REMEMBER MY DAYS

Martha Root loved to pray and think about Bahá'u'lláh. Sometimes, she would wake up at 3:00 in the morning and pray until 6:00 A.M. She said, "Whenever I enter a new city for the purpose of teaching the Faith, first, I say the Tablet of Ahmad, ten times."

The Tablet of Ahmad is a letter written by Bahá'u'lláh to one of His followers. Bahá'u'lláh promised that if the whole Tablet is said with "absolute sincerity," God will remove the sadness and difficulties of the person who reads it.

In this Tablet, Bahá'u'lláh mentions His "distress and banishment." Because He brought a new religion, He suffered torture, prison, and exile from His home. Through it all, He remained loving, just, and understanding.

Here are some of Bahá'u'lláh's Words from the Tablet of Ahmad*:

"Remember My days during thy days, and my distress and banishment in this remote prison. And be thou so steadfast in My love that thy heart shall not waver, even if the swords of the enemies rain blows upon thee and all the heavens and the earth arise against thee."

You can memorize the quote above and call it to mind when you need strength. Start by getting more familiar with some of the words. Look at the quote, then use the underlined words to fill in the blanks in the sentences below.

When a ship is having troubles, it's in _____.

A _____ is a part of you that keeps you alive.

Memorizing is one way to _____ words.

When my thoughts go back and forth, they _____.

The planet we live on is called _____.

If I keep a promise, I am being _____.

_____ is another word for exile.

People who treat others cruelly can be called _____.

The _____ can also mean the universe.

*Look for the complete Tablet of Ahmad in a Bahá'í prayer book.

MEMORY CHALLENGE

1. Read the quote out loud three times.
2. Cover the underlined words in the quote with bits of paper. Try to read through the whole quote without peeking under the paper.
3. Cover the entire first line. Try to say the first line by heart, then read the rest of the quote.
4. Now cover the first two lines and try to say them by heart. Continue covering lines until you know the entire quote.

Answers: distress, heart, remember, waver, earth, steadfast, banishment, enemies, heavens