

## **SAINTLY WHISPERS**

### **REFLECTIONS ON PRAYER**

“Pray without ceasing”. - 1 Thessalonians 5:17

“Nothing is far from God.” - Saint Monica

"To pray is to talk to God, but about what? About Him, about yourself; joys, sorrows, successes, and failures, noble ambitions, daily worries, weaknesses! And acts of thanksgiving and petitions: and Love and reparation. In a word: to get to know Him and to get to know yourself: to get acquainted." - Saint Josemaria Escriva

“Prayer is an aspiration of the heart, it is a simple glance directed to heaven, it is a cry of gratitude and love in the midst of trial as well as joy; finally, it is something great, supernatural, which expands my soul and unites me to Jesus.” – St. Therese of Lisieux

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

“Prayer is the inner bath of love into which the soul plunges itself.” - Saint John Vianney

### **How to Pray**

“How to pray? This is a simple matter. I would say: Pray any way you like, so long as you do pray.” – Pope John Paul II

“For me prayer is an upward leap of the heart, an untroubled glance toward heaven, a cry of gratitude and love which I utter from the depths of sorrow as well as from the heights of joy.” - Saint Thérèse of Lisieux

“You don’t know how to pray? Put yourself in the presence of God, and as soon as you have said, ‘Lord, I don’t know how to pray!’ you can be sure you’ve already begun.” - Saint Josemaría Escrivá

“ ‘My daughter...why do you not tell me about everything that concerns you, even the smallest details? Tell Me about everything, and know that this will give Me great joy.’ I answered, ‘But You know about everything, Lord’ and Jesus replied to me, ‘Yes I do know; but you should not excuse yourself with the fact that I know, but with childlike simplicity talk to Me about everything, for my ears and heart are inclined towards you, and your words are dear to Me.’ ” - St. Faustina, Divine Mercy in my Soul

“You must speak to Jesus not only with your lips but with your heart” - Saint Pio of Pietrelcina

“There is not in the world a kind of life more sweet and delightful than that of a continual conversation with God.” - Brother Lawrence.

“You need not cry very loud; He is nearer to us than we think.” - Brother Lawrence

“What prayer could be more true before God the Father than that which the Son, who is Truth, uttered with His own lips?” - Saint John Chrysostom

“In order to know God, we must often think of Him; and when we come to love Him, we shall then also think of Him often, for our heart will be with our treasure.” - Brother Lawrence

“We must speak to God as a friend speaks to his friend, servant to his master; now asking some favor, now acknowledging our faults, and communicating to Him all that concerns us, our thoughts, our fears, our projects, our desires, and in all things seeking His counsel.” - St. Ignatius of Loyola

“We ought to act with God in the greatest simplicity, speak to Him frankly and plainly, and implore His assistance in our affairs.” - Brother Lawrence

"Pray as though everything depended on God. Work as though everything depended on you." - St. Augustine

## **Surrender**

“So let us confidently approach the throne of grace to receive mercy and to find grace for timely help.” - Hebrews 4:16

“Souls of prayer are souls of great silence.” - Mother Teresa

“Remember that when we ask the Lord for something important, He may want to be asked for many years. Keep on! But keep on with ever increasing trust.” - Saint Josemaría Escrivá

“Prayer is not asking. Prayer is putting oneself in the hands of God, at His disposition, and listening to His voice in the depth of our hearts.” - Mother Teresa

“Let us all resign ourselves into His hands, and pray that in all things He may guide us to do His Holy Will ... when thoughts of this or that come I turn to Him and say: ‘Only what You will, my God. Use me as You will.’ ” - Blessed Mary MacKillop

## **Who Should Pray**

“It is my wish, then, that in every place the men should pray, lifting up holy hands, without anger or argument.” - Timothy 2:8

“He who prays most receives most.” - St. Alphonsus Maria de Liguori

“A soul arms itself by prayer for all kinds of combat. In whatever state the soul may be, it ought to pray. A soul which is pure and beautiful must pray, or else it will lose its beauty; a soul which is striving after this purity must pray, or else it will never attain it; a soul

which is newly converted must pray, or else it will fall again; a sinful soul, plunged in sins, must pray so that it might rise again. There is no soul which is not bound to pray, for every single grace comes to the soul through prayer.” - St. Faustina

