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# Chapter 1

## Essential Christian Quotes

Your light must shine in people's sight. So that, seeing your good works, they may give praise to your father in heaven.

**Matthew 5:16**

But I say to you that hear, love your enemies, do good to those who hate you, bless those who curse you, pray for those who abuse you. If you love those who love you, what credit is that to you? For even sinners love those who love them. And if you do good to those who do good to you, what credit is that to you? For even sinners do the same.

**Luke 6:27-32**

Where your treasure is, there will your heart be also.

**Matthew 6 :21**

All authority in heaven and on earth has been given to me.

**Matthew 28:18**

Seek ye first the Kingdom of God, and his righteousness; and all these shall be added unto you.

**Matthew 6:33**

If the blind leads the blind, both shall fall into the ditch.

**Matthew 15:14**

Truly, truly, I say to you, he who believes in me will also do the works that I do; and greater works than these will he do, because I go to the Father.

**John 14:12**

For many are called, but few are chosen.

**Matthew 22:14**

No one lights a lamp to cover it with a bowl or to put it under a bed. No, it is put on a lamp-stand so that people may see the light when they come in.

**Luke 8:16**

He said to them, 'When you pray, say: Father, hallowed be your name, your kingdom come. Give us each day our daily bread. Forgive us our sins, for we also forgive everyone who sins against us. And lead us not into temptation.'

**Luke 11:2-4**

Sky and earth shall pass away, but my words will never pass away.

**Matthew 24:35**

If you bring forth what is within you, what you bring forth will save you. If you do not bring forth what is within you, what you do not bring forth will destroy you.

**Jesus Christ**

Joy shall be in the heavens over one sinner that repenting, more than over ninety and nine just persons, who have no need of repentance.

**Luke 15:7**

Give to him who asks of you, and do not turn away from him who wants to borrow from you  
**Matthew 5:42**

The children of this world are in their generation wiser than the children of light.  
**Luke 16:8**

The Kingdom of God is among you.  
**Luke 17:21**

God so loved the world that he gave his only Son, so that everyone who believes in him may not perish but may have everlasting life.  
**John 3:16**

No servant is greater than his master, no messenger is greater than the one who sent him.  
**John 13:16**

Greater love has no man than this, that a man lay down his life for his friends.  
**John 15:13**

And know that I am with you always; yes, to the end of time.  
**Matthew 28:20**

The last enemy that shall be destroyed is death  
**I Corinthians 15:26**

Put your sword back into its place; for those who live by the sword, die by the sword.  
**Matthew 26:52.**

As long as the day lasts I must carry out the work of the one who sent me; the night will soon be here when no one can work. As long as I am in the world I am the light of the world.  
**John 9:5**

For God so loved the World that he gave his only Son, that whoever believes in him should not perish but have eternal life.  
**John 3:16**

For if you love those who love you, what reward do you have? Do not even the tax collectors do the same?  
**Matthew 5:46**

So Jesus said to the Jews who had believed in him, If you abide in my word, you are truly my disciples, and you will know the truth, and the truth will set you free.  
**John 8:31- 32**

For what shall it profit a man, if he gain the whole world, and suffer the loss of his soul?  
**Matthew 16:26**

Therefore I tell you, whatever you ask in prayer, believe that you have received it, and it will be yours.  
**Mark 11:24**

And as they continued to ask him, he stood up and said to them, Let him who is without sin among you be the first to throw a stone at her.

**John 8:7**

For everyone who exalts himself will be humbled, and everyone who humbles himself will be exalted.

**Matthew 23:12**

Truly, truly, I say to you, whoever keeps my word, will never see death.

**John 8:51**

But whoever would be great among you must be your servant, and whoever would be first among you must be slave of all.

**Mark 10:43-44**

No one can serve two masters, for either he will hate the one and love the other, or he will be devoted to the one and despise the other. You cannot serve God and money.

