Saints Quotes About Prayer

Prayer -A soul arms itself by prayer for all kinds of combat. In whatever state the soul may be, it ought to pray. A soul which is pure and beautiful must pray, or else it will lose its beauty; a soul which is striving after this purity must pray, or else it will never attain it; a soul which is newly converted must pray, or else it will fall again; a sinful soul, plunged in
sins, must pray so that it might rise again. There is no soul which is not bound to pray, for every single grace comes to the soul through prayer.
St. Faustina

Prayer is an aspiration of the heart, it is a simple glance directed to heaven, it is a cry of gratitude and love in the midst of trail as well as joy; finally, it is something great, supernatural, which expands my soul and unites me to Jesus.
St.Therese of Lisieux

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

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

There are more tears shed over answered prayers than over unanswered prayers.
St. Teresa of Avila

Virtues are formed by prayer. Prayer preserves temperance. Prayer suppresses anger. Prayer prevents emotions of pride and envy. Prayer draws into the soul the Holy Spirit, and raises man to Heaven.
Saint Ephraem of Syria

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

He who prays most receives most.
St. Alphonsus Maria de Liguori

My little children, your hearts, are small, but prayer stretches them and makes them capable of loving God. Through prayer we receive a foretaste of heaven and something of paradise comes down upon us. Prayer never leaves us without sweetness. It is honey that flows into the souls and makes all things sweet. When we pray properly, sorrows disappear like snow before the sun.
Saint John Vianney

How often I failed in my duty to God, because I was not leaning on the strong pillar of prayer.
St. 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.
St. Teresa of Avila

Prayer ought to be humble, fervent, resigned, persevering, and accompanied with great reverence. One should consider that he stands in the presence of a God, and speaks with a Lord before whom the angels tremble from awe and fear.
Saint Mary Magdalen de Pazzi

Vocal prayer . . . must be accompanied by reflection. A prayer in which a person is not aware of Whom he is speaking to, what he is asking, who it is who is asking and of Whom, I don't call prayer-----however much the lips may move.
St. Teresa of Avila

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.
Saint Teresa

Prayer is the inner bath of love into which the soul plunges itself.
Saint John Vianney

Read some chapter of a devout book....It is very easy and most necessary, for just as you speak to God when at prayer, God speaks to you when you read.
St. Vincent de Paul

We must pray without ceasing, in every occurrence and employment of our lives - that prayer which is rather a habit of lifting up the heart to God as in a constant communication with Him.
Saint Elizabeth Ann Seton

Prayer ought to be short and pure, unless it be prolonged by the inspiration of Divine grace.
Saint Benedict

In order to succeed in it (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.
Saint Peter Julian Eymard

As far as possible, you should pray in quiet and silent devotion. Try to have a favorite 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.
Saint Peter Julian Eymard

Have confidence in prayer. It is the unfailing power which God has given us. By means of it you will obtain the salvation of the dear souls whom God has given you and all your loved ones." Ask and you shall receive," Our Lord said. Be yourself with the good Lord.
Saint Peter Julian Eymard

Man has a noble task: That of prayer and love. To pray and love, that is the happiness of man on earth.
St. Jean Marie Baptiste Vianney

Faith furnishes prayer with wings, without which it cannot soar to heaven.
St. John Climacus

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

Seek by reading and you will find by meditating. Knock by praying, and it will be opened to you in contemplation.
St. John of the Cross

Never forget that it is at the beginning of each day that God has the necessary grace for the day ready for us. He knows exactly what opportunities we shall have to sin, and will give us everything we need if we ask him then. That is why the devil does all he can to prevent us from saying our morning prayers or to make us say them badly.
St. Jean Marie Baptiste Vianney

Christian perfection consists in three things: praying heroically, working heroically, and suffering heroically.
St. Anthony Mary Claret

It is an old custom of the saints of God to have some little prayers ready and to be frequently darting them up to heaven during the day, lifting their minds to God out of the mire of this world. He who adopts this plan will obtain great fruits with little pain.
St. Phillip Neri

We should to keep our hearts open to the sufferings and wretchedness of other people, and pray continually that God may grant us that spirit of compassion which is truly the spirit of God.
St. Vincent de Paul

There are those who lose themselves in prayer, like fish in water, because they are absorbed in God. There is no division in their hearts. How I love those noble souls.
St. Jean Marie Baptiste Vianney

