

Saint Francis de Sales Quotes

*Heart, Saint, Soul, Humility, Spiritual, Men, Inspirational, Catholic, Evil, Littles,
Faith, Giving, Suffering, Children, Inspiration, Mean, Pain, Perfection,
Imperfection, Charity*

What we need is a cup of understanding, a barrel of love, and an ocean of patience.

~Saint Francis de Sales

Half an hour's meditation each day is essential, except when you are busy. Then a full hour is needed.

~Saint Francis de Sales

Great occasions for serving God come seldom, but little ones surround us daily.

~Saint Francis de Sales

Anxiety is the greatest evil that can befall a soul, except sin. God commands you to pray, but He forbids you to worry.

~Saint Francis de Sales

Faith is like a bright ray of sun light. It enables us to see God in all things as well as all things in God.

~Saint Francis de Sales

Have patience with all things, But, first of all with yourself.

~Saint Francis de Sales

I have made a pact with my tongue, not to speak when my heart is disturbed.

~Saint Francis de Sales

Let us think only of spending the present day well. Then when tomorrow shall have come, it will be called today, and then we will think about it.

~Saint Francis de Sales

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

~Saint 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.

~Saint Francis de Sales

Be who you are and be that well.

~Saint Francis de Sales

Doing little things with a strong desire to please God makes them really great.

~Saint Francis de Sales

It is right that you should begin again every day. There is no better way to complete the spiritual life than to be ever beginning it over again.

~Saint Francis de Sales

It is to those who have the most need of us that we ought to show our love more especially.

~Saint Francis de Sales

Those who pray from the heart do not think about the prayer they are saying, but about the God to whom they pray.

~Saint Francis de Sales

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

~Saint Francis de Sales

Do not lose courage in considering your own imperfections.

~Saint Francis de Sales

You can attract more bees with a spoonful of sugar than a cupful of vinegar.

~Saint Francis de Sales

A heart-memory is better than a mere head-memory. Better to carry away a little of the love of Christ in our souls, than if we were able to repeat every word of every sermon we ever heard.

~Saint Francis de Sales

We have freedom to do good or evil; yet to make choice of evil, is not to use, but to abuse our freedom.

~Saint Francis de Sales

Truly it is a blessed thing to love on earth as we hope to love in Heaven, and to begin that friendship here which is to endure for ever there.

~Saint 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.

~Saint Francis de Sales

To lose ourselves in God is simply to give up our own will to Him. When a soul can truly say Lord I have no other will than Thine it is truly lost in God and united to Him.

~Saint Francis de Sales

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

~Saint Francis de Sales

Every Christian needs a half-hour of prayer each day, except when he is busy, then he needs an hour.

~Saint Francis de Sales

A judicious silence is always better than truth spoken without charity.

~Saint Francis de Sales

There is nothing small in the service of God.

~Saint Francis de Sales

Every morning prepare your soul for a tranquil day.

~Saint Francis de Sales

God is present everywhere, and every person is His work.

~Saint Francis de Sales

It is better to remain silent than to speak the truth ill-humoredly, and spoil an excellent dish by covering it with bad sauce.

~Saint Francis de Sales

Friendship requires great communication.

~Saint Francis de Sales

Whatever happens, abide steadfast in a determination to cling simply to God.

~Saint Francis de Sales

For every great temptation there will be many small ones. Wolves and bears are more dangerous than flies, but we are bothered most by flies.

~Saint Francis de Sales

Where there is peace and meditation, there is neither anxiety nor doubt.

~Saint Francis de Sales

Be not miserable about what may happen tomorrow. The same everlasting Father, who cares for you today, will care for you tomorrow.

~Saint Francis de Sales

One single act done with aridity of spirit is worth more than many done

with feelings of devotion.

~Saint Francis de Sales

We must fear God out of love, not love Him out of fear.

~Saint Francis de Sales

We may be excused for not always being bright, but we are not excused for not being gracious, yielding and considerate.

~Saint Francis de Sales

Let the enemy rage at the gate; let him knock, pound, scream, howl; let him do his worst. We know for certain that he cannot enter our soul except by the door of our consent.

~Saint Francis de Sales

All of us can attain to Christian virtue and holiness, no matter in what condition of life we live and no matter what our life work may be.

~Saint Francis de Sales

Let God be the air in which your heart breathes at ease.

~Saint Francis de Sales

The whole world is not worth one soul.

~Saint Francis de Sales

One single day of devotion is worth more than a thousand years of worldly life.

~Saint Francis de Sales

Cook the truth in charity until it tastes sweet.

~Saint Francis de Sales

All the science of the Saints is included in these two things: To do, and to suffer. And whoever had done these two things best, has made

himself most saintly.

~Saint Francis de Sales

Be who you are and do that well.

~Saint Francis de Sales

Have patience to walk with short steps until you have wings to fly.

~Saint Francis de Sales

The greatest method of praying is to pray the Rosary.

~Saint Francis de Sales

Fear is a greater evil than evil itself.

~Saint Francis de Sales

The Lord delights in every little step you take.

~Saint Francis de Sales

God will either shield you from suffering or give you unfailing strength to bear it.

