

TO BECOME FAMILIAR WITH SOME OF THE MAJOR WRITINGS AND PRAYERS REVEALED BY THE BÁB

THE PRAYERS OF THE BÁB

**SPIRITUAL QUALITIES RELEVANT TO THIS TOPIC:
DETACHMENT, HUMILITY, PRAYERFULNESS, SELF-DISCIPLINE**

The attainment of the most great guidance is dependent upon knowledge and wisdom, and on being informed as to the mysteries of the Holy Words.

Abdu'l-Bahá, *Bahá'í Education, A Compilation*, p.12

...so that all of them (children), having, in the school of true learning, achieved the power of understanding and come to know the inner realities of the universe, will go on to uncover the signs and mysteries of God, and will find themselves illumined by the lights of the knowledge of the Lord, and by His love. This is the very best way to educate all peoples.

‘Abdu'l-Bahá, from a Tablet translated from the Persian, *Compilation of Compilations*, Vol. 1, p.277

TOPIC: THE PRAYERS OF THE BÁB

LEARNING OBJECTIVES AND SUGGESTED ACTIVITIES



KNOWLEDGE OBJECTIVE

- To know that the Báb revealed many prayers in Arabic and in Persian

SUGGESTED LEARNING ACTIVITIES

- Look through a compilation of prayers revealed by the Báb, and choose one to transcribe with calligraphy.
- Examine Arabic and Persian scripts and language, and learn to write the Báb's name.
- Memorize a prayer of the Báb
- Hear prayers of the Báb chanted in Arabic or Persian (live or tape).



WISDOM OBJECTIVE

- To understand the power within the prayers of the Báb

SUGGESTED LEARNING ACTIVITIES

- Learn one or two words or phrases from the prayers of the Báb in Persian or Arabic, using other members of the community as a resource if necessary.
- Meditate on the prayer of the Báb individually selected, while carefully transcribing it into one's own compilation.
- Illuminate prayers using various art media, striving to convey through art the spirit and power of the prayer.

TOPIC: THE PRAYERS OF THE BÁB



SPIRITUAL PERCEPTION OBJECTIVE

- To perceive the strength, protection and wisdom that will come to us through the recitation of the prayers of the Báb

SUGGESTED LEARNING ACTIVITIES

- Consult on the special place the prayers of the Báb have in their lives.
- Work in groups to study the prayer for protection revealed by the Báb written in the shape of a pentangle. Consult on its meaning and ponder why the Báb might have revealed it in this special way.
- Make beautifully illustrated cards of prayers of the Báb to present to family and friends in time of special difficulty or need.



ELOQUENT SPEECH OBJECTIVE

- To recite the prayers of the Báb as part of one's daily prayers and meditations

SUGGESTED LEARNING ACTIVITIES

- Choose one or two prayers of the Báb and make a personal plan for one's daily recitation of this prayer.
- Teach the prayers learned to another person, perhaps a younger partner.
- Plan the devotions of a Feast or other devotional gathering using prayers of the Báb that learners have memorized.

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TOPIC: THE PRAYERS OF THE BÁB

Sample Activities

ACTIVITY: TELL THE STORY OF THE REVELATION OF A SPECIAL PRAYER TO HIS WIFE

WISDOM OBJECTIVE: To understand the power within the prayers of the Báb

INSTRUCTIONAL METHODS AND LEARNING TOOLS: Education directed towards recognition of God; Direct use of the Sacred Writings; Use of manipulatives; Use of Sacred Writings

SUGGESTED TIME FOR ACTIVITY: 30 MIN.

Materials Needed:

- green candle
- Persian music or recorded Persian chants
- Resource Page 74



1. Darken the room except for a single green candle. Invite the students to sit quietly around the candle, listening to Persian music playing in the background.
2. Tell or read the story, Resource Page 74, of the Báb's revealing of a special prayer for His wife, Khadijih Bagum. While it is not certain exactly which prayer He gave His beloved wife, we also have special prayers of the Báb to assist us in times of need.

3. Play a recording of a prayer of the Báb, such as "Remover of Difficulties," set to music, or sing the prayer together several times.
4. Listen to the prayer chanted in Arabic, if possible.