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

It is true that God's power triumphs over everything, but humble and suffering prayer prevails over God Himself.
St. Padre Pio of Pietrelcina

Until we have acquired genuine prayer, we are like people teaching children to begin to walk.
St. Margaret Mary Alocoque

You go to pray; to become a bonfire, a living flame, giving light and heat.
St Josemaria Escriva

After you have made a decision that is pleasing to God, the Devil may try to make you have second thoughts. Intensify your prayer time, meditation, and good deeds. For if Satan's temptations merely cause you to increase your efforts to grow in holiness, he'll have an incentive to leave you alone.
St. Ignatius of Loyola

There is no danger if our prayer is without words or reflection because the good success of prayer depends neither on words nor on study. It depends upon the simple raising of our minds to God, and the more simple and stripped of feeling it is, the surer it is.
St. Jane Frances de Chantal

You don't know how to pray? Put yourself in the presence of God, and as soon as you have said, 'Lord, I don't know how to pray!" you can be sure you have already begun.'
St. Josemaria Escriva

We do not have to talk very much in order to pray well. We know that God is there in His holy tabernacle; let us open our hearts to Him; let us rejoice in His Presence: This is the best prayer.
St. John Vianney

It is blasphemy if you pray before God while you are full of anger.
St. Ephraem the Syrian

Prayer is powerful beyond limits when we turn to the Immaculata who is queen even of God's heart.
St. Maximillian Kolbe

According to the divine plan, action must be fed with prayer. The interior life is the wellspring of the apostolate. Do not believe in the slogan, "The priest is sanctified in sanctifying others" - it's an illusion. The real formula is, "Sanctify yourself so as to sanctify others.
Blessed Edward Poppe

Say to God: Do you want greater love from me? I have no more. Give me more, therefore, and I will offer it to You. Don’t doubt. God will accept this offer.4
St. Padre Pio of Pietrelcina

Prayer purifies us, reading instructs us. ... If a man wants to be always in God's company, he must pray regularly and read regularly. When we pray, we talk to God; when we read, God talks to us.
St. Isidore of Seville

At the times when you remember God, increase your prayers, so that when you forget Him, the Lord may remind you.
St. Mark the Ascetic

He who labors as he prays lifts his heart to God with his hands.
St. Benedict of Nursia

Give me a person of prayer, and such a one will be capable of accomplishing anything.
St. Vincent de Paul

It is not surprising, then, that the devil should do everything possible to influence us to give up prayer or to pray badly, because he knows better than we do how terrible it is for hell and how impossible it is that God should refuse us what we ask Him for in prayer.
St. Jean Marie Baptiste Vianney

Pray and work.
St. Benedict

There is no other remedy for this evil of giving up prayer than to begin again.
St. Teresa of Jesus

Do nothing at all unless you begin with prayer.

 St Ephraem the Syrian

A soul arms itself by prayer for all kinds of combat.
St. Faustina Kowalska

For God says: Pray wholeheartedly. . . though you may feel nothing, though you may see nothing . . . for in dryness and in barrenness, in sickness and in weakness, then is your prayer most pleasing to Me.
St. Julian of Norwich

Pray to God, "You are the Spirit, and I am only the trumpet, and without your breath I can give no sound."
St. Joseph of Copurtino

To pray is to talk to God, but about what? About Him, about yourself; joys, sorrows, successes, and failures, noble ambitions, daily worries, weaknesses! And acts of thanksgiving and petitions: and Love and reparation. In a word: to get to know Him and to get to know yourself: to get acquainted.

Saint Josemaria Escriva

Prayer gives us strength for great ideals, for keeping up our faith, charity, purity, generosity; prayer gives us strength to rise up from indifference and guilt, if we have had the misfortune to give in to temptation and weakness. Prayer gives us light by which to see and to judge from God's perspective and from eternity. That is why you must not give up on praying!

Saint Pope John Paul II

For me prayer is an upward leap of the heart, an untroubled glance toward heaven, a cry of gratitude and love which I utter from the depths of sorrow as well as from the heights of joy.

Saint Thérèse of Lisieux

How to pray? This is a simple matter. I would say: Pray any way you like, so long as you do pray.

Saint Pope John Paul II

Without the aid of mental prayer, the soul cannot triumph over the forces of the demon.

Saint John of the Cross