

Some Bahá'í Laws

From the

Kitáb-i-Aqdas

The Twin Duties

In the first paragraph of the Kitáb-i-Aqdas, Bahá'u'lláh tells us that we have two duties or responsibilities. They are called the Twin Duties. We must do both of them because God does not accept one of them without the other, He only accepts them together – that is why they are called the Twin Duties.

“The first duty prescribed by God for His servants is the recognition of Him Who is the Dayspring of His Revelation and the Fountain of His laws, Who representeth the Godhead in both the Kingdom of His Cause and the world of creation. Whoso achieveth this duty hath attained unto all good; and whoso is deprived thereof hath gone astray, though he be the author of every righteous deed. It behooveth everyone who reacheth this most sublime station, this summit of transcendent glory, to observe every ordinance of Him Who is the Desire of the world. These twin duties are inseparable. Neither is acceptable without the other. Thus hath it been decreed by Him Who is the Source of Divine inspiration.”

-Bahá'u'lláh (The Kitáb-i-Aqdas, K1)

What are the laws that we must follow?

Some of The Laws of God

Pray and read the Baha'i Writings
every morning and evening

No backbiting

Respect for Parents

No arguing, hurting or
bringing sadness to another person

Cleanliness

Teach the Faith

Give to the Fund

Kindness to Animals

Repeat Alláh'u'Abhá 95 Times a Day

Obligatory Prayer and Fasting

Pray and read the Bahá'í Writings every morning and evening

Recite the verses of God every morning and evening.

“Recite ye the verses of God every morn and eventide. Whoso faileth to recite them hath not been faithful to the Covenant of God...”

-Bahá'u'lláh (The Kitáb-i-Aqdas, K149)

Recite the verses of God with joy and radiance.

“...were a man to read a single verse with joy and radiance it would be better for him than to read with lassitude all the Holy Books of God...”

-Bahá'u'lláh (The Kitáb-i-Aqdas, K149)

Recite the verses of God in the most melodious tone.

“They who recite the verses of the All-Merciful in the most melodious of tone will perceive in them that with which the sovereignty of earth and heaven can never be compared.”

-Bahá'u'lláh (The Kitáb-i-Aqdas, K116)

No backbiting

Only say good things about people.

“Verily I say, the tongue is for mentioning what is good, defile it not with unseemly talk. ”

-Bahá'u'lláh (Tablets of Bahá'u'lláh , p.219)

Don't say bad things about people.

“Ye have been forbidden to... engage in backbiting... shun ye, then, what hath been prohibited in the holy Books and Tablets.”

-Bahá'u'lláh (The Kitáb-i-Aqdas, K19)

“That seeker should also regard backbiting as grievous error, and keep himself aloof from its dominion, inasmuch as backbiting quencheth the light of the heart, and extinguisheth the life of the soul.”

-Bahá'u'lláh (Gleanings from the Writings of Bahá'u'lláh, CXXV)

Respect for Parents

Be loving and kind to your parents.

“The fruits that best befit the tree of human life are trustworthiness and godliness, truthfulness and sincerity; but greater than all, after recognition of the unity of God, praised and glorified be He, is regard for the rights that are due to one's parents....show forth kindness and charity towards your parents... Observe how loving-kindness to one's parents hath been linked to recognition of the one true God!”

-Bahá'u'lláh (The Kitáb-i-Aqdas, Q106)

Be obedient to your parents.

“The son...must show forth the utmost obedience toward his father, and should conduct himself as a humble and a lowly servant.”

-`Abdu'l- Bahá (Lights of Guidance, #766, p. 229)

Bring happiness to your parents.

“He must forgo his own rest and enjoyment and constantly strive to bring gladness to the hearts of his father and mother, that thereby he may attain te good pleasure of the Almighty and be graciously aided by the hosts of the unseen.”

-`Abdu'l- Bahá (Lights of Guidance, #766, p. 229)

No arguing, hurting or bringing sadness to another person

“Ye have been forbidden in the Book of God to engage in contention and conflict, to strike another, or to commit similar acts whereby hearts and souls may be saddened.”

-Bahá'u'lláh (The Kitáb-i-Aqdas, K148)

“The penalties for wounding or striking a person depend upon the severity of the injury; for each degree the Lord of Judgment hath prescribed a certain indemnity.”

-Bahá'u'lláh (The Kitáb-i-Aqdas, K56)

Cleanliness

Be very clean.

“Be ye the very essence of cleanliness amongst mankind.”

-Bahá'u'lláh (The Kitáb-i-Aqdas, K74)

“God hath enjoined upon you to observe the utmost cleanliness, to the extent of washing what is soiled with dust, let alone with hardened dirt and similar defilement. Fear Him, and be of those who are pure.”

-Bahá'u'lláh (The Kitáb-i-Aqdas, K76)

Cleanliness effects our spiritual condition.

“Should the garb of anyone be visibly sullied, his prayers shall not ascend to God, and the celestial Concourse will turn away from him.”

