



We beseech God to assist His people that they may observe the most great and exalted Fast, which is to protect one's eye from beholding whatever is forbidden and to withhold one's self from food, drink and whatever is not of Him. We pray God to confirm His loved ones that they may succeed in accomplishing that which they have been commanded in this Day.

~ Bahá'u'lláh ~



O Divine Providence! As I am abstaining from bodily desires and not occupied with eating and drinking, even so purify and sanctify my heart from the love of anyone save Thyself, and shield and protect my soul from corrupt desires and satanic qualities, so that my spirit may commune with the breaths of holiness and fast from mention of all else besides Thee.

~ 'Abdu'l-Bahá ~



Prayers

&

Readings

for the Fast



All praise be unto God, Who hath revealed the law of obligatory prayer as a reminder to His servants, and enjoined on them the Fast that those possessed of means may become apprised of the woes and sufferings of the destitute.

Fasting is the cause of the elevation of one's spiritual station.

Verily, I say, fasting is the supreme remedy and the most great healing for the disease of self and passion.

One who performs neither good deeds nor acts of worship is like unto a tree without fruit and an action without an effect. Whosoever attaineth to the joy of worship will refuse to barter away a single righteous act or one word of God's remembrance in exchange for the possession of all created things. Fasting and obligatory prayer are the two wings that sustain the life of man. Blessed is he who soareth with their aid in the heaven of the love of God, the Lord of all worlds.

Well is it with thee that hast followed the Law of God and hast arisen to observe the Fast during these blessed days, for this physical fast is a symbol of the spiritual fast. It cleanseth the soul from all selfish desires, develops its spiritual attributes, attracts it to the breezes of the All-Merciful, and enkindles it with the fire of divine love.

Even though to outward seeming the Fast be difficult and troublesome, yet inwardly it is a bounty and the cause of well-being. Purification and training are conditioned and dependent upon spiritual exercises. Only those disciplines, however, which are in accord with the Book of God and sanctioned by Divine law are acceptable, not those which the deluded have inflicted upon the people. Whatsoever God hath revealed is beloved of the soul. We beseech Him that He may graciously assist us to do that which is pleasing and acceptable unto Him.

~ Bahá'u'lláh ~



Praise be to Thee O God, my God! These are the days whereon Thou hast enjoined Thy sincere friends and Thy loved ones to observe the Fast, which Thou hast made a light unto the people of Thy kingdom, even as Thou didst make obligatory prayer a ladder of ascent unto those who acknowledge Thy unity. I beg of Thee, O my God, by these two mighty pillars, which Thou hast ordained as a glory and honor for all mankind, to keep Thy religion safe from the mischief of the ungodly and the cunning of every wicker doer. O Lord, conceal not the light which Thou hast revealed through Thy strength and Thine omnipotence. Assist, then, those who truly believe in Thee with the hosts of the seen and the unseen by Thy command and Thy sovereignty. No God is there but Thee, the Almighty, the All-Powerful.

~ Bahá'u'lláh ~





This is, O my God, the first of the days on which Thou hast bidden Thy loved ones to observe the Fast. I ask of Thee by Thy Self and by him who hath fasted out of love for Thee and for Thy good-pleasure, and not out of his own desire or disdain for His Lord, and by Thy most excellent names and august attributes, to purify Thy servants from the love of aught else except Thee and to draw them nigh unto the Dawning-Place of the lights of Thy countenance and the Seat of the throne of Thy oneness. Illumine their hearts, O my God, with the light of Thy knowledge and brighten their faces with the rays of the Sun that shineth from the horizon of Thy Will. Potent art Thou to do what pleaseth Thee. No God is there but Thee, the All-Glorious, Whose help is implored by all men.

Assist them, O my God, to render Thee victorious and to exalt Thy Word. Suffer them, then, to become as hands of Thy Cause amongst Thy servants, and make them revealers of Thy religion and Thy signs amongst mankind, in such wise that the whole world may be filled with Thy remembrance and praise and with Thy proofs and evidences. Thou, verily, art the Bounteous, the Exalted, the Powerful, the Mighty, and the Merciful.

~ Bahá'u'lláh ~



In the Name of Him Who hath been promised in the Books of God, the All-Knowing, the All-Informed! The days of fasting have arrived wherein those servants who circle round Thy throne and have attained Thy presence have fasted. Say: O God of names and creator of heaven and earth! I beg of Thee by Thy Name, the All-Glorious, to accept the fast of those who have fasted for love of Thee and for the sake of Thy good-pleasure and have carried out what Thou hast bidden them in Thy Books and Tablets. I beseech Thee by them to assist me in the promotion of Thy Cause and to make me steadfast in Thy love, that my feet may not slip on account of the tumult provoked by Thy creatures. Verily, Thou art powerful over whatsoever Thou willest. No God is there but Thee, the Quickener, the All-Powerful, the All-Bountiful, the Ancient of Days.~ Bahá'u'lláh ~





Praised be Thou, O God my God! These are the days whereon Thou hast enjoined Thy chosen ones, Thy loved ones and Thy servants to observe the Fast, which Thou hast made a Light unto the people of Thy kingdom, even as Thou didst make obligatory prayer a ladder of ascent unto those who acknowledge Thy unity. I beg of Thee, O my God, by these two mighty pillars, which Thou hast ordained as a glory and honor for all mankind, to keep Thy religion safe from the mischief of the ungodly and the plotting of every wicked doer. O Lord, conceal not the light which Thou has revealed through Thy strength and Thine omnipotence. Assist then, those who truly believe in Thee with the hosts of the seen and the unseen by Thy command and Thy sovereignty. No God is there but Thee, the Almighty, the Most Powerful.

~ Bahá'u'lláh ~



Even though outwardly the Fast is difficult and toilsome, yet inwardly it is bounty and tranquillity. Purification and training are conditioned and dependent only on such rigorous exercises as are in accord with the Book of God and sanctioned by Divine law, not those which the deluded have inflicted upon the people. Whatsoever God hath revealed is beloved of the soul. We beseech Him that He may graciously assist us to do that which is pleasing and acceptable unto Him.

~ Bahá'u'lláh ~



Verily, I say, fasting is the supreme remedy and the most great healing for the disease of self and passion.

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