

Extract from a Tablet of ‘Abdu’l-Bahá

O thou daughter of the Kingdom! Know thou that prayer and supplication are the water of life; through them one’s being is quickened and one’s soul refreshed and gladdened. Do thou persevere therein as far as thou art able, and recommend to others likewise to engage in prayer and supplication.

—‘Abdu’l-Bahá

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