

Teresa of Avila

Quotes

Prayer, Saint, Soul, Humility, Thinking, Giving, Suffering, Love, God, Men, Catholic, People, Spiritual, Christian, Jesus, Heart, Faith, Hands, Perfect, Lord

Let nothing Disturb you, Let nothing frighten you, Though all things pass, God does not change. Patience wins all things. But he lacks nothing who possesses God; For God alone suffices.

~Teresa of Avila

Trust God that you are exactly where you are meant to be.

~Teresa of Avila

We always find that those who walked closest to Christ were those who had to bear the greatest trials.

~Teresa of Avila

Christ has no body now but mine. He prays in me, works in me, looks through my eyes, speaks through my words, works through my hands, walks with my feet and loves with my heart.

~Teresa of Avila

It is not a matter of thinking a great deal but of loving a great deal, so do whatever arouses you most to love.

~Teresa of Avila

Remember that you have only one soul; that you have only one death to die; that you have only one life. . . . If you do this, there will be many things about which you care nothing.

~Teresa of Avila

When we accept what happens to us and make the best of it, we are praising God.

~Teresa of Avila

Desire to see God, be fearful of losing Him, and find joy in everything that can lead to Him. If you act in this way, you will always live in great peace.

~Teresa of Avila

We may speak of love and humility as the true flowers of spiritual growth; and they give off a wonderful scent, which benefits all those who come near.

~Teresa of Avila

May God protect me from gloomy saints.

~Teresa of Avila

What peace can we hope to find elsewhere if we have none within us

~Teresa of Avila

If we practice love of neighbor with great perfection, we will have done everything.

~Teresa of Avila

Settle yourself in solitude, and you will come upon God in yourself.

~Teresa of Avila

In light of heaven, the worst suffering on earth will be seen to be no more serious than one night in an inconvenient hotel.

~Teresa of Avila

Always think of yourself as everyone's servant; look for Christ Our Lord in everyone and you will then have respect and reverence for them all.

~Teresa of Avila

Each of us has a soul, but we forget to value it. We don't remember that we are creatures made in the image of God. We don't understand the great secrets hidden inside of us.

~Teresa of Avila

Prayer is an act of love. Words are not needed.

~Teresa of Avila

People in the world pay little heed to reason where their own interests are involved.

~Teresa of Avila

It constantly happens that the Lord permits a soul to fall so that it may grow humbler.

~Teresa of Avila

No one should think or say anything of another which he would not wish thought or said of himself.

~Teresa of Avila

All blessings come to us through our Lord. He will teach us, for in beholding His life we find that He is the best example.

~Teresa of Avila

Christ does not force our will, He only takes what we give Him. But He does not give Himself entirely until He sees that we yield ourselves entirely to Him.

~Teresa of Avila

Contemplative prayer [oraci3n mental] in my opinion is nothing else than a close sharing between friends; it means taking time frequently to be alone with him who we know loves us.

~Teresa of Avila

If you seek to carry no other crosses but those whose reason you understand, perfection is not for you.

~Teresa of Avila

God is even kinder than you think.

~Teresa of Avila

To have courage for whatever comes in life - everything lies in that.

~Teresa of Avila

There is more value in a little study of humility and in a single act of it than in all the knowledge in the world.

~Teresa of Avila

After you die, you wear what you are.

~Teresa of Avila

Humility must always be doing its work like a bee making honey in the hive: without humility all will be lost.

~Teresa of Avila

One always goes on as one begins.

~Teresa of Avila

Let nothing disturb thee, let nothing affright thee. All things are passing. Patience obtains all things. He who has God has everything - God alone suffices.

~Teresa of Avila

Out of suffering comes the serious mind; out of salvation, the grateful heart; out of endurance, fortitude; out of deliverance faith. Patient endurance attends to all things.

~Teresa of Avila

The closer one approaches to God, the simpler one becomes.

~Teresa of Avila

What a great favor God does to those He places in the company of good people!

~Teresa of Avila

Be gentle to all and stern with yourself.

~Teresa of Avila

Every part of the journey is of importance to the whole.

~Teresa of Avila

About the injunction of the Apostle Paul that women should keep silent in church? Don't go by one text only.

~Teresa of Avila

Pain is never permanent.

~Teresa of Avila

There are more tears shed over answered prayers than over unanswered prayers.

~Teresa of Avila

May I not come before You with empty hands, since we are rewarded according to our deeds.

~Teresa of Avila

This body of ours has one fault: the more you indulge it, the more things it discovers to be essential to it. It is extraordinary how it likes being indulged.

~Teresa of Avila

Suffering is a great favor. Remember that everything soon comes to an end . . . and take courage. Think of how our gain is eternal.

~Teresa of Avila

The saints rejoiced at injuries and persecutions, because in forgiving them they had something to present to God when they prayed to Him.

~Teresa of Avila

There is no affliction, trial, or labor difficult to endure, when we consider

the torments and sufferings which Our Lord Jesus Christ endured for us.

~Teresa of Avila

If you fall sometimes, you must not be discouraged.

~Teresa of Avila

Teach by works more than words.

~Teresa of Avila

I am afraid that if we begin to put our trust in human help, some of our Divine help will fail us.

~Teresa of Avila

It is love alone that gives worth to all things.

~Teresa of Avila

It is a dangerous thing to be satisfied with ourselves.

~Teresa of Avila

God deliver me from people who are so spiritual that they want to turn everything into perfect contemplation, come what may.

