

St. Padre Pio



Pray
with perseverance, with faith,
with calmness and serenity.

St. Padre Pio

I suffer so much because I cannot lead all of my brothers to God!

Pray for the perfidious and for the fervent.

I wish my voice could reach all sinners: Come to Christ where all is love.

I understand that temptations seem to tarnish, rather than to purify the spirit; but let us hear what the saints have to say, and for that purpose it suffices to choose Saint Francis de Sales from among so many: 'Temptations are like soap, which, when spread over the clothes, seems to stain them, but in reality, purifies them'.

I wholeheartedly bless the work of catechizing children, since they are the dear little flowers of Jesus. I also bless the zealous work of missionaries.

I belong to everyone. Everyone can say: 'Padre Pio is mine'.

If certain thoughts bother you, it is the devil who causes you to worry, and not God, Who, being the spirit of peace, grants you tranquility.

I should like to shed, not a few tears, but torrents of tears when faced with the mystery of a God Victim. We priests are the butchers of Jesus during the Mass, while all Paradise reverently descends on the altar.

Do the penance of remembering, with sorrow, the offenses committed against God; the penance of being constantly good; the penance of combating your faults.

Do not let temptations frighten you; they are the trials of the soul whom God wants to test when He knows that he is strong enough to sustain the battle and weave his garland of glory with his own hands.

Essentially, you must persist in Christian justice, and in the principles of kindness, of virtue, from which humility explicitly stems. Internal and external humility, more internal than external; deep-felt, rather than demonstrated; profound, rather than visible.

Doubting is the biggest insult to Divinity.

Charity is the queen of virtues.

Come out of anxiety, because it is one of the greatest deceivers of true virtue and sound devotion.

By all means seek solitude, but don't fail to be charitable towards your neighbour

St. Padre Pio

Do not allow the sad spectacle of human injustice to disturb your soul.

Continue to be patient; it will all be for your good.

Charity, no matter where it begins, is always the daughter of providence.

By means of the angels, Jesus calls the poor and simple shepherds, in order to manifest Himself to them. He calls the learned men by means of their science. And all of them, moved by His inner grace, hasten to adore Him.

For your daily transgressions, humble yourself, humble yourself, always humble yourself.

Everybody can, and should, propagate the glory of God, and work for the salvation of men, by leading a Christian life, by praying constantly to the Lord: ‘Your kingdom come, and lead us not into temptation, but deliver us from evil.’ This is what we should do, offering yourself completely and continually to the Lord for this purpose.

God’s spirit is a spirit of peace, and even when we have serious faults, he grants us a tranquil, humbled, confident pain which depends entirely on His mercy.

Don’t spend your energies on things that generate worry, anxiety and anguish. Only one thing is necessary: Lift up your spirit and love God.

Give me and preserve in me that ardent faith which will make me believe and work for Your love alone.

Don’t ever be pleased with yourself because of some goodness that you might discover in yourself, because it all comes to you from God, and to Him must you give the honor and glory.

Faith is the light which shines at the highest peak of every soul acceptable to our Father.

Endure tribulations, illness and pain, for the love of God and for the conversion of poor sinners.

Don’t expect to be recompensed for your goodness.

Go to the tabernacle in spirit when you are not able to do so physically!

Don’t become preoccupied with vain longings for tranquility, pleasure, and merit; but present to the Divine Spouse, a heart completely empty of every affection, except His chaste love.

Don’t worry about taking up my time, because the time I like best is that which I spend for the sanctification of soul

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Even if the world were to capsize, if everything were to become dark, hazy, tumultuous, God would still be with us.

Force yourself to take a step forward each day in a vertical line, from the bottom up.

Don't become so engrossed in the activities of Martha that you forget the silence and surrender of Mary. May the Virgin who reconciles both duties so well, be your model and inspiration.

Don't allow the sad sight of human injustice to sadden your soul; someday you will see the unfailing justice of God triumph over it!

If you succeed in overcoming temptation, it will have the same effect that washing has on soiled linen.

Jesus speaks of nothing but love, and gives us perpetual proof of His love.

I repeat that the temptations of jealousy, desperation, discouragement, distrust, etc. are works of the devil.

Guard fervently the purity of your body and soul, because these are the two wings which carry us to God, and make us almost divine.

God is served only when He is served according to His will.

It is true that I sometimes enjoy teasing our brothers, but grumbling makes me nauseous.

Jesus did all because of love, and He invites us to love.

It is through testing that God binds His chosen souls to Himself.

In family life, have strong convictions, smile in the face of denial, and be firm in the face of adversity.

It is easier for the earth to exist without the sun than without the Holy Sacrifice of the Mass.

If you should fail, be humble, make a resolution to be submissive to God's will and then get up, and carry on.

In short, do not ponder so much on your faults, and do not repeat them, carry on honestly.

In the tumult of passions and of adverse circumstances, there arises the dear hope of God's inexorable mercy. Let us hurry confidently to the tribunal of penance where He, with fatherly anxiety, waits for us every moment; although cognizant of our debt to Him, let us not doubt that our sins have been solemnly forgiven. Just as our Lord has done, let us bury them.

