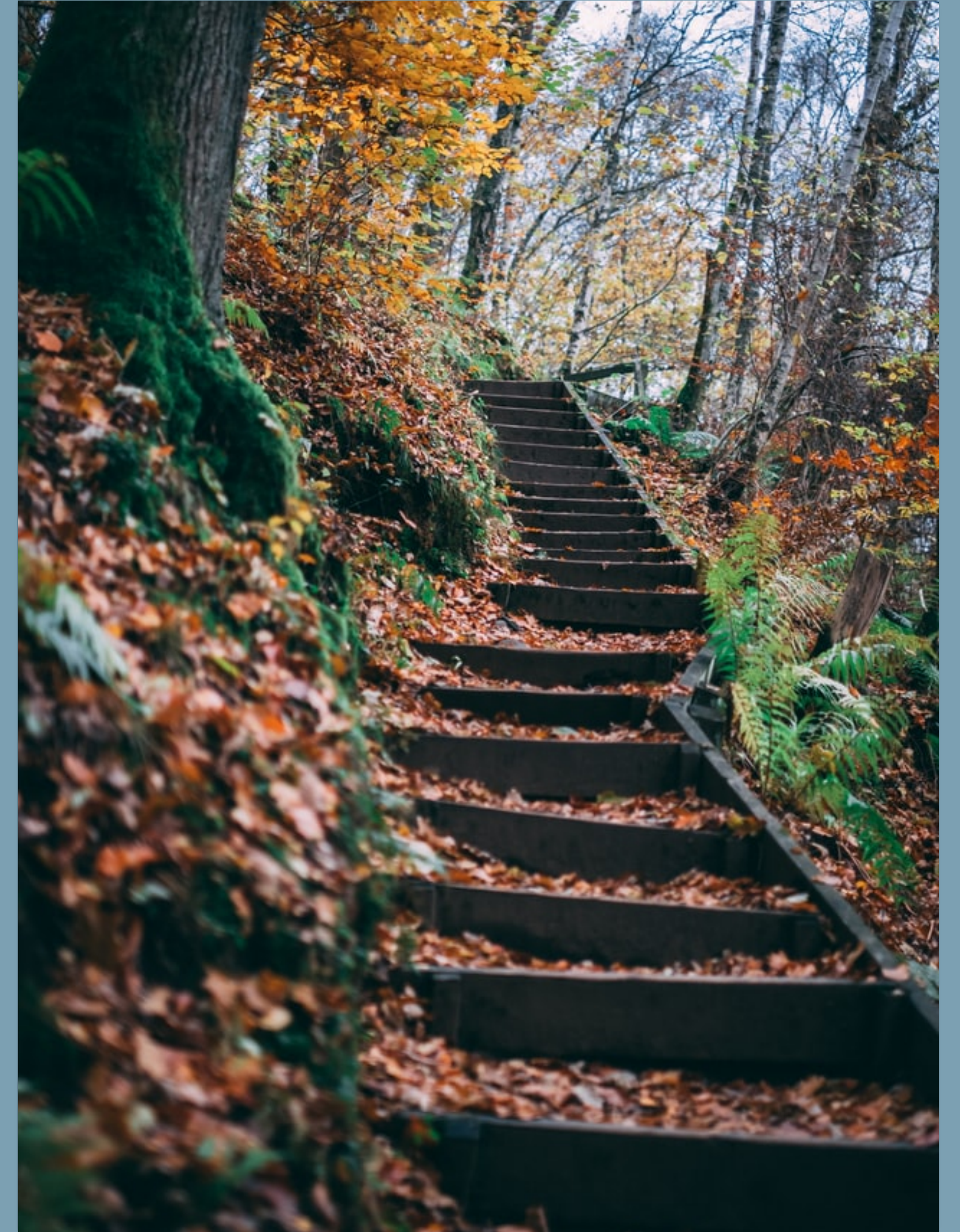
—Taken from bahai.org

One moment can change a day, one day can change a life and one life can change the world. —*Buddha*

If you are facing in the right direction, all you need to do is keep on walking. —*Buddha*

You don't have to see the whole staircase, just take the first step.

—*Martin Luther King Jr.*



Day by day he must endeavor to become better, his belief must increase and become firmer, his good qualities and his turning to God must be greater, the fire of his love must flame more brightly; then day by day he will make progress, for to stop advancing is the means of going back. The bird when he flies soars ever higher and higher, for as soon as he stops flying he will come down. Every day, in the morning when arising you should compare today with yesterday and see in what condition you are.

—*Abdu'l-Bahá*

Let each morn be better than its eve and each morrow richer than its yesterday.

—*Bahá'u'lláh*