

Quotes:

Franciscan prayer is contemplative and cosmic. It is a type of prayer that impels one to find God in the vast corners of the universe. Because of the Incarnation, the Word made flesh, all of creation is holy, all of creation is the sacrament of God. Prayer is that relationship with God which opens the eyes of believers to the sanctity of all life – from earthworms to humans, from quarks to stars. Everything that exists reflects the goodness of God. Prayer is the breath of the Holy Spirit within us that opens our eyes to the divine good which saturates our world.

According to Bonaventure, the heart centered in God is the heart that can see into the depths of things.

Ilia Delio, OSF from Franciscan Prayer

We are in a world that is absolutely transparent and God is shining through it all the time.

Thomas Merton

More Quotes:

Slow down; God is still in heaven. You are not responsible for doing it all – yourself – right now.

Take nothing for granted: watch water flow, the corn grow, the leaves blow, your neighbor mow.

Take time to read – the Bible, poetry, great books. Thoughtful reading is enriching reading.

Taste your food. God gives it to delight, as well as to nourish.

When you talk with someone, don't think about what you'll say next. Thoughts will spring up naturally if you let them.

Talk slower. Talk less. Don't talk. Communication isn't measured by words.

Take time to wonder. Without wonder, life is merely existence. _____

Once in a while, turn down the lights, the volume, the throttle, the invitations. Less really can be more.

Linus Mundy from Slow-down Therapy