



MEDITATIONS ON

# *Crisis*

ELEVATE

*A*ll praise be to Thee, O my God,  
for the things Thou didst ordain for me through Thy decree  
and by the power of Thy sovereignty.

I beseech Thee that Thou wilt fortify both myself  
and them that love me in our love for Thee, and wilt keep us firm in Thy Cause...

Armed with the power of Thy name nothing can ever hurt me,  
and with Thy love in my heart all the world's afflictions can in no wise alarm me.

Send down, therefore, O my Lord,  
upon me and upon my loved ones that which will protect us...

Thou art, verily, the All-Glorious, the Most Bountiful.

Bahá'u'lláh



In a day such as this,  
when the tempests of trials and tribulations have encompassed the world,  
and fear and trembling have agitated the planet,  
ye must rise above the horizon of firmness and steadfastness  
with illumined faces and radiant brows  
in such wise that, God willing, the gloom of fear  
and consternation may be entirely obliterated,  
and the light of assurance may dawn  
above the manifest horizon and shine resplendently.

‘Abdu’l-Bahá

*D*o not be anxious about anything,  
but in every situation, by prayer and petition,  
with thanksgiving, present your requests to God.

Philippians 4:6-7



Mighty Lord!

Thou seest what hath befallen Thy helpless lovers in this darkest of long nights  
...Exalt Thy loved ones before the assemblage of man, and grant them strength.

Allow those broken-winged beings to raise their heads  
and glory in the fulfilment of their hopes...

Bring light to our expectant eyes, balm to our stricken breasts.

Lead Thou the caravans of the city of Thy love  
swiftly to their intended goal.

Shoghi Effendi

*R*ejoice in hope, be patient in tribulation, be constant in prayer.

Romans 12:12

Sometimes things are ahead and sometimes they are behind;  
Sometimes breathing is hard, sometimes it comes easily;  
Sometimes there is strength and sometimes weakness;  
Sometimes one is up and sometimes down.

Lao Tzu

*T*he troubles of this world pass,  
and what we have left is what we have made of our souls;  
so it is to this we must look—to becoming more spiritual...  
no matter what our human minds and bodies go through.

Shoghi Effendi



*T*hou art He Who changeth through His bidding abasement into glory,  
and weakness into strength, and powerlessness into might,  
and fear into calm, and doubt into certainty.

Bahá'u'lláh

*L*eave all your affairs in His Hands,  
place your trust in Him, and rely upon Him.  
He will assuredly not forsake you. In this, likewise, there is no doubt.

Bahá'u'lláh



God, be merciful to me, for in you my soul takes refuge;  
in the shadow of your wings I will take refuge,  
till the storms of destruction pass by.

Romans 57:1-2

*W*e are troubled on every side, yet not distressed;  
we are perplexed, but not in despair;  
Persecuted, but not forsaken;  
cast down, but not destroyed;

Corinthians 4:8-9

Say: Beware...lest the strong ones of the earth  
rob you of your strength, or they who rule the world fill you with fear.

Put your trust in God, and commit your affairs to His keeping.  
He, verily, will, through the power of truth, render you victorious,  
and He, verily, is powerful to do what He willeth,  
and in His grasp are the reins of omnipotent might."

"Let not the happenings of the world sadden you...  
The sea of joy yearneth to attain your presence,  
for every good thing hath been created for you,  
and will, according to the needs of the times, be revealed unto you."

"...Sorrow not if, in these days and on this earthly plane,  
things contrary to your wishes have been ordained and manifested by God,  
for days of blissful joy, of heavenly delight, are assuredly in store for you.

Worlds, holy and spiritually glorious, will be unveiled to your eyes.  
You are destined by Him, in this world and hereafter, to partake of their benefits,  
to share in their joys, and to obtain a portion of their sustaining grace.  
To each and every one of them you will, no doubt, attain."

