A close-up photograph of Pope Francis, smiling warmly. He is wearing his white papal attire, including a zucchetto and a white cassock with a clerical collar. His hands are clasped in front of him. The background is a plain, light-colored wall.

**“ Have the
courage to be
truly happy ”**

– Pope Francis

A curated collection of Pope Francis
quotes to inspire you each week of the year



Dear reader,

Sometimes words can lift our spirits up and remind us of what's really important. This book contains 52 specially selected Pope Francis quotes; powerful words he's shared that call on us to reflect upon important themes such as love, forgiveness and perseverance.

You might choose to:

- Reflect on one quote per week.
- Use it to spark conversations with loved ones and talk deeply about the ideas expressed in Pope Francis' words.
- Share the book and quotes with friends over a meal or social media.
- Invite others to download the book.

Connect with us on **Facebook, Twitter, Tumblr, LinkedIn** or **Instagram** to follow the stories about the women, children and communities CMMB is serving and the way we are helping to deliver healthier lives worldwide.

Dip in, look through the table of contents and the theme that resonates with you at a particular moment; things you are grappling with and could use guidance with.

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Love

“ Love is shown by little things, by attention to small daily signs which make us feel at home. Faith grows when it is lived and shaped by love. That is why our families, our homes, are true domestic churches. ”

– Pope Francis

Week one



Divine

“ From my point of view, God is the light that illuminates the darkness, even if it does not dissolve it, and a spark of divine light is within each of us. ”

– Pope Francis

Week two





Generosity

“ Lord, help us to live the virtue of generosity, to love without limits. ”

– Pope Francis

Week three

Hope

“

There are difficult moments in life, but with hope the soul goes forward and looks ahead to what awaits us. ”