~Teresa of Avila

Let nothing disturb thee; Let nothing dismay thee; All things pass; God never changes. Patience attains All that it strives for.

~Teresa of Avila

It is of great importance, when we begin to practise prayer, not to let ourselves be frightened by our own thoughts.

~Teresa of Avila

However softly we speak, God is near enough to hear us.

~Teresa of Avila

Untilled soil, however fertile it may be, will bear thistles and thorns; so it is with man's mind.

~Teresa of Avila

Don't imagine that, if you had a great deal of time, you would spend more of it in prayer. Get rid of that idea; it is no hindrance to prayer to spend your time well.

~Teresa of Avila

Souls who do not practice prayer are like people whose limbs are paralyzed.

~Teresa of Avila

He who has God finds he is lacking nothing.

~Teresa of Avila

Truth suffers, but never dies.

~Teresa of Avila

Mental prayer is nothing else but being on terms of friendship with God, frequently conversing in secret with Him.

~Teresa of Avila

Those who in fact risk all for God will find that they have both lost all and gained all.

~Teresa of Avila

Let us live in such a way as not to be afraid to die.

~Teresa of Avila

You pay God a compliment by asking great things of Him.

~Teresa of Avila

It is true that we cannot be free from sin, but at least let our sins not

always be the same.

~Teresa of Avila

All the troubles of the Church, all the evils in the world, flow from this source: that men do not by clear and sound knowledge and serious consideration penetrate into the truths of Sacred Scripture.

~Teresa of Avila

I am quite sure I am more afraid of people who are themselves terrified of the devil than I am of the devil himself.

~Teresa of Avila

Let us consider what the glorious Virgin endured, and what the holy apostles suffered, and we shall find that they who were nearest to Jesus Christ were the most afflicted.

~Teresa of Avila

All things pass... Patience attains all it strives for.

~Teresa of Avila

How poor is the wisdom of men, and how uncertain their forecast!

~Teresa of Avila

Untilled ground, however rich, will bring forth thistles and thorns; so also the mind of man.

~Teresa of Avila

For pity's sake, don't start meeting troubles halfway.

~Teresa of Avila

We should blush for shame to show so much resentment at what is done or said against us, knowing that so many injuries and affronts have been offered to our Redeemer and the saints.

~Teresa of Avila

Anyone who truly loves God travels securely.

~Teresa of Avila

True love grows by sacrifice and the more thoroughly the soul rejects natural satisfaction the stronger and more detached its tenderness becomes.

~Teresa of Avila

The life of prayer is just love to God, and the custom of being ever with Him.

~Teresa of Avila

Do not think you have gained a virtue unless you have first been tried by its opposite.

~Teresa of Avila

Let there be no disappointment when obedience keeps you busy in outward tasks. If it sends you to the kitchen, remember that the Lord walks among the pots and pans.

~Teresa of Avila

Praised be the Lord, who has redeemed me from myself.

~Teresa of Avila

Oh, my Lord! How true it is that whoever works for you is paid in troubles! And what a precious price to those who love you if we understand its value.

~Teresa of Avila

The feeling remains that God is on the journey, too.

~Teresa of Avila

Let us remember that within us there is a palace of immense magnificence.

~Teresa of Avila

All things must come to the soul from its roots, from where it is planted.

~Teresa of Avila

Happy the heart where love has come to birth.

~Teresa of Avila

Accustom yourself continually to make many acts of love, for they enkindle and melt the soul.

~Teresa of Avila

I thought of the soul as resembling a castle, formed of a single diamond or a very transparent crystal, and containing many rooms, just as in Heaven there are many mansions.

~Teresa of Avila

From silly devotions and from sour-faced saints, good Lord, deliver us.

~Teresa of Avila

For prayer is nothing else than being on terms of friendship with God.

~Teresa of Avila

It is impossible for human tongue to exaggerate the riches which a vision from God brings to the soul: it even bestows health and refreshment on the body.

~Teresa of Avila

Strive to close the eyes of the body and open those of the soul and look into your own heart.

~Teresa of Avila

We need no wings to go in search of Him, but have only to look upon Him present within us.

~Teresa of Avila

In the presence of Jesus in the Holy Sacrament we ought to be like the Blessed in heaven before the Divine Essence

~Teresa of Avila

Our greatest gain is to lose the wealth that is of such brief duration and, by comparison with eternal things, of such little worth; yet we get upset about it and our gain turns to loss.

~Teresa of Avila

I often thought my constitution would never endure the work I had to do, (but) the Lord said to me: 'Daughter, obedience gives strength.'

~Teresa of Avila

With all this wide and beautiful creation before me, the restless soul longs to enjoy its liberty and rest beyond its bound.

~Teresa of Avila

Prayer is an act of love; words are not needed. Even if sickness distracts from thoughts, all that is needed is the will to love.

~Teresa of Avila

In all created things discern the providence and wisdom of God, and in all things give Him thanks.

~Teresa of Avila

All times are dangerous times.

~Teresa of Avila

Don't let your sins turn into bad habits.

~Teresa of Avila

To reach something good it is very useful to have gone astray, and thus

acquire experience.

~Teresa of Avila

Never affirm anything unless you are sure it is true.

~Teresa of Avila

If we learn to love the earth, we will find labyrinths, gardens, fountains and precious jewels! A whole new world will open itself to us. We will discover what it means to be truly alive.

~Teresa of Avila

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