

A PRAYERFUL HEART

When you arise in the morning, give thanks for the morning light, for your life and strength. Give thanks for your food and for the joy of living. If you see no reason for giving thanks, the fault lies in yourself.

Indian Proverb

All real prayer must begin in wonder.

Tad Dunne, S.J.

A lot of trouble about prayer would disappear if we only realized really realized, and not just supposed that it was so -- that we go to pray not because we love prayer but because we love God.

Hubert van Zeller, OSB

By a long process of prayer discipline I have ceased for over forty years to hate anybody.

Gandhi

Do what you can and then pray that God will give you the power to do what you cannot.

St. Augustine

If the only prayer you say in your life is "thank you," that would suffice.

Meister Eckhart

Prayer is not just spending time with God. That is prayer, true -- but if it ends there, it is fruitless. No, prayer is dynamic. Authentic prayer changes us -- unmasks us -- strips us -- indicates where growth is needed. Authentic prayer never leads to complacency, but needles us -- makes us uneasy at times. It leads us to true self-knowledge, to true humility.

Teresa of Avila

At the heart of silence is prayer. At the heart of prayer is faith. At the heart of faith is life. At the heart of life is service.

Blessed Teresa of Calcutta

All creation teaches us some way of prayer.

Thomas Merton

You pray in your distress and in your need. Would that you might pray also in the fullness of your joy and in your days of abundance.

Kahlil Gibran

Once upon a time a disciple asked the elder, "Holy One, is there anything I can do to make myself Enlightened?" "As little as you can do to make the sun rise in the morning." "Then of what use," the disciple asked, "are all the spiritual exercises?" "To make sure," the elder said, "that you are not asleep when the sun begins to rise."

Anthony de Mello, SJ

If your heart wanders or is distracted, bring it back to the point quite gently and replace it tenderly in its Master's presence. And even if you did nothing during the whole of your hour but bring your heart back and place it in our Lord's presence, though it went away every time you brought it back, your hour will be very well employed.

St Francis de Sales

It is precisely after that first sin [in the Garden of Eden] is committed that God asks the question, "Where are you?" (Gen 3:9) Here begins the history of this dialogue we call prayer. In prayer, God makes it possible for us to draw close to him once again, for it is he who asks for us, it is he who calls out to us.

Pope Francis