I would like to share with you a story of one of the early Bahais in the West, Lua Getsinger, and a lesson she learned about prayer. This is a picture of Lua (SHOW PIC OF LUA- can be cover of book about her).

Lua loved God very much, and she often turned to Him in supplication, that she might be enabled to live a life of service. She prayed, too, that her eager and enthusiastic spirit would learn to be patient. Of course, she wanted to learn it quickly, without having to wait too long! ☺

Lua knew that Abdul-Baha wanted her to learn patience. One day, when she was visiting Him in the Holy Land, He helped her to see that there are some things for which we must always make time, no matter how hurried we might feel. Rushing off to breakfast without having said her usual morning prayers, Lua met Abdu’l-Baha in the hallway. He looked at her, staring deeply into her eyes. And what do you think he said to her? “Lua,” He said, “you must never eat material food in the morning until you have had spiritual food.” So it was that Lua learned she must never fail to draw sustenance from God’s heavenly bounties, the source of true strength.

* What did you learn from this story?
* What would help you to learn the habit of daily prayer at the start of each day and at the end of each day?
* What ideas do you have to help your family get into that habit? What about planning a family devotional together?