~Saint Francis de Sales

There is no better means of attainment to the spiritual life Than by continually beginning again.

~Saint Francis de Sales

Those who love to be feared fear to be loved.

~Saint Francis de Sales

Be patient with everyone, but above all with yourself. I mean do not be disheartened by your imperfections, but always rise up with fresh courage

~Saint Francis de Sales

He who stays not in his littleness, loses his greatness.

~Saint Francis de Sales

Let us run to Mary, and, as her little children, cast ourselves into her arms with a perfect confidence.

~Saint Francis de Sales

One rarely does well what one rarely does.

~Saint Francis de Sales

Flowers often grow more beautifully on dung-hills than in gardens that look beautifully kept.

~Saint 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 by loving. All those who think to learn in any other way deceive themselves.

~Saint Francis de Sales

By giving yourself to God, You not only receive Himself in exchange, but eternal life as well.

~Saint Francis de Sales

The Prayer of the sick person is his patience and his acceptance of his sickness for the love of Jesus Christ. Make sickness itself a prayer, for there is none more powerful, save martyrdom!

~Saint Francis de Sales

Have Jesus always for your patron, His Cross for a mast on which you must spread your resolutions as a sail. Your anchor shall be a profound confidence in Him, and you shall sail prosperously.

~Saint Francis de Sales

Make yourself familiar with the angels and behold them frequently in

spirit; for without being seen, they are present with you.

~Saint Francis de Sales

He who can preserve gentleness amid pains, and peace amid worry multitude of affairs, is almost perfect.

~Saint Francis de Sales

If you would fall into any extreme, let it be on the side of gentleness. The human mind is so constructed that it resists rigor, and yields to softness.

~Saint Francis de Sales

You learn to love by loving.

~Saint Francis de Sales

By turning your eyes on God in meditation, your whole soul will be filled with God. Begin all your prayers in the presence of God.

~Saint Francis de Sales

Friendships begun in this world will be taken up again, never to be broken off.

~Saint Francis de Sales

The test of a preacher is that his congregation goes away saying, not "What a lovely sermon!" but "I will do something."

~Saint Francis de Sales

Take care of your health, that it may serve you to serve God.

~Saint Francis de Sales

True progress quietly and persistently moves along without notice.

~Saint Francis de Sales

What son would not bring his mother back to life and would not bring

her into paradise after her death if he could?

~Saint Francis de Sales

There is no artifice as good and desirable as simplicity.

~Saint Francis de Sales

It is a great imperfection to complain unceasingly of little things.

~Saint Francis de Sales

Don't get upset with your imperfections. Surrender to the Power of God's Love, which is greater than our weakness.

~Saint Francis de Sales

Humor is the foundation of reconciliation.

~Saint Francis de Sales

Examine from time to time what are the dominant passions of your soul, and having ascertained this, mold your life, so that in thought, word, and deed you may as far as possible counteract them.

~Saint Francis de Sales

It matters little how one begins, provided that he be resolved to go on well, and to end well.

~Saint Francis de Sales

Big fires flare up in a wind, but little ones are blown out unless they are carried in under cover.

~Saint Francis de Sales

It is wonderful how attractive a gentle, pleasant manner is, and how much it wins hearts.

~Saint Francis de Sales

Be patient with everyone, but above all with yourself.

~Saint Francis de Sales

Trouble that is easily recognized is half-cured.

~Saint Francis de Sales

Work hard every day at increasing your purity of heart, which consists in appraising things and weighing them in the balance of God's will.

~Saint Francis de Sales

Souls do not wish to be bullied, but gently brought back; such is the nature of man.

~Saint Francis de Sales

The state of marriage is one that requires more virtue and constancy than any other; it is a perpetual exercise in mortification.

~Saint Francis de Sales

Nothing appeases an enraged elephant so much as the sight of a little lamb.

~Saint Francis de Sales

In everything, love simplicity.

~Saint Francis de Sales

God requires a faithful fulfillment of the merest trifle given us to do, rather than the most ardent aspiration to things to which we are not called.

~Saint Francis de Sales

Every vocation becomes more agreeable when united with devotion.

~Saint Francis de Sales

Better make penitents by gentleness than hypocrites by severity.

~Saint Francis de Sales

If, when stung by slander or ill-nature, we wax proud and swell with anger, it is a proof that our gentleness and humility are unreal, and mere artificial show.

~Saint Francis de Sales

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

~Saint Francis de Sales

He prays well who is so absorbed with God that he does not know he is praying.

~Saint Francis de Sales

Many would be willing to have afflictions provided that they not be inconvenienced by them.

~Saint Francis de Sales

Since God often sends us inspirations by means of His angels, we should frequently return our aspirations to him by means of the same messengers.

~Saint Francis de Sales

True humility scarcely ever utters words of humility.

~Saint Francis de Sales

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

~Saint Francis de Sales

During the night we must wait for the light.

~Saint Francis de Sales

Those who love to be feared fear to be loved, and they themselves are more afraid than anyone, for whereas other men fear only them, they fear everyone.

~Saint Francis de Sales

Consider all the past as nothing, and say, like David: Now I begin to love my God.

~Saint Francis de Sales

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