**Matthew 6:24**

For what shall it profit a man, if he gain the whole world, and suffer the loss of his soul?

**Mark 8:36**

It is easier for a camel to pass through the eye of a needle than for a rich man to enter the Kingdom of Heaven.

**Luke 18:25**

A new command I give you: Love one another. As I have loved you, so you must love one another.

**John 13:34**

Faith without works is dead.

**James 2:17**

You know the commandments: You shall not kill; you shall not commit adultery; you shall not steal; you shall not give false witness; you shall not defraud; Honor your father and mother.

**Mark 10:19**

Do not let your hearts be troubled. Trust in God; trust also in me.

**Luke 24:38**

If a house be divided against itself, that house cannot stand.

**Mark 3:25**

Love the Lord your God with all your heart, with all your soul, with all your strength, and with all your mind, and your neighbour as yourself.

**Luke 10:27**

I am the Way, the Truth, and the Life. No one comes to the Father except through me.

**John 14:6**

For whoever would save his life will lose it, but whoever loses his life for my sake and the gospel's will save it. For what does it profit a man to gain the whole world and forfeit his soul?

**Mark 8:35-36**

I tell you the truth, it is hard for a rich man to enter the kingdom of heaven. Again I tell you, it is easier for a camel to go through the eye of a needle than for a rich man to enter the kingdom of heaven.

**Matthew 19:23**

But I say to you, Love your enemies and pray for those who persecute you, so that you may be sons of your Father who is in heaven; for he makes his sun rise on the evil and on the good, and sends rain on the just and on the unjust.

**Matthew 5:44**

Do not lay up for yourselves treasures on earth, where moth and rust destroy and where thieves break in and steal, but lay up for yourselves treasures in heaven, where neither moth nor rust destroys and where thieves do not break in and steal. For where your treasure is, there your heart will be also.

**Matthew 6:19-21**

For we walk by faith, not by sight.

**2 Corinthians 5:7**

If you love those who love you, what credit is that to you? For even sinners love those who love them. And if you do good to those who do good to you, what credit is that to you? For even sinners do the same.

**Luke 6:32**

So always treat others as you would like them to treat you,.

**Matthew 7:12**

If you want to be perfect, go, sell your possessions and give to the poor, and you will have treasure in heaven. As the Father has loved me, so have I loved you.

**Matthew 19:21**

Sell your possessions and give to charity; make yourselves purses which do not wear out, an unfailing treasure in heaven, where no thief comes near nor moth destroys.

**Luke 12:33**

Do not labour for the food that perishes, but for the food that endures to eternal life.

**John 6:27**

And he said to them, Come away by yourselves to a desolate place and rest a while.

**Mark 6:31**

Behold, I stand at the door and knock. If anyone hears by voice and opens the door, I will come in to him and eat with him, and he with me.

**Revelation 3:20**

For everyone who raises himself up will be humbled, and he who humbles himself will be raised up.

**Luke 14:11**

## Chapter 2

### Catherine of Sienna Quotes

Be who God meant you to be and you will set the world on fire.

**Catherine of Sienna**

All the way to heaven is heaven, because Jesus said, I am the way.

**Catherine of Sienna**

Proclaim the truth and do not be silent through fear.

**Catherine of Sienna**

You are rewarded not according to your work or your time but according to the measure of your love.

**Catherine of Sienna**

Love transforms one into what one loves.

**Catherine of Sienna**

Love follows knowledge.

**Catherine of Sienna**

One who knows more, loves more.

**Catherine of Sienna**

We trust and believe in what we love.

**Catherine of Sienna**

The soul cannot live without love. She always wants to love something because love is the stuff she is made of, and through love I created her.

**Catherine of Sienna**

Love does not stay idle.

**Catherine of Sienna**

The soul is in God and God in the soul, just as the fish is in the sea and the sea in the fish.

**Catherine of Sienna**

Do not be satisfied with little things, because God wants great things!