Bahá'u'lláh

*E*very discerning eye clearly sees that the early stages of...chaos have daily manifestations affecting the structure of human society; its destructive forces are uprooting time-honoured institutions which were a haven and refuge for the inhabitants of the earth in bygone days and centuries, and around which revolved all human affairs. ...Each of these tormenting trials has a cause, a purpose, and a definite result.

Universal House of Justice



*L*et it ever be borne in mind  
that we earn our victories through test and trial;  
we turn crisis to the advantage of progress  
by seizing the opportunity it provides  
to demonstrate the viability and winning power of our principles.

Universal House of Justice



thou handmaid aflame with the fire of God's love!

Grieve thou not over the troubles and hardships of this nether world,  
nor be thou glad in times of ease and comfort, for both shall pass away.

This present life is even as a swelling wave, or a mirage, or drifting shadows.

Could ever a distorted image on the desert serve as refreshing waters?

By the Lord of Lords! Never can reality and the mere semblance of reality be one,  
and wide is the difference between fancy and fact,  
between truth and the phantom thereof.

Know thou that the Kingdom is the real world,  
and this nether place is only its shadow stretching out.

A shadow hath no life of its own; its existence is only a fantasy, and nothing more;  
it is but images reflected in water, and seeming as pictures to the eye.

Rely upon God. Trust in Him. Praise Him, and call Him continually to mind.  
He verily turneth trouble into ease, and sorrow into solace, and toil into utter peace.

He verily hath dominion over all things. If thou wouldst hearken to my words,  
release thyself from the fetters of whatsoever cometh to pass.

Nay rather, under all conditions thank thou thy loving Lord,  
and yield up thine affairs unto His Will that worketh as He pleaseth.

This verily is better for thee than all else, in either world.

'Abdu'l-Bahá

1. *Bahá'í Prayers: A Selection of Prayers Revealed by Bahá'u'lláh, the Báb, and 'Abdu'l-Bahá* (US Bahá'í Publishing Trust, 1991), pp. 128-129. ↵
2. 'Abdu'l-Bahá cited by the Universal House of Justice in the Naw-Rúz 2020 Message to the Bahá'ís of the World. ↵
3. *The Holy Bible*, (New International Version), Philippians 4:6-7. ↵
4. "Excerpts from the Writings of Shoghi Effendi", *The Bahá'í World: An International Record*, XVIII (Haifa: Bahá'í World Centre, 1986), p.35. ↵
5. *The Holy Bible*, (King James Version), Romans 12:12. ↵
6. Lao Tzu, *Tao Te Ching*, translated by Jia Fu Feng and Jane English, Chapter 29. ↵
7. *Directives from the Guardian* (New Delhi: Baha'i Publishing Trust, 1973), no.181, p.68. ↵
8. *Bahá'í Prayers: A Selection of Prayers Revealed by Bahá'u'lláh, the Báb, and 'Abdu'l-Bahá* (US Bahá'í Publishing Trust, 1991), pp. 119. ↵
9. Bahá'u'lláh cited by the Universal House of Justice in a letter dated 7 December 1983 to the National Spiritual Assembly of the Bahá'ís of the United States. ↵
10. *The Holy Bible*, (King James Version), Romans 57:1-2. ↵
11. *The Holy Bible*, (King James Version), Corinthians 4:8-9. ↵
12. Bahá'u'lláh cited by Shoghi Effendi in *The Advent of Divine Justice* (Wilmette: US Bahá'í Publishing Trust, 1990), p.82. ↵
13. Authorized translation from a letter dated 10 February 1980 written by the Universal House of Justice to the dear Iranian believers resident in other countries throughout the world. ↵
14. From the Ridván 1993 message of the Universal House of Justice to the Bahá'ís of the world. ↵
15. *Selections from the Writings of 'Abdu'l-Bahá* (Haifa: Bahá'í World Centre, 1982), no. 150, pp.177-178. ↵



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