

Mother Teresa on Prayer

Let us begin with a resolution. Be all for Jesus; and with Jesus and you will be happy and holy throughout the year. Give yourselves over to prayer and close union with God.

Let us make this a year of peace in a very particular way: We will try to talk more with God and to God and less with men and to men. And then, from the silence of our hearts, we can preach the peace of Christ as he did, by going about doing good to others. The more we receive in silent prayer, the more we can give in our active life.

We must improve our prayer and, flowing from that, our charity toward others. It can be difficult to pray when we don't know how, but we can help ourselves through the use of silence. Souls of prayer are sows of great silence. This silence takes a lot of sacrifice, but if we really want to pray, we must be ready to take that step now. Without this first step toward silence, we will not be able to reach our goal, which is union with God.

Free your mind from all that is not Jesus. This will improve your spirit of prayer. If you find it difficult to pray, then say again and again: "Jesus, come into my heart. Pray in me and with me that I may learn from you how to pray." Praying the rosary as you walk or travel is a beautiful means to constant prayer.

The fruit of silence- is prayer. The fruit of prayer is faith. The fruit of faith is love . The fruit of love is service. The fruit of service is peace. Let us provide each other an atmosphere of peace and quiet which will facilitate prayer, work , study, and rest.

God's language is silence. "Be still and know that I am God." We need to be alone with God in silence to be renewed and to be transformed. Silence gives us a new outlook on life. In it we are filled with the energy of God himself that makes us do all things with joy.

Our works of charity are nothing but the overflow of our love for God. To understand and practice this, we need to pray, for prayer unites us with God and overflows upon others.

Prayer is nothing but oneness with Christ "I live no longer, but Christ lives in me." Christ prays in me, Christ think Christ looks through my eyes, Christ speaks my words, Christ works with my hands, Christ walks with my feet, Christ loves with my heart.

Be faithful to the time spent in prayer and make sure that at least half of your prayer is spent in silence.

We must be present in silence. Guard and protect it with love and you will become a garden enclosed. Silence is the soil for the seed of the Word.

Deepen your prayer life and you will grow in holiness and obtain many graces for the souls entrusted to your care.

We hear of so many broken families. Why are they broken? I think because they never pray together. They are never one in prayer before the Lord.

If we keep silence, we will not be uncharitable. Silence is one of those things that will help us to live only for Jesus. Prayer helps us to love each other because when Jesus is with us there are no distractions.

If we pray -we will believe. If we believe -we will love. If we love -we will serve.

Prayer is as necessary as the air, as the blood in our bodies, as anything to keep us alive- to keep us alive to the grace of God.

Prayer cannot live by itself; it cannot be prayer unless it is fed by sacrifices.

Our Blessed Mother calls us to fast and do penance and Pray. Let us be faithful to these things if we are sincere in our desire to bring souls to Jesus. Pray, fast, and do penance for priests, to help them be holy and bring souls to Jesus.

Holy angels, our advocates Pray for us Holy angels, brothers, pray for us.
Holy angels, our counselors, pray for us. Holy angels, Our defenders, pray for us.
Holy angels, Our enlighteners, pray for us- Holy angels, Our friends, pray for us.
Holy angels, our guides, pray for us. Holy angels, our helpers, pray for us.
Holy angels, intercessors, pray for us.

We should pray: Mary, Mother of Jesus, help me to make my heart pure. Be a mother to me now." She will help us to have a pure heart, to pray, and to be one with God. We must be meek one another and then we will be all right with God, humble with him, proving our love in wholehearted service.

Prayer will give us a clean heart, a clean heart will help us to see God, & if we see God, we will obey. The greatest humility is to know that we are nothing, and this we come to know when we face God in Prayer. It is only when we realize our nothingness, our emptiness, that God can fill us with himself. Our prayers don't produce results because we fail to fix our minds and hearts on Christ. It is through him that our prayers can ascend to God.

When we neglect prayer, evil can penetrate our hearts. Ask yourself. Do I pray? How do I pray? How often do I pray? Do I feel the need to pray? When prayer is difficult, do I try to find a book that could help? At those times, do I pray for a longer period of, time and more frequently, with greater fidelity? Do I make up prayer that I have missed? Do I follow a method for meditation that will help me to pray? Do have some small aspirations that I pray often?

If we earnestly desire holiness, three things are necessary: Prayer, self-denial, and charity. Pray to know the will of God and to accept the will of God. This obedience is the surest way to true holiness.