

## Youth Life

Growing from a child to an adult is one of the most exciting times of life. It includes increased freedom and exploration of new thoughts and actions. Meeting new people and gaining more freedom opens the door to the true diversity of the world. Every day, youth confront social and cultural expectations that challenge Bahá'í values. Sometimes, though, confronting these pressures can feel overwhelming and stressful rather than empowering and liberating.

## Bahá'í Faith

You are not alone in this exciting, challenging period of your life. Bahá'ís around the country are experiencing similar transitions, and many have already grown through this stage of life. The Illumine website shows how Bahá'í principles can assist with the transition to adulthood and shares the knowledge and experience from other Bahá'ís. The [illumine.org](http://illumine.org) website can help guide you through life's twists and turns.

1. Personal stories show how other Bahá'í youth grew through their teens.
2. Book and movie recommendations are entertaining and informative.
3. Resources provide ways to take action in your life.

[illumine.org](http://illumine.org)

## The Purpose of Fasting

The Fast is a personal obligation for Bahá'ís from 15 to 70 years old except for those who are ill, pregnant, nursing a child, menstruating, or traveling. The Fast lasts from March 2 to March 20 every year and requires no eating or drinking between sunrise and sunset.

The Fast is a physical and spiritual challenge to cleanse and purify ourselves. It is not meant to be easy. Bahá'u'lláh knew this when he said **“Even though outwardly the Fast is difficult and toilsome, yet inwardly it is bounty and tranquility.”** The purpose of the Fast includes increased spiritual reflection, prayer, and meditation. Controlling your physical impulses enhances your spiritual and mental capacity. It takes trial and error for each person to learn how to manage the Fast.

## Fasting Tips

1. Change your breakfast routine since you need to eat a larger breakfast and drink more fluids, especially water.
2. Eat breakfast foods that have high protein and low sugar for energy throughout the day.
3. Decrease your daily physical activities (sports, exercises, chores) or do them shortly before or after dinner.
4. Take a nap to make the wait until dinner feel shorter.

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Youth Life +  
Bahá'í Faith



[illumine.org](http://illumine.org)

# Fasting

Growing  
through physical  
and spiritual  
achievements

[illumine.org](http://illumine.org)

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The official Baha'i website is: [bahai.org](http://bahai.org).

“Verily, I say, fasting is the supreme  
remedy and the most great healing  
for the disease of self and passion.”

Bahá'ú'lláh