

“When you pray, say ‘Our Father ...’ and, ‘We adore you, O Christ, in all your churches throughout the whole world, and we bless you, for by your holy cross you have redeemed the world.’”

St. Francis of Assisi, from
The Major Legend of Saint Francis
(1260–1263), by St. Bonaventure, Chapter
4:3.

“Wherever we are and wherever we travel, we have a cell with us. Brother Body is our cell, and the soul is the hermit who remains inside the cell to pray to God and meditate. So if the soul does not remain in quiet and solitude in its cell, a cell made by hands does little good to a religious.”

St. Francis of Assisi, from
A Mirror of the Perfection (The Lemmens
Edition), 37.

“Why do you outwardly show your sadness and sorrow over your offences? This sadness is a matter between you and God. Pray to Him, that by His mercy He may spare you and grant your soul the joy of salvation of which it was deprived by the guilt of sin. Try to be joyful always around me and others, because it is not fitting that a servant of God appear before his brother or others with a sad and gloomy face.”

St. Francis of Assisi, from *A Mirror of the Perfection* (The Sabatier Edition), 96.

“The Lord revealed a greeting to me that we should say: ‘May the Lord give you peace.’”

St. Francis of Assisi,
The Testament (1226), 23

“Let us begin, brothers, to serve the Lord God, for up until now we have done little or nothing.”

St. Francis of Assisi, from

The Life of Saint Francis
by Thomas of Celano, 103

“Go, my dear brothers, two by two through different parts of the world, announcing peace to the people and penance for the remission of sins. Be patient in trials, confident that the Lord will fulfill His plan and promise. Respond humbly to those who question you. Bless those who persecute you. Give thanks to those who harm you and bring false charges against you, for because of these things an eternal kingdom is prepared for us.”

St. Francis of Assisi, from
The Life of Saint Francis
by Thomas of Celano, 29

“Since I cannot speak much because of weakness and the pain of my illness, I am showing my will to my brothers briefly in these three words: as a sign of remembrance of my blessing and my testament, may they always love each other; may they always love and observe our Lady Holy Poverty; and may they always remain faithful and subject to the prelates and all the clerics of holy Mother Church.”

St. Francis of Assisi, from
The Assisi Compilation, Chapter 59 (this
section is also known as
the “Siena Testament”)

“I am the herald of the great King.”

St. Francis of Assisi, from
The Life of Saint Francis
by Thomas of Celano, 16.

“May the Lord bless you and keep
you.

May He show His face to you and
be merciful to you.

May He turn his countenance to you
and give you peace.

May the Lord bless you,

Brother Leo.”

St. Francis of Assisi,
A Blessing for Brother Leo

St. Francis of Assisi, from
The Life of Saint Francis
by Thomas of Celano, 26.

“Brother Francis sends greetings to
Brother Anthony, my Bishop.

I am pleased that you teach sacred
theology to the brothers providing that,
as is contained in the Rule, you ‘do not
extinguish the Spirit of prayer and
devotion’ during study of this kind.”

St. Francis of Assisi,
A Letter to Brother Anthony of Padua,
some time after Nov. 29, 1223

“Do not be afraid, little flock, but have
confidence in the Lord.”

St. Francis of Assisi, from
The Anonymous of Perugia, 18

“My God, My All.”

St. Francis of Assisi, from
The Little Flowers of Saint Francis,
Chapter 2

“Let all the brothers ... preach by their
deeds.”

St. Francis of Assisi,
The Earlier Rule, Chapter XVII:3

“Blessed are those who die in penance,
for they shall be in the kingdom of
heaven.”

St. Francis of Assisi,
The Earlier Rule, XXI:7

“Most High glorious God, enlighten the
darkness of my heart and give me true
faith, certain hope, and perfect charity,
sense and knowledge, Lord, that I may
carry out your holy and true command.”

St. Francis of Assisi,
The Prayer before the Crucifix

“Lord, be merciful to me, a sinner.”

