

Simple Holiness

Reader: Prayer is born in silence and creates a pure heart within us. The fruit of silence is prayer, the fruit of prayer is a profound life of faith, the fruit of faith is love, the fruit of love is service, and the fruit of service is peace.

All: The fruit of silence is prayer

Reader: We ought all to find time to rest in silence, and to contemplate – especially if we live in a big city where everything moves at a frenetic pace. Let me always begin by prayer in silence, since it is in the silence that God speaks.

All: The fruit of prayer is faith

Reader: Jesus is my very self, my life, my one love; he is everything for me, he is my all. What really matters is that we accept God's gifts, be utterly grateful to him, and share these gifts with other people, especially the poorest. Living the Christian life requires that we know ourselves, that we know God, and we grow in faith.

All: The fruit of faith is love

Reader: The worst kind of illness is to feel neither desired nor loved, to feel abandoned. Medicine can cure the body's illnesses, but the only cure for loneliness and despair is love. It is possible to die from hunger, but it is easier to die from lack of love.

All: The fruit of love is service

Reader: The most important thing is to do something, something beautiful for God. God has been good to us, and we can always draw close to him through works of love. To serve for love's sake is a privilege: through this service we become witnesses to God in action!

All: The fruit of service is peace

Reader: The works of love are always works of peace. Whenever we share our love with others, we experience the peace that flows into ourselves and others. And a transformation, a spiritual healing takes place: the one who receives and one who gives, the one who is healed and one who heals, both share in God's peace.

All: Amen.

(Adapted from a booklet on Blessed Mother Theresa)