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A PRAYER TO BEGIN WITH 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



D on't cry because it's over, smile because it happened.—*Dr. Seuss* There are two ways to live your life. One is as though nothing is a miracle. The other is as though everything is a miracle.—*Albert Einstein*

Tor every minute you are angry you lose sixty seconds of happiness. - Ralph Waldo Emerson

hen you have exhausted all possibilities, remember this: you haven't. – *Thomas Edison*



L he way of the slothful man is as an hedge of thorns: but the way of the righteous is made plain. – Proverbs 15:19

o not be slothful in zeal, be fervent in spirit, serve the Lord. Rejoice in hope, be patient in tribulation, be constant in prayer.—*Romans* 12:11-12

L herefore I tell you, the kingdom of God will be taken away from you and given to a people producing its fruits. – Matthew 21:43



he gross materialism that engulfs the entire nation at the present hour; the attachment to worldly things that enshrouds the souls of men; the fears and anxieties that distract their minds; the pleasure and dissipations that fill their time, the prejudices and animosities that darken their outlook, the apathy and lethargy that paralyze their spiritual faculties—these are among the formidable obstacles...—*Shoghi Fiffendi*

Passivity is bred by the forces of society today. A desire to be entertained is nurtured from childhood, with increasing efficiency, cultivating generations willing to be led by whoever proves skillful at appealing to superficial emotions. – *The Universal House of Justice*

When so much of society invites passivity and apathy or, worse still, encourages behaviour harmful to oneself and others, a conspicuous contrast is offered by those who are enhancing the capacity of a population to cultivate and sustain a spiritually enriching pattern of community life.—*The Universal House of Justice*



L he greatest danger to our future is apathy.—Jane Goodall cience may have found a cure for most evils; but it has found no remedy for the worst of them all—the apathy of human beings.—*Helen Keller* O much attention is paid to the aggressive sins, such as violence and cruelty, and greed with all their tragic effects, that too little attention is paid to the passive sins, such as apathy and laziness, which in the long run can have a more devastating and destructive effect upon society than the others.-Eleanor Roosevelt

A different world cannot be built by indifferent people. – Peter Marshall



In any moment of decision, the best thing you can do is the right thing, the next best thing is the wrong thing, and the worst thing you can do is nothing.—*Theodore Roosevelt*

he good you do today may be forgotten tomorrow. Do good anyway. Give the world the best you have and it may never be enough. Give your best anyway. For you see, in the end, it is between you and God. It was never between you and them anyway.—*Mother Teresa*

ur lives begin to end the day we become silent about things that matter.—*Martin Luther King, Jr.*



Juard against idleness and sloth, and cling unto that which profiteth mankind...–Baha'u'llah

hey who are the people of God must, with fixed resolve and perfect confidence, keep their eyes directed towards the Dayspring of Glory, and be busied in whatever may be conducive to the betterment of the world and the education of its peoples.—*Bahá'u'lláh*

B e anxiously concerned with the needs of the age ye live in, and centre your deliberations on its exigencies and requirements.—*Bahá'u'lláh*The betterment of the world can be accomplished through pure at

