

## Extract from a Tablet of ‘Abdu’l-Bahá

Thou didst question the necessity for prayer, and the wisdom that might lie behind it. What reason could there be, thou didst ask, considering that God hath perfected His creation, ordering all matters in the best way possible, assigning unto every thing its due measure, and appointing for it, with consummate exactitude and precision, its proper station—what reason could there be to make supplication and entreaty, to pray for needs to be fulfilled, and to beg for succour and assistance? Know thou that it belongeth to the weak to make entreaty to the Source of strength, and that it becometh the petitioner of heavenly grace to humbly supplicate to Him Who is the All-Glorious, the Lord of grace abounding. Whensoever the worshipper communeth with his Lord, turneth wholly unto Him, and supplicateth some portion of His boundless grace, then this very act of supplication is a light unto his heart, a collyrium unto his eye, a source of life unto his soul, and a cause of exaltation unto his being. Observe then how, when thou dost thyself commune with God and recitest “Thy Name is my healing”, thy heart is thrilled, thy soul transported with the rapture of the love of God, and thy spirit drawn towards His heavenly Kingdom. Through these sensations, moreover, thy receptive capacity is increased, and the more capacious the container, the more copious its contents; the more vehement one’s thirst, the sweeter in one’s palate the outpouring bounty of the cloud. This is the mystery of supplication; this is the wisdom of praying for the fulfilment of one’s needs.

—‘Abdu’l-Bahá

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