

## A Catechism on Prayer from the Saints

### What is prayer?

“Prayer is the inner bath of love into which the soul plunges itself.” - *St. Jean Marie Baptiste Vianney*

“For me prayer is a surge of the heart, it is a simple look towards Heaven, it is a cry of recognition and of love, embracing both trial and joy.” - *St. Therese of Lisieux*

“Mental prayer is nothing else but being on terms of friendship with God, frequently conversing in secret with Him.”  
- *St. Teresa of Avila*

### Is prayer necessary?

“Without prayer we have neither light nor strength to advance in the way which leads to God.” - *St. Alphonsus Maria de Liguori*

“It is simply impossible to lead, without the aid of prayer, a virtuous life.” - *St. John Chrysostom*

“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*

### How should we pray?

“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*

“As far as possible, you should pray in quiet silent devotion. Try to have a favourite 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.”  
- *St. Peter Julian Eymard*

“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*

### Final thoughts

“Pray, hope, and don't worry.” - *St. (Padre) Pio of Pietrelcino*

“You cannot be half a saint; you must be a whole saint or no saint at all.” - *St. Therese of Lisieux*