“O wondrous loftiness and stupendous
dignity! O sublime humility! O humble
sublimity! The Lord of the universe, God
and the Son of God, so humbles Himself
that for our salvation He hides Himself
under an ordinary piece of bread!
Brothers, look at the humility of God,
and pour out your hearts before Him!
Humble yourselves that you may be
exalted by him! Hold back nothing of
yourselves for yourselves, that He Who
gives Himself totally to you may receive
you totally.”

St. Francis of Assisi,
A Letter to the Entire Order, 27–29.

“What a person is before God, that he is
and no more.”

St. Francis of Assisi,
The Admonitions, excerpt from XIX

“When there is charity and wisdom,
there is neither fear nor ignorance.”

St. Francis of Assisi, *The Admonitions*,
from Admonition XXVII

“The Lord, who consoles the afflicted,
has never left me without consolation.”

St. Francis of Assisi, from *The
Remembrance of the Desire of a Soul* by
Thomas of Celano, Chapter LXXXIX

“When a servant of God gets disturbed
about something, as often happens, he
must get up at once to pray and remain
before the most High Father until he
gives back the joy of his salvation.”

St. Francis of Assisi, from
A Book of the Praises of Saint Francis
by Bernard of Besse
(1277–1283), Chapter 6:7

“As you announce peace with your mouth, make sure that you have greater peace in your hearts, thus no one will be provoked to anger or scandal because of you. Let everyone be drawn to peace and kindness through your peace and gentleness. For we have been called to this: to cure the wounded, to bind up the broken, to recall the erring. Many who seem to us members of the devil will yet be disciples of Christ.”

St. Francis of Assisi, from
The Anonymous of Perugia, 38

“[A] servant of God should be burning with life and holiness so brightly, that by the light of example and the tongue of his conduct, he will rebuke all the wicked. In that way, I say, the brightness of his life and the fragrance of his reputation will proclaim their wickedness to all of them.”

St. Francis of Assisi, from
The Assisi Compilation, 36

“And after the Lord gave me some brothers, no one showed me what I should do, but the Most High Himself revealed to me that I should live according to the pattern of the Holy Gospel.”

St. Francis of Assisi,
The Testament (1226), 14

“I have done what was mine; may Christ teach you what is yours!”

St. Francis of Assisi, from
The Remembrance of the Desire of a Soul
by Thomas of Celano, 214

“Let all the brothers always strive to exert themselves in doing good works, for it is written: ‘Always do something good that the devil may find you

occupied.’ And again: ‘Idleness is an enemy of the soul.’ Servants of God, therefore, must always apply themselves to prayer or some good work.”

St. Francis of Assisi,
The Earlier Rule, Chapter VII:10–12

“We are spouses when the faithful soul is joined by the Holy Spirit to our Lord Jesus Christ.”

St. Francis of Assisi,
Earlier Exhortation to the Brothers and Sisters of Penance (1209–1215): “Chapter 1, Those Who Do Penance,” 8

“Let us refer all good to the Lord, God Almighty and Most High, acknowledge that every good is His, and thank Him, ‘from Whom all good comes for everything.’”

St. Francis of Assisi,
The Earlier Rule, Chapter XVII:17

“When he heard (in the gospel) that Christ’s disciples should not possess gold or silver or money, or carry on their journey a wallet or a sack, nor bread nor a staff, nor to have shoes nor two tunics, but that they should preach the kingdom of God and penance, the holy man, Francis, immediately exulted in the spirit of God. ‘This is what I want,’ he said, ‘this is what I seek, this is what I desire with all my heart.’”

Thomas of Celano,
The Life of Saint Francis, 22

“I am totally yours, O Lord, and I have nothing except a tunic and a cord and trousers, and these are likewise yours. Therefore, what can I offer to the greatness of your dominion? Heaven and earth, fire and water and everything that is in them are yours, O Lord. For who owns anything but you? Therefore,

when we offer you anything, we are returning to you what is already yours. What, therefore, can I offer you, O Lord God, king of heaven and earth and of all creation?"