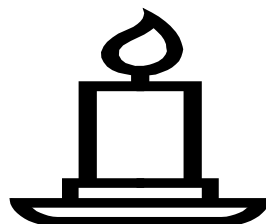
ACTIVITY: CONSULT ABOUT THE POWER OF PRAYER

SPIRITUAL PERCEPTION OBJECTIVE: To perceive the strength, protection and wisdom that will come to us through the recitation of the prayers of the Báb

INSTRUCTIONAL METHODS AND LEARNING TOOLS: Education directed towards recognition of God; Use of consultation; Use of stories.

SUGGESTED TIME FOR ACTIVITY: 20 MIN.

1. Discuss: Would the Báb's promise to His wife also hold true for us?



2. Encourage the sharing of stories about any time the students themselves, or someone they know, have said a prayer in times of need, fear or danger. Explore circumstances under which they might say the "Remover of Difficulties" in future.

TOPIC: THE PRAYERS OF THE BÁB

ACTIVITY: STORIES ABOUT THE BÁB'S PRAYERS

WISDOM OBJECTIVE: To understand the power within the prayers of the Báb

SPIRITUAL PERCEPTION OBJECTIVE: To perceive the strength, protection and wisdom that will come to us through the recitation of the prayers of the Báb

INSTRUCTIONAL METHODS AND LEARNING TOOLS: Education directed towards recognition of God; Use of stories.

SUGGESTED TIME FOR ACTIVITY: 40 MIN.

Materials Needed:

- *The Central Figures: The Báb, Volume One*
- *Fruits of the Spirit* CD and CD player, if available
- copies of Resource Page 75

1. Read some or all of the stories: “The Prayer,” “God Will Protect Me,” and “The Power of Sacrifice.”
2. After reading each story, allow time for individual reflection, then discuss the questions provided in the back of that volume.
3. If available, play the song, “Protect Us,” from the *Fruits of the Spirit* CD. Distribute copies of Resource Page 75. Teach the song “Protect Us.”
4. Encourage the students to share times when they, too, have drawn on the power of prayer. What happened? And then what happened after that? Invite them to share these events in the form of a story of their own.
5. In future classes, remember to invite students to describe their experiences and their use of prayer in light of these experiences.



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TOPIC: THE PRAYERS OF THE BĀB

ACTIVITY: MAKE A “REMOVER OF DIFFICULTIES” GIFT PACKAGE

SPIRITUAL PERCEPTION OBJECTIVE: To perceive the strength, protection and wisdom that will come to us through the recitation of the prayers of the Báb

INSTRUCTIONAL METHODS AND LEARNING TOOLS: Direct use of the Sacred Writings; Engage the mind and heart; Use of the arts

SUGGESTED TIME FOR ACTIVITY: 45 MIN.

Materials Needed:

- fancy paper or card stock
- craft items such as, calligraphy pens, glitter pens, sequins, gems, ribbons, dried/silk flowers
- candles
- liquid starch
- tissue paper
- empty baby food jars or other small jars

1. Explain that the prayers of the Báb are a gift to His wife and to each of us.
2. Encourage the students to choose someone to whom they would like to give a gift—a beautifully decorated copy of the prayer, plus a prayer candle.
3. Create beautiful copies of The Remover of Difficulties on card stock.
5. Use liquid starch to affix small pieces of torn tissue paper (you might use shades of green, for the Báb) to the outside of empty baby food jars. Trim loose pieces of tissue away from the mouth of the jar.
6. Place a small tea candle inside each jar.

Ideas:

- computer generated
 - written with calligraphy pens
 - written with glitter pens
 - made with border designs and/or letters to color in
 - affix sequins, glitter, gems, ribbons, dried or silk flowers
4. Create prayer candles. First, discuss how it felt to have the candle burning earlier, when you told the story and listened to the prayer. Connect those feelings with the plan to create a candle to accompany the prayer.



TOPIC: THE PRAYERS OF THE BÁB

ACTIVITY: DISCOVER OTHER PRAYERS BY THE BÁB

KNOWLEDGE OBJECTIVE: To know that the Báb revealed many prayers in Arabic and in Persian

INSTRUCTIONAL METHODS AND LEARNING TOOLS: Direct use of the Sacred Writings; Use of consultation; Use of research

SUGGESTED TIME FOR ACTIVITY: 30 MIN.

