

LOOK UP WITH COURAGE

“Strive as much as ye can to turn wholly toward the Kingdom, that ye may acquire innate courage and ideal power.” —‘Abdu’l-Bahá

A sky-high cliff looms before you. It looks 10 times taller than it did in the distance. Your heart races with excitement and fear. How will you ever reach the top?

Rock climbers who scale daunting heights do so after a lot of practice and training. They carry the right gear and know how to use it. And they stay safe with an experienced guide or partner. Climbing a rock face is similar to overcoming other

challenges, such as starting a new school or giving a speech. Practicing your skills gives you confidence. Virtues are the tools you use—such as the courage to express yourself or the self-discipline to study hard. And when you need it, you can ask for help by praying to God. You can also talk to friends, family, and teachers.

If you’re dealing with a challenge, spiritual strengths help you face your fears, stay calm, and think positively. You never know how high you’ll climb until you try!

CRUSHED CHALK HELPS KEEP YOUR HANDS DRY FOR A BETTER GRIP ON THE ROCK.

Find nine tools named for virtues that can help you climb to great heights.



Calm Camera



Confident Carabiner



Cheerful Chalk Bag



Focused First Aid Kit



Knot Guide of Knowledge



Lantern of Leadership



Resilient Radio



Persistent Pulley



Wise Water Bottle