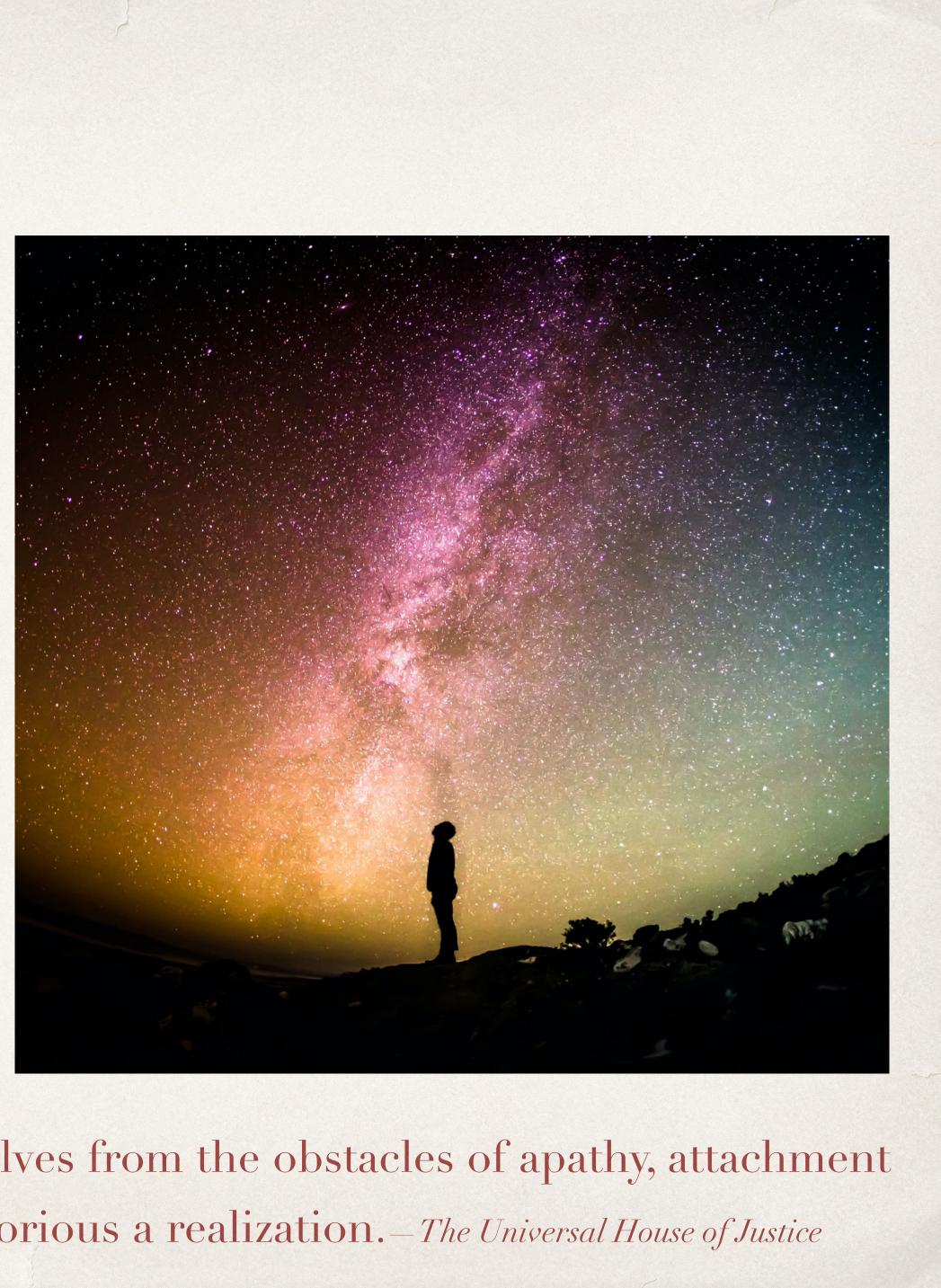
L he betterment of the world can be accomplished through pure and goodly deeds, through commendable and seemly conduct.—*Bahá'u'lláh*



pen your mind's eye, see your great and present need. Rise up and struggle, seek education, seek enlightenment. — 'Abdu'l-Bahá

now ye the value of this time. Strive ye with all your hearts, raise up your voices and shout, until this dark world be filled with light, and this narrow place of shadows be widened out, and this dust heap of a fleeting moment be changed into a mirror for the eternal gardens of heaven, and this globe of earth receive its portion of celestial grace. Then will aggression crumble away, and all that maketh for disunity be destroyed, and the structure of oneness be raised...-'Abdu'l-Bahá

ow as never before should you strive mightily to free yourselves from the obstacles of apathy, attachment to worldly pursuits, and lethargy, which stand in the way of so glorious a realization. - The Universal House of Justice



L n every community, there is work to be done. In every nation, there are wounds to heal. In every heart, there is the power to do it. - Marianne Williamson

_____n order to act effectively during the present period of transition in human history, individuals must, above all, be imbued with a strong sense of purpose that impels them both to pursue their own spiritual and intellectual growth and to contribute to the transformation of society. These are fundamentally inseparable dimensions of a single process, for the standards and behaviours of individuals shape their environment and, in turn, are moulded by social structures and processes...

Yet perfection is not a requirement; what is required of us is a sincere daily effort to move towards this high standard.-bahai.org



hat else will rescue the world but the efforts of countless souls who each make the welfare of humanity their principal, their dominating concern?

-The Universal House of Justice

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