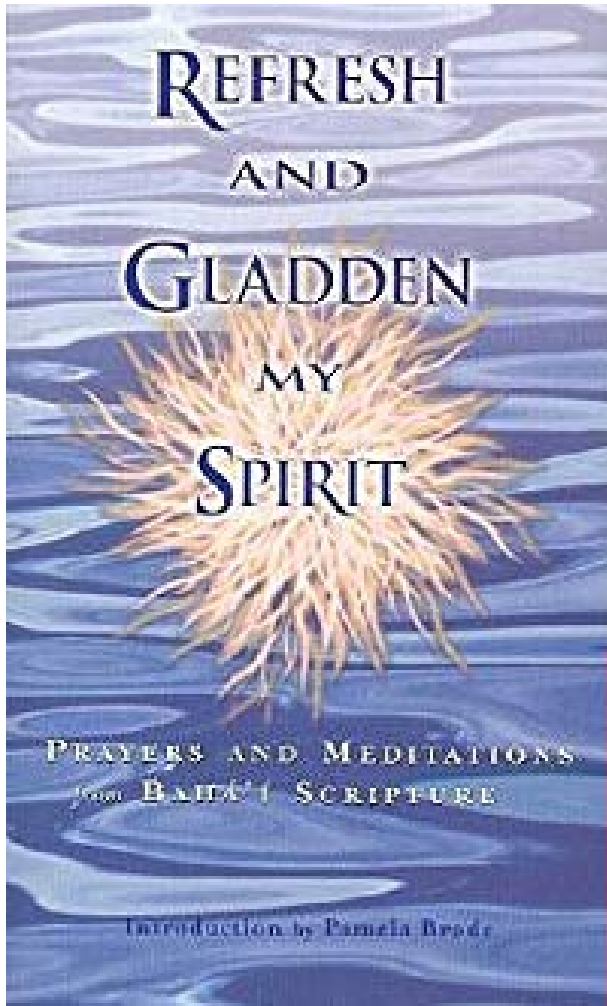


# Refresh and Gladden My Spirit: Prayers and Meditations from Baha'i Scripture



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Discover the Bahá'í approach to prayer with this collection of beautiful, soul-stirring prayers and meditations from Bahá'í scripture. Pamela Brode's introduction explains basic Bahá'í teachings on the subject of prayer and spiritual sustenance and considers questions such as What is prayer? Why pray? Are our prayers answered? Does prayer benefit the world? The selections that follow include more than 120 prayers and extracts from Bahá'í scripture on themes such as assistance from God, comfort, contentment, difficult times, death, faith, healing, marriage and family life, protection, strength, and many others. These powerful selections are sure to sustain, freshen, and gladden your spirit.