### **Forms of Prayer**

“Vocal prayer . . . must be accompanied by reflection. A prayer in which a person is not aware of Whom he is speaking to, what he is asking, who it is who is asking and of Whom, I don't call prayer----however much the lips may move.” - St. Teresa of Avila

"Mental prayer in my opinion is nothing else than an intimate sharing between friends; it means taking time frequently to be alone with Him who we know loves us." - Teresa of Avila

### **Intentions**

“My God will fully supply whatever you need, in accord with His glorious riches in Christ Jesus.” - Philippians 4:19

“Prayer is the raising of one’s mind and heart to God or the requesting of good things from God.” - Saint John Damascene

“You pay God a compliment by asking great things of Him.” - St. Teresa of Avila

“Pray with great confidence, with confidence based upon the goodness and infinite generosity of God and upon the promises of Jesus Christ. God is a spring of living water which flows unceasingly into the hearts of those who pray.” - St. Louis de Montfort

“If any of you lacks wisdom, he should ask God who gives to all generously and ungrudgingly, and he will be given it. But he should ask in faith, not doubting, for the one who doubts is like a wave of the sea that is driven and tossed about by the wind.” - James 1:5-6

### **God's Will**

“Whether, therefore, we receive what we ask for, or do not receive it, let us still continue steadfast in prayer. For to fail in obtaining the desires of our heart, when God so wills it, is not worse than to receive it; for we know not as He does, what is profitable to us.” - St. John Chrysostom

### **Communal Prayer**

“Individual praying is like straw scattered over a field. If you set a straw alight, the flame is small. But if you gather up all the bits of straw the flame fills out, rising high up in the sky, and it’s the same with communal prayer.” - Saint John Vianney

## **What Does Prayer Do?**

"Prayer gives us strength for great ideals, for keeping up our faith, charity, purity, generosity; prayer gives us strength to rise up from indifference and guilt, if we have had the misfortune to give in to temptation and weakness. Prayer gives us light by which to see and to judge from God's perspective and from eternity. That is why you must not give up on praying!" - Pope John Paul II

"By humble and faithful prayer, the soul acquires, with time and perseverance, every virtue." - Saint Catherine of Siena

"He whose attitude towards Christ is correct does indeed ask 'in His Name' and receives what he asks for, if it is something which does not stand in the way of his salvation. He gets it, however, only when he ought to receive it, for certain things are not refused us, but their granting is delayed to a fitting time." - Saint Augustine

"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." - Mother Teresa

"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

"It is simply impossible to lead, without the aid of prayer, a virtuous life." - Saint John Chrysostom

"We have this confidence in Him, that if we ask anything according to His will, He hears us. And if we know that He hears us in regard to whatever we ask, we know that what we have asked Him for is ours." - 1 John 5:14-15

## **Pleasing and Perfect Prayer**

"In a conversation there are always an 'I' and a 'thou' or 'you.' In this case the 'Thou' is more important, because our prayer begins with God ... We begin to pray, believing that it is our own initiative that compels us to do so. Instead, we learn that it is always God's initiative within us ..." - Pope John Paul II

"A good and perfect prayer requires that we forget self, that we be ready to sacrifice all that we are for God." - Saint Jane Frances de Chantal

"How pleasing to our Lord in the Blessed Sacrament is the short quarter of an hour that we steal from our occupations, from something of no use, to come and pray to Him, to visit Him, to console Him." - Saint John Vianney

"The prayer most pleasing to God is that made for others and particularly for the poor souls. Pray for them, if you want your prayers to bring high interest." - Blessed Anne Catherine Emmerich

“My little children, your hearts, are small, but prayer stretches them and makes them capable of loving God. Through prayer we receive a foretaste of Heaven and something of paradise comes down upon us. Prayer never leaves us without sweetness. It is honey that flows into the souls and makes all things sweet. When we pray properly, sorrows disappear like snow before the sun.” - Saint John Vianney

