

## Saints on Prayer Strips

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**Directions:** Copy and cut out enough strips for each group of three or four students to have one set.

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

It is simply impossible to lead, without the aid of prayer, a virtuous life.

–ST. JOHN CHRYSOSTOM

We set forth our petitions before God, not in order to make known to Him our needs and desires, but rather so that we ourselves may realize that in these things it is necessary to turn to God for help.

–ST. THOMAS AQUINAS

In order to succeed in 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.

–ST. PETER JULIAN EYMARD

Prayer is nothing else than union with God. When the heart is pure and united with God, it is consoled and filled with sweetness; it is dazzled by a marvelous light.

–ST. JEAN-MARIE-BAPTISTE VIANNEY

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 ÁVILA

Pray as though everything depended on God. Work as though everything depended on you.

–ST. AUGUSTINE

Pray, hope, and don't worry.

–ST. PIO OF PIETRELCINA