

“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*

“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*

“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.

“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

“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

“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 had to 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

“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

“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

“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

“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

“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

“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

“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

“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