



# RILEY'S RAINFOREST

"Send down... from the clouds of Thy mercy the rains of Thy healing..." —Bahá'u'lláh

## The Power of Prayer

**Y**ou are amazing. You have the capacity to learn, grow, and change the world. But you may not feel that way all the time. As fantastic as you are, you're also human. There may be times when you feel alone, afraid, or unsure of your strengths.

That's where prayer can help. The Bahá'í writings tell us that God's assistance is always there—we just have to ask for it. Sometimes that might seem hard, since we can't see or hear God with our physical eyes and ears. But spiritual strength is something you *feel*. Just as food gives your body energy, prayer helps your spirit feel strong and healthy. You can think of God as an invisible source of limitless power and strength. When you pray, you tap into that power.

There is no right or wrong way to pray. Any time you talk to God, you're praying. However,



the words of God's Messengers do have special strength. The words of Bahá'u'lláh, Jesus, Muhammad, and other Messengers come from God, and can help our spirits shine.

Does God always answer your prayers? God's help is unfailing, but it may look different than what you expect. It might take more time than you want. Or what you ask for might not be best for you. But you can always trust God to give you what you need.



## Explore and Soar Daily Dose of Prayer

**Y**ou wouldn't go without food if you could help it, right? Your soul needs nourishment every day, too. Here are some ways to make prayer a daily habit:

- ☐ Keep your prayer book next to your bed, and reach for it first thing in the morning.
- ☐ Gather your favorite prayers, and create your own special prayer book to carry with you.
- ☐ Say prayers of thanks when you see your parents or friends for the first time each day.

- ☐ Pray while you're walking, biking, or dancing.

- ☐ Make prayer beads, or find a prayer stone to help you meditate while praying.

- ☐ Ask your family to pray together in the morning or evening.

- ☐ Pray when you review your day at night before bed.

## Fruit for Thought

"If sorrow and adversity visit us, let us turn our faces to the Kingdom and heavenly consolation will be outpoured."

—'Abdu'l-Bahá



## Curiosity Canopy

Have you ever wondered how often other kids pray? According to one study, 80% of American teenagers pray.\* Of these kids, 40% pray every day, 22% pray every week, 9% pray every month, and 9% pray less than once a month. How often do *you* pray?