### **Where/When to Pray**

“Persevere in prayer, being watchful in it with thanksgiving.” - Colossians 4:2

“We must pray without ceasing, in every occurrence and employment of our lives - that prayer which is rather a habit of lifting up the heart to God as in a constant communication with Him.” - Saint Elizabeth Ann Seton

“Without prayer, nothing good is done. God's works are done with our hands joined, and on our knees. Even when we run, we must remain spiritually kneeling before Him.” - Blessed Luigi Orione

“Jacob did not cease to be a saint because he had to attend to his flocks.” - St. Teresa of Avila

“We must do our business faithfully; without trouble or disquiet, recalling our mind to God mildly, and with tranquility, as often as we find it wandering from Him.” - Brother Lawrence

“Read some chapter of a devout book....It is very easy and most necessary, for just as you speak to God when at prayer, God speaks to you when you read.” - St. Vincent de Paul

“We must meditate before, during and after everything we do. The prophet says: ‘I will pray, and then I will understand.’ This is the way we can easily overcome the countless difficulties we have to face day after day, which, after all, are part of our work. In meditation we find the strength to bring Christ to birth in ourselves and in others.” - Saint Charles Borromeo

“A little lifting of the heart suffices; a little remembrance of God, one act of inward worship are prayers which, however short, are nevertheless acceptable to God.” - Brother Lawrence

“How often I failed in my duty to God, because I was not leaning on the strong pillar of prayer.” - St. Teresa of Avila

### **Our Attitude in Prayer**

“Prayer ought to be humble, fervent, resigned, persevering, and accompanied with great reverence. One should consider that he stands in the presence of a God, and speaks with a Lord before whom the angels tremble from awe and fear.” - Saint Mary Magdalen de Pazzi

“In order to succeed in it (prayer), it should be done when we first awaken, when our whole being is calm and recollected. We need to make our meditation before anything else.” - Saint Peter Julian Eymard

“Anyone who has the habit of speaking before God's majesty as if he were speaking to a slave, careless about how he is speaking, and saying whatever comes into his head and whatever he's learned from saying prayers at other times, in my opinion is not praying. Please, God, may no Christian pray in this way.” - St. Teresa of Avila

“As far as possible, you should pray in quiet and silent devotion. Try to have a favorite topic of prayer, such as a devotion to the passion of Jesus, the Blessed Sacrament, awareness of the divine presence; go directly to Jesus without too much fuss.” - Saint Peter Julian Eymard

“One way to recollect the mind easily in the time of prayer, and preserve it more in tranquility, is not to let it wander too far at other times. You should keep it strictly in the presence of God; and being accustomed to think of Him often, you will find it easy to keep your mind calm in the time of prayer, or at least to recall it from its wanderings.” - Brother Lawrence

### **Thanking God**

“Rejoice always. Pray without ceasing. In all circumstances give thanks, for this is the will of God for you in Christ Jesus.” - 1 Thessalonians 5:16-18

“We should not accept in silence the benefactions of God, but return thanks for them.” - St. Basil

“Let him never cease from prayer who has once begun it, be his life ever so wicked; for prayer is the way to amend it, and without prayer such amendment will be much more difficult.” - St. Teresa of Avila

“Have confidence in prayer. It is the unfailing power which God has given us. By means of it you will obtain the salvation of the dear souls whom God has given you and all your loved ones. ‘Ask and you shall receive,’ our Lord said. Be yourself with the good Lord.” - Saint Peter Julian Eymard

“He that loveth little, prayeth little; he that loveth much, prayeth much.” - St. Augustine

“In the silence of the heart, God speaks” - Mother Teresa

“Whatever you do, think not of yourself, but of God.” - St. Vincent Ferre

"Pray, Hope, and Don't Worry" - St. Pio of Pietrelcino

“Now to Him who is able to accomplish far more than all we ask or imagine, by the power at work within us, to Him be glory in the church and in Christ Jesus to all generations, forever and ever. Amen.” - Ephesians 3:20-21