**Catherine of Sienna**

Obedient people never trust in themselves.

**Catherine of Sienna**

It is human to sin, but diabolic to persist in sin.

**Catherine of Sienna**

It is not the hour to seek one's self for one's self, nor to flee pains in order to possess consolations; nay, it is the hour to lose one's self.

**Catherine of Sienna**

To a brave man, good and bad luck are like his right and left hand. He uses both.

**Catherine of Sienna**

The disobedient are always wanting to know the why and wherefore of what is ordered.

**Catherine of Sienna**

## Chapter 3

### Mother Teresa Quotes

If you can't feed a hundred people, then just feed one.

**Mother Teresa**

Let no one ever come to you without leaving better and happier. Be the living expression of God's kindness: kindness in your face, kindness in your eyes, kindness in your smile.

**Mother Teresa**

We need to find God, and he cannot be found in noise and restlessness. God is the friend of silence. See how nature: trees, flowers, grass grows in silence; see the stars, the moon and the sun, how they move in silence... We need silence to be able to touch souls.

**Mother Teresa**

We cannot do great things on this Earth, only small things with great love.

**Mother Teresa**

One of the greatest diseases is to be nobody to anybody.

**Mother Teresa**

We ourselves feel that what we are doing is just a drop in the ocean. But the ocean would be less because of that missing drop.

**Mother Teresa**

God doesn't require us to succeed; he only requires that you try.

**Mother Teresa**

Loneliness is the most terrible poverty.

**Mother Teresa**

To keep a lamp burning we have to keep putting oil in it.

**Mother Teresa**

We are all pencils in the hand of God.

**Mother Teresa**

## Chapter 4

### Padre Pio Quotes

Pray, hope, and don't worry. Worry is useless. God is merciful and will hear your prayer.

**Padre Pio**

Prayer is the best weapon we have; it is the key to God's heart. You must speak to Jesus not only with your lips, but with your heart. In fact on certain occasions you should only speak to Him with your heart.

**Padre Pio**

The longer the trial to which God subjects you, the greater the goodness in comforting you during the time of the trial and in the exaltation after the combat.

**Padre Pio**

Keep close to the Catholic Church at all times, for the Church alone can give you true peace, since she alone possesses Jesus, the true Prince of Peace, in the Blessed Sacrament.

**Padre Pio**

Prayer is the oxygen of the soul.

**Padre Pio**

Who can assure us that we will be alive tomorrow? Let us listen to the voice of our conscience, to the voice of the royal prophet: Today, if you hear God's voice, harden not your heart. Let us not put off from one moment to another (what we should do) because the (next moment) is not yet ours.

**Padre Pio**

Oh, how precious time is! Blessed are those who know how to make good use of it. Oh, if only all could understand how precious time is, undoubtedly everyone would do his best to spend it in a praiseworthy manner!

**Padre Pio**

The life of a Christian is nothing but a perpetual struggle against self; there is no flowering of the soul to the beauty of its perfection except at the price of pain.

**Padre Pio**

A pure soul is synonymous with a heart full of love of God.

**Padre Pio**

Do not worry over things that generate preoccupation and anxiety. One thing only is necessary: To lift up your spirit and love to God.

**Padre Pio**

The Devil is like a mad dog tied by a chain. Beyond the length of the chain he cannot catch hold of anyone. And you, therefore, keep your distance. If you get too close you will be caught. Remember, the Devil has only one door with which to enter into our soul: our will. There are no secret or hidden doors. No sin is a true sin if we have not willfully consented.

**Padre Pio**

If you have the courage to imitate Mary Magdalene in her sins, have the courage to imitate her penance!

**Padre Pio**

Always humble yourself lovingly before God and man, because God speaks to those who are truly humble of heart, and enriches them with His gifts.

**Padre Pio**

Through the study of books one seeks God; by meditation one finds him.

**Padre Pio**

Faith guides even us and we follow its sure light on the way which conducts us to God and His homeland.

