

Chapter 10

One of the great **mystics** of the Church was St. Teresa of Avila. The following prayer, which captures well the theme of the Gospel and of following Christ, was found in her breviary after her death. Pray this prayer to remind yourself of what is important in your life.

Let nothing disturb you,

Let nothing frighten you,

All things pass away:

God never changes.

Patience obtains all things.

He who has God

Finds he lacks nothing;

God alone suffices.

- *Reflection:* Name something disturbing in your life right now.
- *Resolution:* Turn over your concerns to the Lord. He alone is enough for you.