



O God!

Refresh and gladden my spirit.

Purify my heart.

Illumine my powers.

I lay all my affairs in Thy hand.

Thou art my Guide and my Refuge.

I will no longer be sorrowful and grieved;

I will be a happy and joyful being.

O God!

I will no longer be full of anxiety,

nor will I let trouble harass me.

I will not dwell on the unpleasant things of life.

O God!

Thou art more friend to me than I am to myself.

I dedicate myself to Thee, O Lord.

`Abdu'l-Baha