-Bahá'u'lláh (The Kitáb-i-Aqdas, K76)

“...although bodily cleanliness is a physical thing, it hath, nevertheless, a powerful influence on the life of the spirit...”

-`Abdu'l- Bahá (Selections from the Writings of `Abdu'l- Bahá, #129, p. 147)

Bathe regularly.

“Wash your feet once every day in summer, and once every three days during winter.”

-Bahá'u'lláh (The Kitáb-i-Aqdas, K152)

“It hath been enjoined upon you to pare your nails, to bathe yourselves each week in water that covereth your bodies, and to clean yourselves with whatsoever ye have formerly employed. Take heed lest through negligence ye fail to observe that which hath been prescribed unto you by Him Who is the Incomparable, the Gracious.”

-Bahá'u'lláh (The Kitáb-i-Aqdas, K106)

Smell beautiful.

“Make use of rose water, and of pure perfume; this, indeed, is that which God hath loved from the beginning that hath no beginning, in order that there may be diffused from you what your Lord, the Incomparable, the All-Wise, desireth.”

-Bahá'u'lláh (The Kitáb-i-Aqdas, K76)

Teach the Faith

Teach people about the Bahá'í Faith.

“Arise to further My Cause, and to exalt My Word amongst men. We are with you at all times, and shall strengthen you through the power of truth.”

-Bahá'u'lláh (The Kitáb-i-Aqdas, K38)

Teach children about the Bahá'í Faith.

“Teach your children the verses revealed from the heaven of majesty and power, so that, in most melodious tones, they may recite the Tablets of the All-Merciful.”

-Bahá'u'lláh (The Kitáb-i-Aqdas, K150)

“It is essential that children be reared in the Bahá'í way, that they may find happiness both in this world and the next. If not, they shall be beset by sorrows and troubles, for human happiness is founded upon spiritual behaviour.”

-`Abdu'l- Bahá (Selections from the Writings of `Abdu'l- Bahá, p. 127)

Give to the Fund

Only Bahá'ís can give to the Fund.

“...it is to the believers, and to the believers alone, that Bahá'u'lláh has given the bounty of contributing the material things of this world for the progress of His Faith.”

-The Universal House of Justice (April 13, 1975)

The amount given is not important. It is the degree of sacrifice that matters.

“There can be no limit to one's contributions to the national fund. The more one can give the better it is, specially when such offerings necessitate the sacrifice of other wants and desires on the part of the donor. The harder the sacrifice the more meritorious will it be, of course, in the sight of God. For after all it is not so much the quantity of one's offerings that matters, but rather the measure of deprivation that such offerings entail...”

-Shoghi Effendi (December 31, 1935)

“...Contributing to the Fund is a service that every believer can render, be he poor or wealthy; for this is a spiritual responsibility in which the amount given is not important. It is the degree of the sacrifice of the giver, the love with which he makes the gift, and the unity of all the friends in this service which bring spiritual confirmations...”

-The Universal House of Justice (December 18, 1963)

Kindness to Animals

“He should show kindness to animals, how much more unto his fellow-man, to him who is endowed with the power of utterance.”

-Bahá'u'lláh (The Kitáb-i-Iqan, p. 193)

“Burden not an animal with more than it can bear. We, truly, have prohibited such treatment through a most binding interdiction in the Book. Be ye the embodiments of justice and fairness amidst all creation.”

-Bahá'u'lláh (The Kitáb-i-Aqdas, K187)

“Train your children from their earliest days to be infinitely tender and loving to animals. If an animal be sick, let the children try to heal it, if it be hungry, let them feed it, if thirsty, let them quench its thirst, if weary, let them see that it rests.”

-`Abdu'l- Bahá (Selections from the Writings of `Abdu'l- Bahá, p. 158)

Repeat Alláh'u'Abhá 95 Times a Day

“It hath been ordained that every believer in God, the Lord of Judgement, shall, each day, having washed his hands and then his face, seat himself and, turning unto God, repeat "Alláh-u-Abhá" ninety-five times.”

-Bahá'u'lláh(The Kitáb-i-Aqdas, K18)

Obligatory Prayer and Fasting

“Be not neglectful of obligatory prayer and fasting. He who faileth to observe them hath not been nor will ever be acceptable in the sight of God.”

-Bahá'u'lláh (Compilations, The Importance of Obligatory Prayer and Fasting, VI)

“Fasting and obligatory prayer are as two wings to man's life. Blessed be the one who soareth with their aid in the heaven of the love of God, the Lord of all worlds.”

-Bahá'u'lláh (Compilations, The Importance of Obligatory Prayer and Fasting, III)

“When a man commenceth the recitation of the Obligatory Prayer, he should see himself severed from all created things and regard himself as utter nothingness before the will and purpose of God, in such wise that he seeth naught but Him in the world of being.”

-Bahá'u'lláh (Compilations, The Importance of Obligatory Prayer and Fasting, IX)

“He saith: 'Obligatory prayer is a ladder of ascent for the believer.' Within it are hidden and concealed a myriad effects and benefits.”

-Bahá'u'lláh (Compilations, The Importance of Obligatory Prayer and Fasting, X)