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## Finding the Treasure of Faith

I have never, not even for a moment, doubted the existence of God, but I know that some people have, and do. If you want to believe in God, and enjoy a personal relationship with Him, begin first by helping others. Show them some love. This will bear fruit in special graces that will transform your soul. Then, by degrees, you will begin to open up and experience the joy which God's love imparts. Love and faith go hand in hand; they perfect each other. True faith expresses itself in love. People lose faith when they allow themselves to be ruled by selfishness and the pursuit of money.

If you wish to believe and love, look at Jesus. Give yourself up to Him in daily prayer, and trust in Him entirely, like a child. Only then will your doubts melt away and your heart be at peace. Jesus said: Unless you become like little children, you will not enter the kingdom of God.

Accept what God offers you, and repay Him with deep gratitude. If God has blessed you with great wealth, try to put it to good use, share it with others, especially with those who have nothing. Always share with others, for even a little help can save people from despair. And remember, do not acquire more than you need. Accept what falls to your lot.

## Persevere in daily prayer

I always begin prayer in silence. God talks to us in the silence of our hearts. God is a friend of silence. We ought to

# Mother Teresa teaches

listen to God, for it is not what we say that is important, but what He wants to say to us. Prayer is the food of the soul. What blood is for the body, so prayer is for the soul. Thanks to prayer our hearts become pure and noble. Pure hearts can see God, can speak to God, and see the love of God in others. To have a pure heart is to be open and sincere with God; to hide nothing from Him. If you are searching for God and do not know where to start your search, learn to pray and persevere in daily prayer. Seek Him in silence, in prayer, adore Him in the Holy Eucharist. You will also find Him in those who suffer and need your help. Pray always, everywhere.

Pray and you will receive an answer to every question that troubles you. With prayer I could not work even for half an hour. It is thanks to prayer that God gives me the strength.

Start and end your day with prayer. Turn to God like a child. If you find it hard to pray, try saying: "Come, Holy Spirit, lead me. Enlighten my mind that I might pray". While praying, thank God for all His gifts, for everything comes from Him. Everything is His gift to you. You can say the Our Father, a Hail Mary, the rosary, the Creed, and all the well-known prayers. If you believe in God and the power of prayer, you will overcome all the doubts, the fears and loneliness that people normally suffer. Persevere in daily prayer. It stretches the heart, which in turn opens itself up to God, and God offers Himself to us as a gift. Ask and seek, and your heart will grow big enough to accept God and have Him for its very own.

Love begins at home. That is why family prayer is so important. Pray together and you will stay together. You will share among you the love that God gives each of you. Children have to be taught to pray, and parents should pray with their children.

People ask me what advice I would give to estranged married couples. My answer is always: "Let them pray and

forgive one another". To the children of estranged parents, I say the same: "Pray and forgive". To single mothers, deprived of family support, I repeat the same thing: "Pray and forgive".

## Make use of the Sacrament of Penance

One thing is absolutely necessary on the road to perfect happiness: confession. Confession is an act of humility, a sacrament of love and forgiveness, in which I allow Jesus to free me from everything that divides and destroys me. We should go to confession like children – with great simplicity. If something is bothering you, go to confession and purify your heart, for Jesus, through the priest, forgives everything. How marvelous this gift of God is. Thanks to it, when we are burdened by sin, we can walk into a confessional, and walk out a few minutes later completely purified.

Every night before going to sleep you ought to make an examination of conscience (you never know, you may never wake up in the morning!). Everything that oppresses you or burdens your conscience you should confess, and then repair. For example, if you have stolen something, make an attempt to return it. If you have offended someone, apologize immediately. Do not delay. If this is not possible, then at least tell God that you regret your action very much. How good it is to go to confession, free ourselves of what weighs us down, and then enjoy a clean heart.

Sin dogs our footsteps. It lives within us. Yet we must never become discouraged or fall into despair, but always believe in God's tender love. We are precious to Him. He loves us, loves us so tenderly that he shaped us with His own hands. At times when you think your heart is about to burst from pain, say the following: "I am precious



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to Him. He loves me. He has called me by name. I belong to Him”.

Remember, God is the loving Father of every one of us. We are His children, and He will always forgive us, free us, restore us to health, if we will only turn to Him. But first look deep into your heart to make sure you are not harboring some grudge there, for you cannot turn to God for forgiveness, if you are unable to forgive someone else. Remember that if your sorrow is sincere and flows from a clean heart, you will be absolved in the eyes of God. Pray for the grace to forgive those who have wounded you, or whom you are unable to love. Forgive as you have been forgiven.

### **Discover the treasure of the Eucharist**

If you adore Christ hidden in the Eucharist, you will be able to see Him in the humble and derelict bodies of the poor. We begin our day by attending Holy Mass and receiving Holy Communion, and end it with an hour of adoration, which brings us near to Jesus and unites us with Him and the poor. In serving the poor we serve Him. I cannot imagine even a day without the Eucharist. Strengthened by his love, I touch Jesus, love Him, and serve Him in the poor.

We are created for love, so much do

we hunger for God. That is why Jesus shares with us His Divine life and love, and gives Himself to us as food in the Eucharist. We should receive Him with a clean heart. My greatest love is Jesus in the Eucharist. It is there that I meet Him, receive Him, and love Him. Then I discover and serve Him in these poorest of the poor. My life would be empty if I did not receive Holy Communion every day. It is only thanks to ardent prayer and Holy Communion that we can live in Jesus, for Jesus, and for our poor.

We cannot separate our life from the Eucharist. People ask us: “Where do you get the joy and strength to do all that you do?” We receive it all from Christ hidden in the Eucharist. That is why the Eucharist is at the center of our lives... Without Jesus, I could not live a day, or even an hour of my life.

### **The meaning of suffering**

You cannot follow Christ without accepting the cross. Everyone must take up his cross and accompany Jesus on the road to Calvary. Only then can we share with Him the joy of resurrection. Suffering is not a punishment, but a sign that we have come so close to the Crucified Jesus that He is able to kiss us, show us His love, allowing us a part in His mission. During your nights of

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suffering never forget that suffering in union with Christ leads to the joy of resurrection.

The most prevalent disease of the rich West is lack of faith and love, and the feeling that we are precious to no one. We can cure physical ailments with all sorts of medicines, but loneliness, despair, lack of hope can only be healed by faith and love. Many people in the world die from want of a crust of bread, but many more die from want of faith and love. The poverty of the West is a peculiar kind of poverty caused by loneliness, arising out of lack of faith, separation from God, and a lack of spiritual life. Hungering for love is a hungering for God.

*Mother Teresa* ●