

## Quotes for Reflection from the Saints

“Prayer is the key which opens God’s heart.”

-- St. Padre Pio

“Souls which have no habit of prayer are like a lame and paralytic body, which, though it has hands and feet, cannot use them. Therefore: to abandon prayer seems to me the same thing as to lose the straight road; for as prayer is the gate through which all the graces of God come to us, when this is closed, I do not know how we can have any.”

-- St. Teresa of Avila

“A fish taken out of water cannot live. In a very short time, it dies. Neither can the soul of man exist without prayer: it will gradually grow indifferent, it will die. Let us be convinced that not to pray and to lose the life of the soul is one and the same thing.”

-- St. John Chrysostom

“For me, prayer is a surge of the heart; it is a simple look turned toward heaven, it is a cry of recognition and of love, embracing both trial and joy”

-- St. Therese of Lisieux

“Pray as though everything depended on God. Work as though everything depended on you.”

-- St. Augustine

“You pay God a compliment by asking great things of Him.”

--St. Teresa of Avila

“It is simply impossible to lead, without the aid of prayer, a virtuous life.”

-- Saint John Chrysostom

“Virtues are formed by prayer. Prayer preserves temperance. Prayer suppresses anger. Prayer prevents emotions of pride and envy. Prayer draws into the soul the Holy Spirit, and raises man to Heaven.”

-- Saint Ephraem of Syria

“Prayer is the place of refuge for every worry, a foundation for cheerfulness, a source of constant happiness, protection against sadness.”

-- St John Chrysostom.

“Don't imagine that, if you had a great deal of time, you would spend more of it in prayer. Get rid of that idea; it is no hindrance to prayer to spend your time well.”

--St. Teresa of Avila

“Much more is accomplished by a single word of the Our Father said, now and then, from our heart, than by the whole prayer repeated many times in haste and without attention.”

-- St. Teresa of Avila

## Quotes for Reflection from the Bible

“Rejoice always, pray continually, give thanks in all circumstances; for this is God’s will for you in Christ Jesus.”

-- 1 Thessalonians 5:16-18

“Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.”

-- Philippians 4:6-7

“This is the confidence we have in approaching God: that if we ask anything according to his will, he hears us.”

-- 1 John 5:14

“Devote yourselves to prayer, being watchful and thankful.”

-- Colossians 4:2

“Therefore I tell you, whatever you ask for in prayer, believe that you have received it, and it will be yours.”

-- Mark 11:24

“Be joyful in hope, patient in affliction, faithful in prayer.”

-- Romans 12:12

“The Lord is near to all who call on him, to all who call on him in truth.”

-- Psalm 145:18

“Call to me and I will answer you and tell you great and unsearchable things you do not know.”

-- Jeremiah 33:3

“For where two or three gather in my name, there am I with them.”

-- Matthew 18:20

“Likewise the Spirit helps us in our weakness; for we do not know how to pray as we ought, but the Spirit himself intercedes for us with sighs too deep for words.”

-- Romans 8:28

“I bow my knees before the Father, from whom every family in heaven and on earth is named, that according to the riches of his glory he may grant you to be strengthened with might through his Spirit in the inner man, and that Christ may dwell in your hearts through faith; that you, being rooted and grounded in love, may have power to comprehend with all the saints what is the breadth and length and height and depth, and to know the love of Christ which surpasses knowledge, that you may be filled with all the fullness of God.” -- Ephesians 3:17-20