

# Medium Obligatory Prayer

To be recited daily, in the morning, at noon, and in the evening.

*Whoso wisheth to pray, let him wash his hands, and while he washeth, let him say:*

**S**trengthen my hand, O my God, that it may take hold of Thy Book with such steadfastness that the hosts of the world shall have no power over it. Guard it, then, from meddling with whatsoever doth not belong unto it. Thou art, verily, the Almighty, the Most Powerful.

*And while washing his face, let him say:*

**I** have turned my face unto Thee, O my Lord! Illumine it with the light of Thy countenance. Protect it, then, from turning to anyone but Thee.

*Then let him stand up, and facing the Qiblah, let him say:*

**G**od testifieth that there is none other God but Him, the Help in Peril, the Self-Subsisting.

*Let him, then, bend down, with hands resting on the knees, and say:*

**E**xalted art Thou above my praise and the praise of anyone beside me, above my description and the description of all who are in heaven and all who are on earth!

*Then, standing with open hands, palms upward toward the face, let him say:*

**D**isappoint not, O my God, him that hath, with beseeching fingers, clung to the hem of Thy mercy and Thy grace, O Thou Who of those who show mercy art the Most Merciful!

*Let him, then, be seated and say:*

**I** bear witness to Thy unity and Thy oneness, and that Thou art God, and that there is none other God beside Thee.

—Bahá'u'lláh—