

Saint Teresa of Avila



Let nothing disturb you.

Let nothing make you afraid.

All things pass.

God never changes.

Patience attains all that it strives for.

One who has God finds he/she lacks nothing.

God alone suffices.

Have courage for whatever comes in life.

Everything lies in that.

Be faithful in small things because it is in them that your strength lies.

Take God for your spouse and friend.

Walk with Him continually.

You will not sin.

You will learn to love.

Things you must do will work out prosperously for you.

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

You will acquire experience.

Prayer is nothing else than being on terms of **Friendship with God.**

It is love alone that gives worth to all things.

Pain is never permanent.

Saint Teresa of Avila had the visions of Jesus and Mary. She believed in the **Power of Holy Water**. She wrote:

“I know by frequent experience that there is nothing which puts the devils to flight like holy water.”