**Padre Pio**

Joy, with peace, is the sister of charity. Serve the Lord with laughter.

**Padre Pio**

My past, O Lord, to Your mercy; my present, to Your love; my future to Your providence.

**Padre Pio**

The proof of love is to suffer for the one you love.

**Padre Pio**

In the spiritual life you must take one step forward each day in a vertical line, from the bottom up.

**Padre Pio**

## Chapter 5

# St Augustine Quotes

Men go abroad to admire the heights of mountains, the mighty billows of the sea, the broad tides of rivers, the compass of the ocean, and the circuits of the stars, and pass themselves by.

**Saint Augustine**

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

**Saint Augustine**

Hope has two beautiful daughters. Their names are anger and courage; anger at the way things are, and courage to see that they do not remain the way they are.

**Saint Augustine**

Order your soul; reduce your wants; live in charity; associate in Christian community; obey the laws; trust in Providence.

**Saint Augustine**

Seek not to understand that you may believe, but believe that you may understand.

**Saint Augustine**

Faith is to believe what you do not see; the reward of this faith is to see what you believe.

**Saint Augustine**

Forgiveness is the remission of sins. For it is by this that what has been lost, and was found, is saved from being lost again.

**Saint Augustine**

Indeed, man wishes to be happy even when he so lives as to make happiness impossible.

**Saint Augustine**

This is the very perfection of a man, to find out his own imperfections.

**Saint Augustine**

Patience is the companion of wisdom.

**Saint Augustine**

An unjust law is no law at all.

**St. Augustine**

Grant what thou commandest and then command what thou wilt.

**St. Augustine**

It was pride that changed angels into devils; it is humility that makes men as angels.

**St. Augustine**

The confession of evil works is the first beginning of good works.

**St. Augustine**

Charity is no substitute for justice withheld.

## **St. Augustine**

Patience is the companion of wisdom.

### **St. Augustine**

A thing is not necessarily true because badly uttered, nor false because spoken magnificently.

### **St. Augustine**

He that is kind is free, though he is a slave; he that is evil is a slave, though he be a king.

### **St. Augustine**

Habit, if not resisted, soon becomes necessity.

### **St. Augustine**

Beauty is indeed a good gift of God; but that the good may not think it a great good, God dispenses it even to the wicked.

### **St. Augustine**

By faithfulness we are collected and wound up into unity within ourselves, whereas we had been scattered abroad in multiplicity.

### **St. Augustine**

Find out how much God has given you and from it take what you need; the remainder is needed by others.

### **St. Augustine**

The World is a book, and those who do not travel read only a page.

### **St. Augustine**

God loves each of us as if there were only one of us.

### **St. Augustine**

What does love look like? It has the hands to help others. It has the feet to hasten to the poor and needy. It has eyes to see misery and want. It has the ears to hear the sighs and sorrows of men. That is what love looks like.

### **St. Augustine**

Already I had learned from thee that because a thing is eloquently expressed it should not be taken to be as necessarily true; nor because it is uttered with stammering lips should it be supposed false. Nor, again, is it necessarily true because rudely uttered, nor untrue because the language is brilliant.

### **St. Augustine**

Wisdom and folly both are like meats that are wholesome and unwholesome, and courtly or simple words are like town-made or rustic vessels - both kinds of food may be served in either kind of dish.

### **St. Augustine**

## Chapter 7

### St. Francis De Sales Quotes

Reputation is rarely proportioned to virtue

**St. Francis De Sales**

Have patience with all things, but chiefly have patience with yourself. Do not lose courage in considering your own imperfections but instantly set about remedying them - every day begin the task anew.

**St. Francis De Sales**

If we say a little it is easy to add, but having said too much it is hard to withdraw and never can it be done so quickly as to hinder the harm of our success.

**St. Francis De Sales**

Nothing is more like a wise man than a fool who holds his tongue.

