

Your Refuge Is Ready

When you're worried, it feels good to find a refuge—a place that's safe and comforting. Maybe it's your room or a place in nature. But if you can't visit that place when you need to, there's a refuge waiting for you right where you are—in prayer. You can have a conversation with God and ask for help anywhere, at any time.

Prayer can remind you that no matter what's happening—

like a fight with a friend or a move to a new school—you can handle it. You can even find unexpected blessings. Resolving a conflict could bring you and your friend closer. Your new school could give you chances to make new friends.

Your worries may not disappear instantly, but turning to God can give you hope. No matter how dark your day seems, prayer can bring light to your heart.

READ THIS PRAYER, THEN CHECK OUT THE HIGHLIGHTED WORDS BELOW.

FIND EACH WORD IN THE LIST AND SEE HOW IT'S USED IN THE PRAYER.

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. —'Abdu'l-Bahá

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| 1. Haven | A. Walked along, followed |
| 2. Trodden | B. Gloomy, without light |
| 3. Darksome | C. Looking forward to something |
| 4. Despair | D. Shelter, place of safety |
| 5. Expectant | E. Unlimited, endless |
| 6. Boundless | F. Something that streams out; flood |
| 7. Perfection | G. Smallest, least significant |
| 8. Grace | H. Hopelessness |
| 9. Merest | I. Freedom from fault |
| 10. Outpouring | J. Divine assistance |

THEN DRAW A LINE TO THE MEANING ON THE RIGHT.