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In everything you do, there have to be always more honesty of intention, more precision, more punctuality, more generosity in serving our Lord, then you will be what the Lord wants you to be.

In regard to what you tell me about your feelings during meditation, remember that artifice is diabolical. Therefore, be attentive and vigilant. Never neglect your meditations because of this, otherwise you will soon be defeated.

If you meditate on the Scriptures it will appear to you in its brilliant splendor.

In God's vine: the cistern is faith; the tower is strength; the wine-press is holy charity; the hedge is God's law which separates them from the worldly.

It happens at times, that because the voice of the Lord is always there, we no longer hear it; but the Lord enlightens and calls. It's man who places himself in such a position that he can no longer hear.

In the meantime, don't worry to the point of losing your inner peace. Pray with perseverance, with faith, with calmness and serenity.

It would be easier for the earth to live without the sun than without the Holy Mass.

I would rather be stabbed by a blade than to cause someone grief.

I thank God with all my heart for having allowed me to know some very good souls, and even the latter, I have declared that their souls are God's vine.

If the good Lord wishes to prolong the hour of trial, do not complain and look for the reason; but remember always, that the children of Israel had to remain forty years in the desert before reaching the Promised Land.

If God had not been so good towards us, but more severe, how much less would we have sinned!

If we need patience to bear the faults of others, how much more do we need to tolerate ourselves!

I find it intolerable to see someone humiliated or mortified.

Humanity wants its share. Even Mary, the Mother of Jesus, knew that through His death, man would be redeemed, and yet She cried and suffered, and suffered much.

I approve of your gaining souls for Jesus by teaching them how to please Him.

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I am sorry to see so much suffering! Rather than see someone suffer, I would gladly stab myself in the heart! Yes, this would be easier for me!

I never cease to ask Jesus to bless you, and pray to our Lord to transfigure you entirely in Him.

God is everyone's Father, but He is more so for the unhappy, and even more so for you who are a widow, a widowed mother.

God, since Your kingdom is not far away, allow us to participate in Your earthly triumph, so that we may participate in Your Heavenly Kingdom.

From the time of birth, Jesus shows our mission, which is to despise what the world loves and seeks.

God will not allow you to be lost if you persist in your determination not to lose Him.”
“God enriches the soul when He strips it of everything.

Forgive everyone, with Christian charity.

Fear is an evil worse than evil itself.

I fear God's judgment, not man's.

Help the weak, console the sorrowful.

He who attaches himself to the earth, remains attached to it. We are obliged to leave it. It is better to become detached a little at a time, rather than all at once.

I cannot tolerate, nor can I forgive, your carelessness in regard to Communion and meditation.

Humility is truth; truth is humility.

Guard against anxiety and uneasiness because there is nothing which more greatly impedes perfection.

I cannot believe you and therefore cannot excuse you from meditating, simply because you think you are getting nothing out of it.

I have nothing in particular to rebuke you for, except this rather bitter perturbation in you, which keeps you from enjoying all the sweetness of the cross. Correct this fault, and continue to do what you have been doing, because you are doing well.

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He who never meditates is like a person who never looks in the mirror; therefore, not knowing that he is untidy, he goes out looking disorderly.

I assure you that, when the Lord calls me, I will say to Him: “Lord, I shall remain at the gates of Paradise; I shall enter only when I have seen the last of my spiritual children enter.

It is difficult to become a saint. Difficult, but not impossible!

It would please God that many poor creatures repent and truly return to Him.

Jesus comes to die, in order to save, and He is so humble, so sweet, and so lovable!

Keep the conviction that there is a lot of malice in you. Humble yourself, but don't become distressed.

It is necessary, even when reprehending, to know how to season the reprehension with politeness and sweetness.

Let us listen to the voice of our conscience, to the voice of the royal prophet: ‘Today, if you hear the voice of the Lord, do not turn a deaf ear’ .

Let us be horrified by mortal sin, and never pause in our advance to blessed eternity.

Jesus tells us that in Heaven, there is more rejoicing for one repentant sinner than for the perseverance of ninety-nine righteous. This declaration of the Redeemer is truly comforting for so many unfortunate souls who, having sinned and repented, wish to return to Jesus.

Let us be very grateful to the Madonna because it was She who gave us Christ!

Like Our Lady, remain at the Cross of Jesus, and you will never be deprived of comfort.

In order to attract us, the Lord grants us many graces that we believe can easily obtain us Heaven. We do not know, however, that in order to grow, we need hard bread: the cross, humiliation, trials and denials.

Have great confidence in God's goodness and mercy, and He will never abandon you; but don't neglect to embrace His holy cross because of this.

Suffering, no matter how difficult it may be, when compared to the good that is accomplished, makes every pain a joy for the soul.

Silence is the last resort of the soul when it is ineffably happy or when extremely oppressed.

Temptations against faith and purity are works of the devil, but do not fear him; only despise him.

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Strong and generous hearts do not grieve, except for serious reasons; and still those reasons do no introvert them excessively.