**St. Francis De Sales**

Nothing is so strong as gentleness. Nothing so gentle as real strength.

**St. Francis De Sales**

There is nothing as strong as tenderness, and nothing as tender as true strength.

**St. Francis De Sales**

Do not wish to be anything but what you are, and try to be that perfectly.

**St. Francis De Sales**

You learn to speak by speaking, to study by studying, to run by running, to work by working; and just so you learn to love God and man by loving. Begin as a mere apprentice and the very power of love will lead you on to become a master of the art.

**St. Francis De Sales**

When you encounter difficulties and contradictions, do not try to break them, but bend them with gentleness and time.

**St. Francis De Sales**

Have patience with all things, but chiefly have patience with yourself.

**St. Francis De Sales**

Make friends with the angels, who though invisible are always with you. Often invoke them, constantly praise them, and make good use of their help and assistance in all your temporal and spiritual affairs.

**St. Francis De Sales**

A good discourse is that from which nothing can be retrenched without cutting into the quick.

**St. Francis De Sales**

A quarrel between friends, when made up, adds a new tie to friendship.

**St. Francis De Sales**

Do not lose courage in considering your own imperfections.

**St. Francis De Sales**

Those who love to be feared fear to be loved.

**St. Francis De Sales**

We must never undervalue any person. The workman loves not that his work should be despised in his presence. Now God is present everywhere, and every person is His work.

**St. Francis De Sales**

There are no galley-slaves in the royal vessel of divine love - every man works his oar voluntarily!

**St. Francis De Sales**

There was never an angry man that thought his anger unjust.

**St. Francis De Sales**

Never be in a hurry; do everything quietly and in a calm spirit. Do not lose your inner peace for anything whatsoever, even if your whole world seems upset.

**St. Francis De Sales**

## Chapter 8

### St. Francis of Assisi Quotes

All the darkness in the world cannot extinguish the light of a single candle.

**St. Francis of Assisi**

Preach the Gospel at all times and when necessary use words.

**St. Francis of Assisi**

Start by doing what is necessary, then what is possible, and suddenly you are doing the impossible.

**St. Francis of Assisi**

The deeds you do may be the only sermon some persons will hear today.

**St. Francis of Assisi**

He who works with his hands is a laborer.

He who works with his hands and his head is a craftsman.

He who works with his hands and his head and his heart is an artist.

**St. Francis of Assisi**

I have been all things unholy. If God can work through me, He can work through anyone.

**St. Francis of Assisi**

True progress quietly and persistently moves along without notice.

**St. Francis of Assisi**

Lord, make me an instrument of thy peace. Where there is hatred, let me sow love.

**St. Francis of Assisi**

Keep trying to do what is necessary, then what's possible and suddenly you're doing the impossible.

**St. Francis of Assisi**

While you are proclaiming peace with your lips, be careful to have it even more fully in your heart.

**St. Francis of Assisi**

A single sunbeam is enough to drive away many shadows

**St. Francis of Assisi**

Blessed is the servant who loves his brother as much when he is sick and useless as when he is well and able of service to him. And blessed is he who loves his brother as well when he is afar off as when he is by his side, and who would say nothing behind his back he might not, in love, say before his face.

**St. Francis of Assisi**

Where there is charity and wisdom, there is neither fear nor ignorance.

**St. Francis of Assisi**

For it is in giving that we receive.

**St. Francis of Assisi**

Above all the grace and the gifts that Christ gives to his beloved is that of overcoming self.

**St. Francis of Assisi**

Grant me the treasure of sublime poverty: permit the distinctive sign of our order to be that it does not possess anything of its own beneath the sun, for the glory of your name, and that it have no other patrimony than begging.

**St. Francis of Assisi**

It is in pardoning that we are pardoned.

**St. Francis of Assisi**

No one is to be called an enemy, all are your benefactors, and no one does you harm. You have no enemy except yourselves.

**St. Francis of Assisi**

Where there is injury let me sow pardon.

