

Virtue Handout for Year 1, Lesson 5

Patience

Endure the censure of enemies and bear the reproaches of the people of oppression with patience. Follow the example of Abdu'l-Bahá and at every moment wish to offer yourselves in the path of the Beauty of Abhá.

‘Abdu'l-Bahá, *Tablets of Abdu'l-Bahá* Vol.1, p. 38.

I beg of God to pour on thee becoming patience, so that thy heart may be consoled with the fragrance of His mercy and that thy breast may be dilated with His favours, that thou mayest attain to the spiritual states which are lasting forever and ever.

Thou oughtest to bear it with becoming patience. Again, thou oughtest to patiently bear this calamity which hath flowed thine eyes with tears and hath greatly afflicted thee.

‘Abdu'l-Bahá: (*Tablets of Abdu'l-Bahá* Vol.1, p. 140.

If one of thy relations oppress thee, complain not against him before the magistrate; rather manifest magnificent patience during every calamity and hardship.

‘Abdu'l-Bahá, *Bahá'í World Faith*, p. 375.

In truth, I say unto thee that if a spark of the fire of the love of God should fall into a heart, its flame will increase gradually, as the breeze blows upon it, until the sparks of the flame reach the Supreme Kingdom, providing the necessary preparations are made to kindle that fire in thy heart, to shed the tears from thine eyes and to bring thy patience to an end for the purpose of being drawn into the Kingdom of El-Abhá.

‘Abdu'l-Bahá: *Tablets of 'Abdu'l-Bahá* Vol.2, p. 330.