

Prepare for Adventure

Do you like to travel? Whether you're traveling near or far, taking a trip is a wonderful way to learn new things about our global family.

But travel can bring unexpected challenges, too—such as lost luggage, homesickness, different

foods, or unfamiliar languages. Saying a prayer before your journey is good preparation. It keeps your mind and heart ready for the road ahead. Try memorizing this prayer in one or more languages.

HI, I'M JAMAL! MY MOM IS PERSIAN AND MY DAD IS FROM CHILE. I LOVE VISITING OUR FAMILY OVERSEAS. I MEMORIZED THIS PRAYER IN ENGLISH AND SPANISH, AND I LIKE TO SAY IT WHEN WE TRAVEL. NOW I'M LEARNING IT IN ARABIC, TOO.

أَصْبَحْتُ يَا إِلَهِي بِفَضْلِكَ
وَ أَخْرَجُ مِنَ الْبَيْتِ مُتَوَكِّلاً
عَلَيْكَ وَ مُفَوِّضاً أَمْرِي
إِلَيْكَ. فَأَنْزِلْ عَلَيَّ
مِنْ سَمَاءِ رَحْمَتِكَ بَرَكَةً
مِنْ عِنْدِكَ، ثُمَّ أَرْجِعْنِي إِلَى
الْبَيْتِ سَالِماً كَمَا
أَخْرَجْتَنِي مِنْهُ
سَالِماً مُسْتَقِيماً.
لَا إِلَهَ إِلَّا أَنْتَ الْفَرْدُ
الْوَاحِدُ الْعَلِيمُ الْحَكِيمُ.
- حضرت بهاء الله

I have risen this morning by Thy grace,
O my God, and left my home trusting
wholly in Thee, and committing myself
to Thy care. Send down, then, upon me,
out of the heaven of Thy mercy, a blessing
from Thy side, and enable me to return
home in safety even as Thou didst enable me
to set out under Thy protection with
my thoughts fixed steadfastly upon Thee.

There is none other God but Thee, the One,
the Incomparable, the All-Knowing, the All-Wise.

—Bahá'u'lláh

Me he levantado esta mañana por Tu gracia,
oh mi Dios, y he dejado mi hogar confiando
plenamente en Ti y entregándome
a Tu cuidado. Haz descender, pues, sobre mí,
desde el cielo de Tu merced, una bendición
de Tu parte y permíteme regresar
salvo a mi hogar, así como me permitiste
salir bajo Tu protección con
mis pensamientos fijos firmemente en Ti.

No hay otro Dios más que Tú, el Único,
el Incomparable, el Omnisciente, el Todo Sabio.

—Bahá'u'lláh