

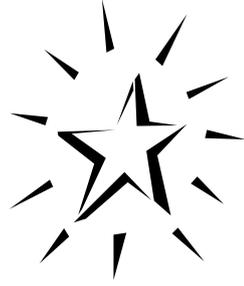
A SATISFYING DAY

by Robert Howard



Tessa and Steve lived in a small country village, and they were the very best of friends. They played frisbee together, even though Steve wasn't very good at catching. The frisbee was like a thin red plate, and made out of plastic. Tessa played the game with Steve because she knew he enjoyed playing it. She was unselfish. She said things like "That's good, well done!", and "Never mind, have another go!" and "Practise, practise, practise!", and this encouraged him so he got better at playing. Tessa knew that he was being bullied at school, and wanted to cheer him up a bit. By keeping him company when he wanted it and talking to him she helped him - sometimes he would forget his troubles and laugh. That made them both happy.

Steve had just learned a Bahá'í prayer by heart and liked to say it out loud. The prayer was by 'Abdu'l-Bahá, and this is the one he learned:



“O God, guide me, protect me,
make of me a shining light and a brilliant star.
Thou art the Mighty and the Powerful.”

He decided to teach it to Tessa, and they sat down on a hot June afternoon. He said the first line - “O God, guide me, protect me.” Tessa repeated it. Then he said the second line - “make of me a shining light and a brilliant star”. Tessa said this as well. Finally Steve said, “Thou art the Mighty and the Powerful.” Tessa said the same. Then they did the whole thing twice or perhaps three times more and Tessa wrote it down a few times to help it stay in her memory. It was hard work, but it felt great when she had learned it.

“I know one way in which God is Powerful and Mighty,” said Steve.

“Really?” Tessa asked. “In what way is that?”



“Well, He made the sun and all of the stars and planets,” said Steve.

“Wow!” said Tessa. “That really *is* something. But I don’t want to be a star, I want to be a person!”

Steve laughed. "It's what is called a metaphor," he explained. "A metaphor is, well it's sort of *like* something in some way."

There was a pause. "Oh yes, I see now," said Tessa. "Sailors used to steer their ships by the stars – the stars showed them the way. It's called navigation." She looked thoughtful. "I'd like to guide people like stars guide ships, so I'll pray that I can and God will help me."

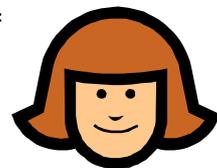
"Good idea!" Steve agreed.

Tessa said the prayer at the Feast that night. Her heart was full with love for God. She was grateful to God for 'Abdu'l-Bahá and His prayer and dedicated her prayer in her heart to boys and girls all over the world. Everyone sat quietly while the prayer was said.

When all the prayers had finished, Tessa sat thinking how God always answers prayers, sometimes in ways we don't understand. He is wiser than the wisest of us. She knew that when we trust Him, he gives us hope and faith and courage and helps us. She looked around the room and smiled at Steve. He smiled back. Altogether, it had been a very satisfying day!



Virtue is having good qualities or doing good things, like caring for your pets and good behaviour and acquiring perfections. When 'Abdu'l-Bahá was asked, "What is the purpose of our lives?" He said, "To acquire virtues".



You might like to read the story again and circle with coloured pen or pencil some of the words that are virtues. I hope you enjoyed the story! Robert