

Prayer: How and When to Pray

Bahá'u'lláh says that every Bahá'í should pray. When we pray we are talking to God. Sometimes when we pray we ask God for His help or to thank Him for something but the best kind of prayer just praises Him.

God always answers prayers, but not always in the way we expect. He knows what is good or bad for us. Sometimes the answer to our prayers is "No"! Have you ever asked your parents for sweets and they have said "No"? Too many sweets are bad for you, your parents know this and they do not want you to have bad teeth.

Bahá'ís should pray every morning and every evening. It is important to remember God at the beginning and end of the day. Prayer feeds our souls just as what we eat feeds our bodies. Prayer makes us spiritually strong, without it our souls will become weak.

When we have a problem God can help us solve it. Shoghi Effendi, the Guardian of the Bahá'í Faith, has given us steps we can take when we have a problem we want God to help us with. They are:

Step 1

Pray using one of the prayers of the Báb, Bahá'u'lláh or 'Abdu'l-Bahá and think about the problem.

Step 2

Decide on what to do, even if what you have decided seems to be impossible.

Step 3

Be determined to carry out what you have decided.

Step 4

Trust in God. Feel sure that the power will flow through you and that the right thing will come to help you.

Step 5

Get up from your prayer and ACT as though the prayer has already been answered.

QUESTIONS:

1. What is the best kind of prayer?
2. Why does God not always give you what you ask for?