**St. Francis of Assisi**

## Chapter 9

# St. Ignatius of Loyola Quotes

Go forth and set the world on fire.

**St. Ignatius of Loyola**

God freely created us so that we might know, love, and serve him in this life and be happy with him forever. God's purpose in creating us is to draw forth from us a response of love and service here on earth, so that we may attain our goal of everlasting happiness with him in heaven.

**St. Ignatius of Loyola**

All the things in this world are gifts of God, created for us, to be the means by which we can come to know him better, love him more surely, and serve him more faithfully. As a result, we ought to appreciate and use these gifts of God insofar as they help us toward our goal of loving service and union with God. But insofar as any created things hinder our progress toward our goal, we ought to let them go.

**St. Ignatius of Loyola**

Act as if everything depended on you; trust as if everything depended on God.

**St. Ignatius of Loyola**

To give, and not to count the cost  
to fight, and not to heed the wounds,  
to toil, and not to seek for rest,  
to labor, and not to ask for any reward,  
save that of knowing that we do thy will

**St. Ignatius of Loyola**

Love is shown more in deeds than in words.

**St. Ignatius of Loyola**

Laugh and grow strong  
**St. Ignatius of Loyola**

Few souls understand what God would accomplish in them if they were to abandon themselves unreservedly to Him and if they were to allow His grace to mold them accordingly.

**St. Ignatius of Loyola**

O my God, teach me to be generous, teach me to serve you as I should, to give without counting the cost, to fight without fear of being wounded, to work without seeking rest, to labour without expecting any reward, but the knowledge that I am doing your most holy will.

### **St. Ignatius of Loyola**

The enemy is like a woman, weak in face of opposition, but correspondingly strong when not opposed. In a quarrel with a man, it is natural for a woman to lose heart and run away when he faces up to her; on the other hand, if the man begins to be afraid and to give ground, her rage, vindictiveness and fury overflow and know no limit.

### **St. Ignatius of Loyola**

Let me look at the foulness and ugliness of my body. Let me see myself as an ulcerous sore running with every horrible and disgusting poison.

### **St. Ignatius of Loyola**

Considering that the blessed life we so long for consists in an intimate and true love of God Our Creator and Lord, which binds and obliges us all to a sincere love.

### **St. Ignatius of Loyola**

True, I am in love with suffering, but I do not know if I deserve the honor.

### **St. Ignatius of Loyola**

The safest and most suitable form of penance seems to be that which causes pain in the flesh but does not penetrate to the bones, that is, which causes suffering but not sickness.

### **St. Ignatius of Loyola**

It is not hard to obey when we love the one whom we obey.

### **St. Ignatius of Loyola**

He who carries God in his heart bears heaven with him wherever he goes.

### **St. Ignatius of Loyola**

Receive, Lord, all my liberty, my memory, my understanding and my whole will.

### **St. Ignatius of Loyola**

Give me only your love and your grace. With this I am rich enough, and I have no more to ask.

### **St. Ignatius of Loyola**

## Chapter 10

### St. John of the Cross Quotes

Desolation is a file, and the endurance of darkness is preparation for great light.

**St. John of the Cross**

The soul that is attached to anything however much good there may be in it, will not arrive at the liberty of divine union. For whether it be a strong wire rope or a slender and delicate thread that holds the bird, it matters not, if it really holds it fast; for, until the cord be broken the bird cannot fly.

**St. John of the Cross**

If a man wishes to be sure of the road he treads on, he must close his eyes and walk in the dark.

**St. John of the Cross**

It is great wisdom to know how to be silent and to look at neither the remarks, nor the deeds, nor the lives of others.

**St. John of the Cross**

No man of himself can succeed in voiding himself of all his desires in order to come to God.

**St. John of the Cross**

The soul that is clouded by the desires is darkened in the understanding and allows neither the sun of natural reason nor that of the supernatural Wisdom of God to shine upon it and illumine it clearly.