Materials Needed:

- prayer books

1. Distribute Bahá'í prayer books to small groups of students.
2. Assign each group a portion of the prayer book, roughly dividing by page numbers so the entire book is covered.
3. Invite them find and count all of the prayers by the Báb in their assigned portion of the book. If their book is divided into topic headings, also note the headings under which they found the Báb's prayers.
4. Encourage them to then choose one of the Báb's prayers to read aloud to the rest of the class.
5. Gather to hear each group's report and their chosen prayers.

ACTIVITY: MAKE PLANS FOR RECITING THE BÁB'S PRAYERS

ELOQUENT SPEECH OBJECTIVES: To recite the prayers of the Báb as part of one's daily prayers and meditations

INSTRUCTIONAL METHODS AND LEARNING TOOLS: Direct use of the Sacred Writings; Use of consultation; Use of stories

SUGGESTED TIME FOR ACTIVITY: 30 MIN.

Materials Needed:

- prayer books

1. Encourage the students to share stories at the next class regarding how their prayer gift pack was received and is being used.
2. Encourage them to be aware of when, and in what circumstances, they find themselves including prayers by the Báb in their daily devotions. Invite them also to share stories of their experiences with prayer at your next class.



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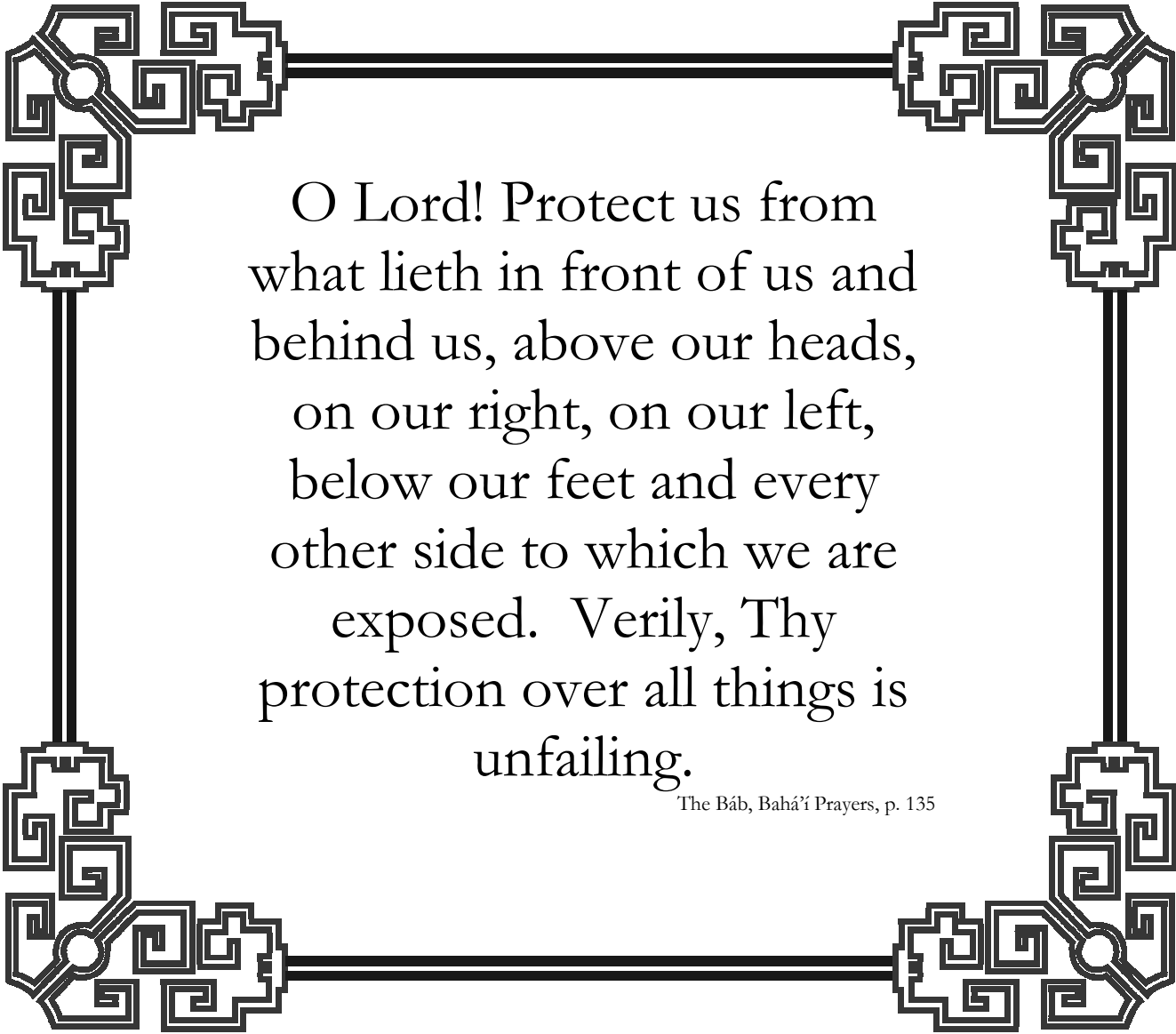
Resource Pages

