



MEDITATIONS ON

Hope

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*H*owever difficult matters are at present,
and however close to the limits of their endurance
some sections of societies are brought,
humanity will ultimately pass through this ordeal,
and it will emerge on the other side with greater insight
And with a deeper appreciation
of its inherent oneness and interdependence.

The Universal House of Justice

*L*ove gives life to the lifeless.
Love lights a flame in the heart that is cold.
Love brings hope to the hopeless
and gladdens the hearts of the sorrowful.

'Abdu'l-Bahá

*H*ope is being able to see that there is light
despite all of the darkness.

Desmond Tutu

*A*s material affairs go from bad to worse in the world...
confidence, optimism, love, and hope
...will, by force of contrast,
shine out as an ever brighter beacon.

Shoghi Effendi

*N*ever lose thy trust in God.

Be thou ever hopeful,
for the bounties of God never cease to flow upon man.
If viewed from one perspective they seem to decrease,
but from another they are full and complete.
Man is under all conditions immersed in a sea of God's blessings.
Therefore, be thou not hopeless under any circumstances,
but rather be firm in thy hope

'Abdu'l-Bahá

*O*ur human compassion binds us the one to the other -
not in pity or patronisingly, but as human beings
who have learnt how to turn our common suffering
into hope for the future.

Nelson Mandela

*T*he more difficulties one sees in the world the more perfect one becomes.

The more you plough and dig the ground the more fertile it becomes.

The more you cut the branches of a tree the higher and stronger it grows.

The more you put the gold in the fire the purer it becomes.

The more you sharpen the steel by grinding the better it cuts.

Therefore, the more sorrows one sees the more perfect one becomes.

The more often the captain of a ship is in the tempest
and difficult sailing the greater his knowledge becomes.

'Abdu'l-Bahá

*T*he bright day is coming...

The trees of hope will become verdant;
the copper of scorn and derision will be transmuted
into the gold of honour and praise;
the arid desert of ignorance will be transformed
into the luxuriant garden of knowledge,
the threatening clouds shall be dispelled
and the stars of faith and charity will again twinkle
in the clear heaven of consciousness.

'Abdu'l-Bahá

*F*or there is hope of a tree,
if it be cut down, that it will sprout again,
and that the tender branch thereof will not cease.
Though the root thereof wax old in the earth,
and the stock thereof die in the ground;
Yet through the scent of water it will bud,
and bring forth boughs like a plant.

Job 14:7-9

There is reassurance in the knowledge that,
amidst the disintegration,
a new kind of collective life is taking shape
which gives practical expression
to all that is heavenly in human beings.

The Universal House of Justice

Lift up your hearts above the present
and look with eyes of faith into the future!

Today the seed is sown,
the grain falls upon the earth,
but behold the day will come when it shall rise a glorious tree
and the branches thereof shall be laden with fruit.

'Abdu'l-Bahá

*H*e is the Compassionate, the All-Bountiful! O God, my God!
 Thou seest me, Thou knowest me; Thou art my Haven and my Refuge.
 None have I sought nor any will I seek save Thee;
 no path have I trodden nor any will I tread but the path of Thy love.
 In the darksome night of despair,
 my eye turneth expectant and full of hope to the morn of Thy boundless favor
 and at the hour of dawn my drooping soul is refreshed and strengthened
 in remembrance of Thy beauty and perfection.
 He whom the grace of Thy mercy aideth, though he be but a drop,
 shall become the boundless ocean,
 and the merest atom which the outpouring of Thy loving-kindness assisteth,
 shall shine even as the radiant star.
 Shelter under Thy protection, O Thou Spirit of purity,
 Thou Who art the All-Bountiful Provider,
 this enthralled, enkindled servant of Thine.
 Aid him in this world of being to remain steadfast and firm in Thy love
 and grant that this broken-winged bird
 attain a refuge and shelter in Thy divine nest that abideth upon the celestial tree.

'Abdu'l-Bahá

1. From the Naw-Rúz 177 message of the Universal House of Justice to the Bahá'ís of the world. ↵
2. *Paris Talks: Addresses Given by 'Abdu'l-Bahá in 1911* (London: Bahá'í Publishing, 1972), p. 179. ↵
3. Desmond Tutu, in an interview in *The New York Times* (March 4, 2010). ↵
4. *The Unfolding Destiny of the British Bahá'í Community: The Messages from the Guardian of the Bahá'í Faith of the Bahá'ís of the British Isles* (London: Bahá'í Publishing Trust, 1981), p. 150. ↵
5. *Selections from the Writings of 'Abdu'l-Bahá* (Haifa: Bahá'í World Centre, 1982), no. 178, p.205. ↵
6. From a message by Nelson Mandela at Healing & Reconciliation Service dedicated to HIV/Aids sufferers & "The Healing of our Land", Johannesburg, dated 6 December 2000. ↵
7. 'Abdu'l-Bahá, published in "Star of the West", vol.14, no.2 (May 1923), p. 41. ↵
8. 'Abdu'l-Bahá, published in *Bahá'í Scriptures: Selections from the Utterances of Bahá'u'lláh and 'Abdu'l-Bahá*, (New York:Brentano's Publishers, 1923), no.990, p. 548. ↵
9. *The Holy Bible* (King James Version) Job 14:7-9. ↵
10. From the Ridván 2015 message of the Universal House of Justice to the Bahá'ís of the world. ↵
11. *Paris Talks: Addresses Given by 'Abdu'l-Bahá in 1911* (London: Bahá'í Publishing, 1972), p. 68. ↵
12. 'Abdu'l-Bahá, in *Bahá'í Prayers: A Selection of Prayers Revealed by Bahá'u'lláh, the Báb, and 'Abdu'l-Bahá*, compiled by the United States Bahá'í Publishing Trust. ↵

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