**St. John of the Cross**

The soul refrains from the desire to feel or see anything while it is in this loving awareness. The soul does nothing – only receives what is given.

**St. John of the Cross**

The heart and the joy of will is withdrawn from all that is not God and concentrated on Him alone.

**St. John of the Cross**

Sensible satisfaction is inconstant and very quick to fail.

**St. John of the Cross**

In search of my Love, I will go over mountains and strands;  
I will gather no flowers; I will fear no wild beasts;  
And pass by the mighty and the frontiers.

**St. John of the Cross**

Mine are the heavens and mine is the earth; mine are the people, the righteous are mine and mine are the sinners; the angels are mine and the Mother of God, and all things are mine; and God Himself is mine and for me, for Christ is mine and all for me. What then do you ask for and seek, my soul? Yours is all this, and it is all for you.

**St. John of the Cross**

The more lofty the degree of loving union to which God destines the soul, so much more profound and persistent must be its purification.

**St. John of the Cross**

To be taken with love for a soul, God does not look on its greatness, but the greatness of its humility.

**St. John of the Cross**

Wisdom enters through love, silence, and mortification. It is great wisdom to know how to be silent and to look at neither the remarks, nor the deeds, nor the lives of others.

**St. John of the Cross**

God desires the smallest degree of purity of conscience in you more than all the works you can perform.

**St. John of the Cross**

A soul enkindled with love is a gentle, meek, humble, and patient soul.

**St. John of the Cross**

What we need most in order to make progress is to be silent before this great God with our appetite and with our tongue, for the language he best hears is silent love.

**St. John of the Cross**

In the evening of life, we will be judged on love alone.

**St. John of the Cross**

# Chapter 11

## Teresa of Avila Quotes

When the soul desires to remain in inward ease and peace, any operation and affection or attention wherein it may then seek to indulge will distract it and disquiet it and make it conscious of aridity and emptiness of sense.

**St. John of the Cross**

The tree that is beside the running water is fresher and gives more fruit.

**Teresa of Avila**

Pain is never permanent.

**Teresa of Avila**

All things must come to the soul from its roots, from where it is planted.

**Teresa of Avila**

Be gentle to all and stern with yourself.

**Teresa of Avila**

God gave us faculties for our use; each of them will receive its proper reward. Then do not let us try to charm them to sleep, but permit them to do their work until divinely called to something higher.

**Teresa of Avila**

God has been very good to me, for I never dwell upon anything wrong which a person has done, so as to remember it afterwards. If I do remember it, I always see some other virtue in that person.

**Teresa of Avila**

I do not fear Satan half so much as I fear those who fear him.

**Teresa of Avila**

It is here, my daughters, that love is to be found - not hidden away in corners but in the midst of occasions of sin. And believe me, although we may more often fail and commit small lapses, our gain will be incomparably the greater.

**Teresa of Avila**

It is love alone that gives worth to all things.

**Teresa of Avila**

To reach something good it is very useful to have gone astray, and thus acquire experience.

**Teresa of Avila**

Our body has this defect that, the more it is provided care and comforts, the more needs and desires it finds.

**Teresa of Avila**

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

**Teresa of Avila**

Suffering is a great favor. Remember that everything soon comes to an end . . . and take courage. Think of how our gain is eternal.

**Teresa of Avila**

I am afraid that if we begin to put our trust in human help, some of our Divine help will fail us.

**Teresa of Avila**

More tears are shed over answered prayers than unanswered ones.

**Teresa of Avila**

It is true that we cannot be free from sin, but at least let our sins not be always the same.

**Teresa of Avila**

Remember that you have only one soul; that you have only one death to die; that you have only one life, which is short and has to be lived by you alone; and there is only one Glory, which is eternal. If you do this, there will be many things about which you care nothing.

**Teresa of Avila**

To have courage for whatever comes in life - everything lies in that.