We know the Báb loved His wife, Khadijih Bagum, very much, and was always concerned for her well-being. A letter He wrote to her during His pilgrimage to Mecca opened with these words: 'My sweet love, may God preserve thee.'

Well aware of the impending trials that were to afflict Him, the Báb had, before His final separation from His family, bequeathed to His mother and His wife all His possessions, and had confided to Khadijih Bagum the secret of what was to befall Him—that he would be martyred. He revealed for her a special prayer and assured her that reading it would resolve her perplexities and allay her sorrows.

sources: Shoghi Effendi, *God Passes By*, p. 13;
H.M. Balyuzi, *Khadijih Bagum - Wife of the Báb*

TOPIC: THE PRAYERS OF THE BÁB



O Lord! Protect us from
what lieth in front of us and
behind us, above our heads,
on our right, on our left,
below our feet and every
other side to which we are
exposed. Verily, Thy
protection over all things is
unfailing.

The Báb, Bahá'í Prayers, p. 135

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PROTECT US

Music by Ernestine Atkins Words of the Báb

Voice

The musical score is written for a voice part in 4/4 time. It consists of seven lines of music, each with a measure number at the beginning. The lyrics are written below the notes. The music features a mix of quarter, eighth, and sixteenth notes, with some measures containing rests. The lyrics are: "O Lord. Pro - tect us from what li eth in front of us and be - hind us, a - bove our heads, on our right, on our left, be - low our feet and eve - ry - - - oth - er side to which we are ex - posed. Ver - i - ly Thy pro - tec - tion ov - er all things is un - fail - ing."

O Lord. Pro - tect us from what

5
li eth in front of us and be - hind us, a -

9
bove our heads, on our right, on our left, be -

12
low our feet and eve - ry - - - oth - er side

16
to which we are ex - posed.

21
Ver - i - ly Thy pro - tec - tion ov - er

25
all things is un - fail - ing.

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LIST OF ADDITIONAL RESOURCES

Stories & Articles:

The Báb Project Book, p. 4

The Dawn-Breakers, pp. 191-192

Hour of the Dawn, Ch. 16

Worksheets and Coloring Pages:

The Báb Project Book, pp. 15-16, 19, 34

Activities:

Brilliant Star: “The Remover of Difficulties” Jul/Aug 94

“O God...My Beloved, Cross Stitch” Jul/Aug 95

“Remover of Difficulties Prayer Box” Jul/Aug 96

Music:

Brilliant Star, “Protect Us!” Jul/Aug 94

“O God, My God” Jul/Aug 95

A Sacrifice to Thee, “Remover of Difficulties”

C'mon, Rise Up, “My Heart Soars”

City of Love, “Remover of Difficulties”

Fruits of the Spirit, “Protect Us”

Melodies of the Nightingale, “Remover of Difficulties”

Rivers of Light, “Invocation”

Search, “God Sufficeth”, “Remover of Difficulties”

Selections from the Bahá'í Writings “Remover of Difficulties”

Songs of the Ancient Beauty, “God Sufficeth”, “O God, My God”, “Remover of Difficulties”, “Allahumma”

Special Times, “Remover of Difficulties”

We Have Come to Sing Praises, “Remover of Difficulties”

Games:

Poetry:

Videos:

List other favorite resources:

Bahá'í Prayers

Selections from the Writings of the Báb

If you find any additional resources, please notify the National Teacher Training Center, or submit your findings to the Educational Materials web site.