St. Francis of Assisi, from
The Deeds of Blessed Francis and His Companions, Chapter IX

"A servant of God cannot know how much patience and humility he has within himself as long as he is content. When the time comes, however, when those who should make him content do the opposite, he has as much patience and humility as he has at that time and no more.

St. Francis of Assisi, *The Admonitions*,
Admonition XIII: Patience

"Let us be ashamed to be seized by petty distractions when we are speaking with the Great King at the time of prayer."

St. Francis of Assisi, from *The Remembrance of the Desire of a Soul* by Thomas of Celano, Chapter LXIII

"The devil is most delighted when he can steal the joy of spirit from a servant of God. He carries dust which he tries to throw into the tiniest openings of the conscience, to dirty a clear mind and a clean life. But if spiritual joy fills the heart, the serpent casts its poison in vain. The devils cannot harm a servant of Christ when they see him filled with holy cheerfulness. But when the spirit is teary-eyed, feeling abandoned and sad, it will easily be swallowed up in sorrow, or else be carried away toward empty enjoyment."

St. Francis of Assisi, *The Remembrance of the Desire of a Soul* by Thomas of Celano, Chapter LXXXVIII

"Praise and bless my Lord and give Him thanks and serve him with great humility."

St. Francis of Assisi,
The Canticle of the Creatures, 14

"My dearest brothers, give thanks to God who has willed to reveal the treasures of divine wisdom through the mouths of the simple, since God is the one who opens the mouth of the mute and makes the tongues of the simple speak very wisely."

St. Francis of Assisi, from
The Little Flowers of Saint Francis,
Chapter 14

"Let your way of life among the people be such that whoever sees or hears you will glorify and praise our heavenly Father."

St. Francis of Assisi, from
The Anonymous of Perugia, Chapter VIII

"Holy be Your Name:
May knowledge of You become clearer in us that we may know the breadth of Your blessings, the length of your promises, the height of Your majesty, the depth of Your judgments."

St. Francis of Assisi,
A Prayer Inspired by the Our Father, 3

"As we forgive those who trespass against us:
And what we do not completely forgive, make us, Lord, forgive completely that we may truly love our enemies because of You and we may fervently intercede for them before You, returning no one evil for evil and we may strive to help everyone in You."

St. Francis of Assisi,
A Prayer Inspired by the Our Father, 8

“Give us this day:
in remembrance, understanding, and
reverence of that love which [our Lord
Jesus Christ] had for us and of those
things that He said and did and suffered
for us.

our daily Bread:
Your own beloved Son, our Lord Jesus
Christ.”

St. Francis of Assisi,
A Prayer Inspired by the Our Father, 6

“Your kingdom come:
That You may rule in us through Your
grace and enable us to come to Your
kingdom where there is a clear vision of
You, perfect love of You, blessed
companionship of You, eternal
enjoyment of You.”

St. Francis of Assisi,
A Prayer Inspired by the Our Father, 4

“You must consider as grace all that
impedes you from loving the Lord God
and whoever has become an
impediment to you, whether brothers or
others, whether brothers or others, even
if they lay hands on you.”

St. Francis of Assisi,
A Letter to a Minister, 2.

St. Francis sent this to an unknown
provincial who was having difficulty with
brothers who sin and who desired to retire
to a hermitage rather than continue in such
a demanding ministry.

“It is no use walking anywhere to preach
unless our walking is our preaching.”

St. Francis of Assisi

“If I should speak with the tongues of
men and angels and have no charity in
me, not giving my neighbor the example
of virtue, I am of little service to him and
none to myself.”

St. Francis of Assisi, from

“O Lord Jesus Christ, I entreat you to
give me two graces before I die: first,
that in my lifetime I may feel in body and
soul as far as possible the pain you
endured, dear Lord, in the hour of your
most bitter suffering; and second, that I
may feel in my heart as far as possible
that excess of love by which you, O Son
of God, were inflamed to undertake so
cruel a suffering for us sinners.”

St. Francis of Assisi, from