The Lord our King will hold the door of His heart open for anyone who wants to enter for an audience at any time.

The Spirit of God is the spirit of peace.

The Lord helps us to know ourselves, a little at a time. In fact, it seems inconceivable to me that anyone with intelligence and a conscience, could become proud.

The impulse to be in eternal peace, is good and holy, but it is necessary to modify it with complete resignation to Divine Will.

Prudence has eyes, and love has legs. Love, which has legs, would like to run to God, but its impulse is blind, and it would often stumble if it were not for the eyes of prudence. Prudence, when it sees that love should be restrained, offers its eyes.

The road to perfection is long, as long as one's lifetime.

Our Lady of Sorrows will keep you company, and will gently inspire you.

Until now, your life was like that of a child; now the Lord wants to treat you like an adult. Since the trials of an adult are superior to a child's, you are at first disconcerted; but before long, your soul will be at peace, and you will be calm.

Some people go to Paradise by train; some by car; others on foot. The latter, however, have more merit than the former and obtain the highest place of glory in Paradise.

The Lord sometimes makes you feel the weight of the cross. Although the weight seems intolerable, you are able to carry it, because the Lord, in His love and mercy extends a hand to you and gives you strength.

Take God to the sick; it will be worth more than any other cure!

The palm of glory is reserved for those who persevere till the end. God will help us and crown us with eternal triumph.

The devil is strong with people who fear him, but weak with those who despise him.

The cross will never oppress you; its weight might cause you to stagger, but its strength will sustain you.

Remember that he who flees from temptation, wins!

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Prayer is the best weapon we have; it is the key to God's heart. You must speak to Jesus not only with your lips, but with your heart. In fact on certain occasions you should only speak to Him with your heart.

Pray, hope, and don't worry. Worry is useless. God is merciful and will hear your prayer.

Have courage and do not fear the assaults of the Devil. Remember this forever; it is a healthy sign if the devil shouts and roars around your conscience, since this shows that he is not inside your will.

My past, O Lord, to Your mercy; my present, to Your love; my future to Your providence.

Joy, with peace, is the sister of charity. Serve the Lord with laughter.

The life of a Christian is nothing but a perpetual struggle against self; there is no flowering of the soul to the beauty of its perfection except at the price of pain.

The longer the trial to which God subjects you, the greater the goodness in comforting you during the time of the trial and in the exaltation after the combat.

Do you not see the Madonna always beside the tabernacle?

The longer the trial to which God subjects you, the greater the goodness in comforting you during the time of the trial and in the exaltation after the combat.

Keep close to the Catholic Church at all times, for the Church alone can give you true peace, since she alone possesses Jesus, the true Prince of Peace, in the Blessed Sacrament.

Fear not because God is with you.

Prayer is the oxygen of the soul.

Who can assure us that we will be alive tomorrow? Let us listen to the voice of our conscience, to the voice of the royal prophet: "Today, if you hear God's voice, harden not your heart." Let us not put off from one moment to another because the next moment is not yet ours.

Oh, how precious time is! Blessed are those who know how to make good use of it. Oh, if only all could understand how precious time is, undoubtedly everyone would do his best to spend it in a praiseworthy manner!

The life of a Christian is nothing but a perpetual struggle against self; there is no flowering of the soul to the beauty of its perfection except at the price of pain.

AFTER COMMUNION

Stay with me, Lord, for it is necessary to have You present so that I do not forget You. You know how easily I abandon You.

Stay with me Lord, because I am weak, and I need Your strength, so that I may not fall so often.

Stay with me Lord, for You are my life, and without You, I am without fervor.
Stay with me Lord, for You are my light, and without you, I am in darkness.

Stay with me Lord, to show me Your will.

Stay with me Lord, so that I hear Your voice and follow You.

Stay with me Lord, for I desire to love you very much, and always be in Your Company.

Stay with me Lord, if You wish me to be faithful to You.

Stay with me Lord, for as poor as my soul is, I want it to be a place of consolation for You, a nest of Love.

Stay with me, Jesus, for it is getting late, and the day is coming to a close, and life passes, death, judgment, eternity approach. It is necessary to renew my strength, so that I will not stop along the way and for that, I need You. It is getting late and death approaches. I fear the darkness, the temptations, the dryness, the cross, the sorrows. O how I need You, my Jesus, in this night of exile.

Stay with me tonight, Jesus, in life with all its dangers, I need You.

Let me recognize You as Your disciples did at the breaking of bread, so that the Eucharistic Communion be the light which disperses the darkness, the force which sustains me, the unique joy of my heart.

Stay with me Lord, because at the hour of my death, I want to remain united to you, if not by Communion, at least by grace and love.

Stay with me Jesus, I do not ask for divine consolation because I do not merit it, but the gift of Your presence, oh yes, I ask this of You.

Stay with me Lord, for it is You alone I look for, Your Love, Your Grace, Your Will, Your Heart, Your Spirit, because I love You and ask no other reward but to love You more and more.

With a firm love, I will love You with all my heart while on earth and continue to love You perfectly during all eternity.

Amen.