

✧ Faith and Prayer ✧

When you or a loved one is sick or struggling, it can help to talk to God through prayer. Like a ray of sunshine, prayer can bring us feelings of peace, positivity, and hope. We may even feel more connected to those we pray for. There's a Bahá'í prayer we can use to ask God for healing of the

body, mind, or spirit. It may take time, and the result might not be what we expect. We also need to do our best to take care of ourselves, follow guidance from health professionals, and learn from our experiences. With faith, prayer, and action, challenges can strengthen our spirits so we can brighten the world!

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



Thy name is my healing, O my God, and **remembrance** of Thee is my **remedy**. Nearness to Thee is my hope, and love for Thee is my **companion**. Thy **mercy** to me is my healing and my **succor** in both this world and the world to come. Thou, **verily**, art the **All-Bountiful**, the All-Knowing, the All-Wise.

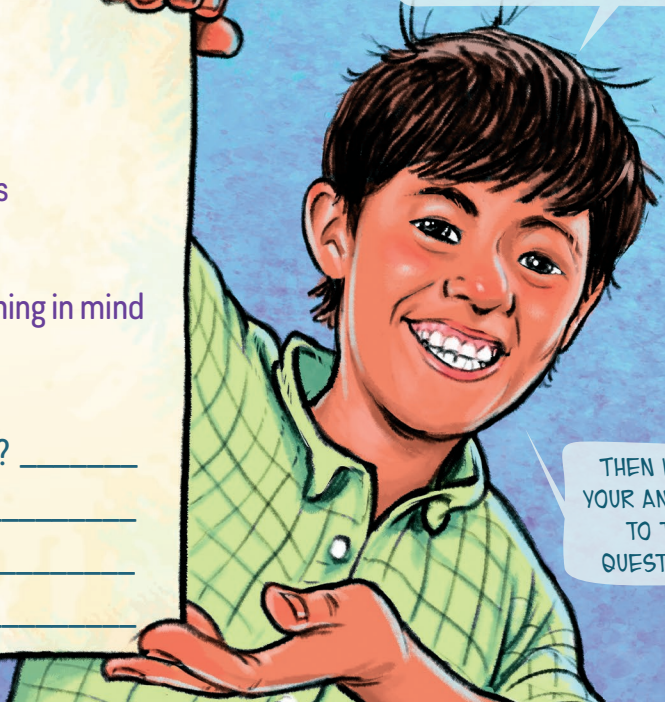
—Bahá'u'lláh

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|------------------|---|
| 1. Remembrance | A. Truly or with truth |
| 2. Remedy | B. Relief, help, or support |
| 3. Companion | C. Most generous and giving |
| 4. Mercy | D. Treatment that heals or fixes |
| 5. Succor | E. Compassion and kindness |
| 6. Verily | F. Keeping someone or something in mind |
| 7. All-Bountiful | G. Someone you're close to |

When you're sad or worried, what helps you find peace? _____

What helps you feel more connected to God? _____

DRAW A LINE FROM EACH WORD TO ITS DEFINITION.



THEN WRITE YOUR ANSWERS TO THE QUESTIONS.