

FIRM AS A MOUNTAIN

From snowy mountains to barren deserts, Bahá'u'lláh made many harsh journeys throughout His life. He faced treacherous challenges, including persecution, imprisonment, exile, and poverty. Yet He never wavered in His determination to share His message of peace.

Near the end of His life, Bahá'u'lláh stayed in a tent on Mount Carmel in Haifa, now in Israel. He showed His son, 'Abdu'l-Bahá, where the Shrine of the Báb should one day be

built. Today, that world-famous shrine and its magnificent gardens stand as a symbol of hope and perseverance.

We all face difficulties that can seem as daunting as steep, rocky trails. Spiritual teachings are like a map to keep us from losing our way. We can find strength to handle life's problems by praying and getting support from family and friends. We can also practice virtues such as kindness and patience. No matter what, choose positive paths on your journey of life.

Help these explorers find their way up the mountain paths to the Peaceful Peak.