**Teresa of Avila**

To reach something good it is very useful to have gone astray, and thus acquire experience.

**Teresa of Avila**

We can only learn to know ourselves and do what we can - namely, surrender our will and fulfill God's will in us.

**Teresa of Avila**

## Chapter 12

# Thomas a Kempis Quotes

Never be entirely idle; but either be reading, or writing, or praying or meditating or endeavoring something for the public good.

**Thomas a Kempis**

Of two evils we must always choose the least.

**Thomas a Kempis**

Remember that lost time does not return.

**Thomas a Kempis**

Everywhere I have sought rest and not found it, except sitting in a corner by myself with a little book.

**Thomas a Kempis**

As long as you live, you will be subject to change, whether you will it or not - now glad, now sorrowful; now pleased, now displeased; now devout, now undevout; now vigorous, now slothful; now gloomy, now merry. But a wise man who is well taught in spiritual labor stands unshaken in all such things, and heeds little what he feels, or from what side the wind of instability blows.

**Thomas a Kempis**

A wise lover values not so much the gift of the lover as the love of the giver.

**Thomas a Kempis**

At the Day of Judgement we shall not be asked what we have read but what we have done.

**Thomas a Kempis**

All men desire peace, but very few desire those things that make for peace.

**Thomas a Kempis**

Love feels no burden, thinks nothing of its trouble, attempts what is above its strength, pleads no excuse for impossibility, for it thinks all things are lawful for itself and all things are possible.

**Thomas a Kempis**

For a small reward, a man will hurry away on a long journey; while for eternal life, many will hardly take a single step.

**Thomas a Kempis**

Be not angry that you cannot make others as you wish them to be, since you cannot make yourself as you wish to be.

**Thomas a Kempis**

If God were our one and only desire we would not be so easily upset when our opinions do not find outside acceptance.

**Thomas a Kempis**

A man is hindered and distracted in proportion as he draws outward things to himself.

### **Thomas a Kempis**

Activate yourself to duty by remembering your position, who you are, and what you have obliged yourself to be.

### **Thomas a Kempis**

All men commend patience, although few are willing to practice it.

### **Thomas a Kempis**

An humble knowledge of thyself is a surer way to God than a deep search after learning.

### **Thomas a Kempis**

At the Day of Judgment, we shall not be asked what we have read, but what we have done.

### **Thomas a Kempis**

Be assured that if you knew all, you would pardon all.

### **Thomas a Kempis**

Be not angry that you cannot make others as you wish them to be, since you cannot make yourself as you wish to be.

### **Thomas a Kempis**

# Chapter 13

## Thomas Merton Quotes

When ambition ends, happiness begins.

**Thomas Merton**

We must make the choices that enable us to fulfill the deepest capacities of our real selves.

**Thomas Merton**

What can we gain by sailing to the moon if we are not able to cross the abyss that separates us from ourselves? This is the most important of all voyages of discovery, and without it, all the rest are not only useless, but disastrous.

**Thomas Merton**

A life is either all spiritual or not spiritual at all. No man can serve two masters. Your life is shaped by the end you live for. You are made in the image of what you desire.

**Thomas Merton**

We must make the choices that enable us to fulfill the deepest capacities of our real selves.

**Thomas Merton**

We are not at peace with others because we are not at peace with ourselves, and we are not at peace with ourselves because we are not at peace with God.

**Thomas Merton**

The truth that many people never understand, until it is too late, is that the more you try to avoid suffering the more you suffer because smaller and more insignificant things begin to torture you in proportion to your fear of being hurt.

**Thomas Merton**

The beginning of love is to let those we love be perfectly themselves, and not to twist them to fit our own image. Otherwise we love only the reflection of ourselves we find in them.

**Thomas Merton**

Pride makes us artificial and humility makes us real.

**Thomas Merton**

Happiness is not a matter of intensity but of balance, order, rhythm and harmony.

**Thomas Merton**

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