– Pope Francis

Week four



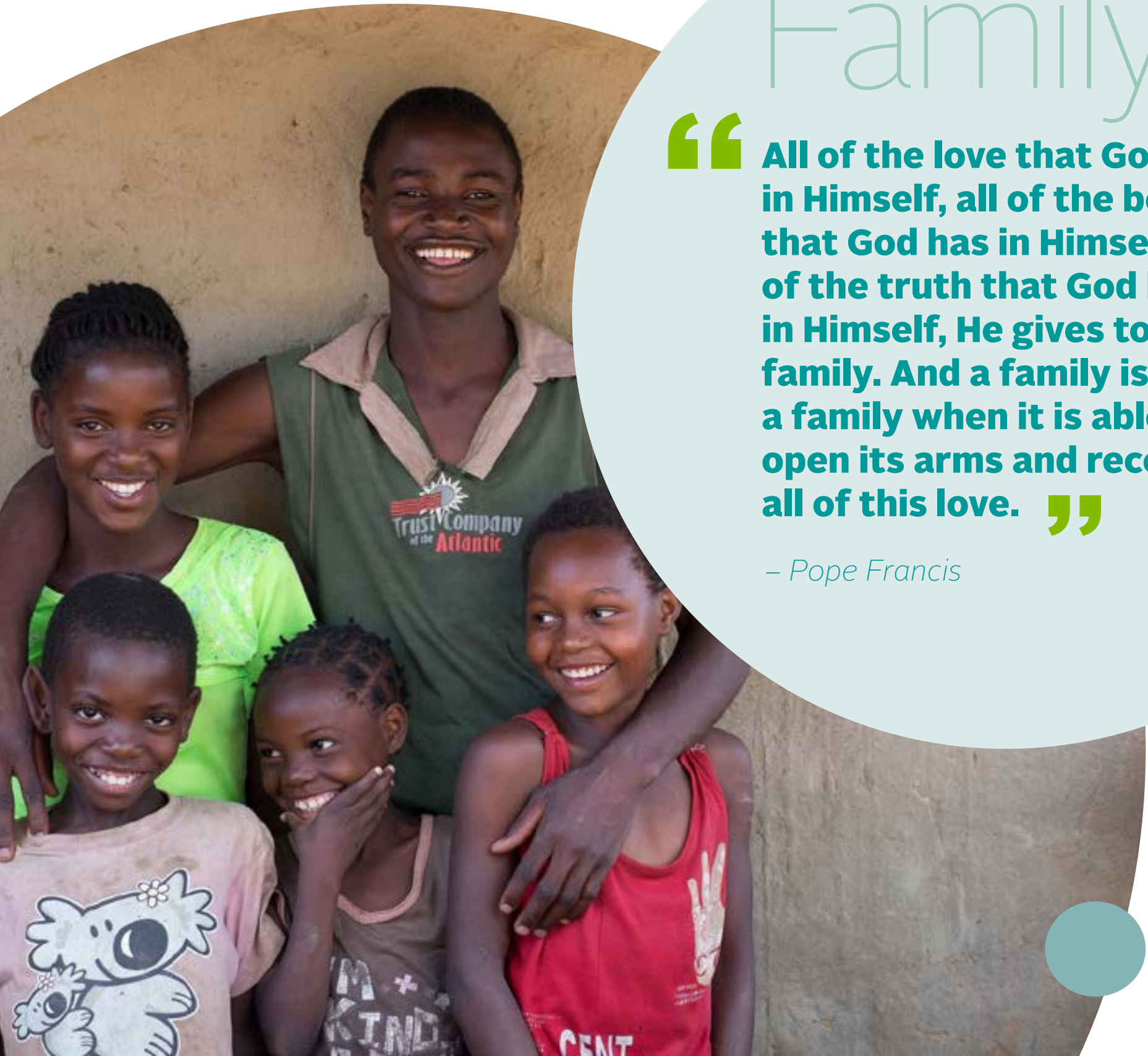
Week five



Family

“ All of the love that God has in Himself, all of the beauty that God has in Himself, all of the truth that God has in Himself, He gives to the family. And a family is truly a family when it is able to open its arms and receive all of this love. ”

– Pope Francis





Kindness

“ Three words need to be used. I want to repeat this! Three words: ‘Please’, ‘Thank you’, ‘Sorry’. Three essential words! ”

– Pope Francis

Week six



Perseverance

“ Let us not close our hearts...let us never give up. ”

– Pope Francis

Week seven

Sharing

“

These days there is a lot of poverty in the world, and that's a scandal when we have so many riches and resources to give to everyone. We all have to think about how we can become a little poorer.

– Pope Francis

”

Week eight



Forgiveness

“**My advice is never to let the day end without making peace in the family. And how am I going to make peace? Just by a small gesture, a little something, and harmony within your family will be restored. Just a little caress, no words are necessary.**”

– *Pope Francis*

Week nine



Empathy

“ The capacity for empathy enables a true human dialogue in which words, ideas and questions arise from an experience of fraternity and shared humanity. ”

– Pope Francis

Week ten



Joy

**“ Joy is a gift
from God. It fills
us from within. ”**

– Pope Francis

Week eleven



Sympathy

“ When we are asked, ‘Why do children suffer?’ ‘Why does this or that happen, this tragic thing in life?’ May our answer either be silence or a word born of tears. Be courageous; don’t be afraid to cry. ”

– Pope Francis

Week twelve





Peace



The call for peace must be shouted. Peace sometimes gives the impression of being quiet, but it is never quiet. Peace is always proactive and dynamic. ”

– Pope Francis

Week thirteen

Acceptance

“**Faith makes us open to the quiet presence of God at every moment of our lives, in every person and in every situation.**”

– Pope Francis

Week fourteen



Fairness

“ There must be no family without a home, no refugee without a welcome, no person without dignity, no wounded person without care, no child without a childhood, no young man or woman without a future, no elderly person without a dignified old age. ”

– Pope Francis

Week fifteen



Humility

“ **The world tells us to seek success, power and money; God tells us to seek humility, service and love.** ”

– *Pope Francis*

Week sixteen



Respect

“

Let us respect creation, let us not be instruments of destruction! Let us respect each human being...Let us listen to the cry of all those who are weeping, who are suffering and who are dying because of violence, terrorism or war... ”

– *Pope Francis*

Week seventeen



Justice

“ In the face of unjust and painful situations, faith brings us the light which scatters the darkness. ”

– Pope Francis

Week eighteen



Home

““ The “home” represents the most precious human treasures, that of encounter, that of relations among people, different in age, culture and history, but who live together and together help one another to grow. For this reason, the “home” is a crucial place in life, where life grows and can be fulfilled, because it is a place in which every person learns to receive love and to give love. ””

– Pope Francis

Week nineteen

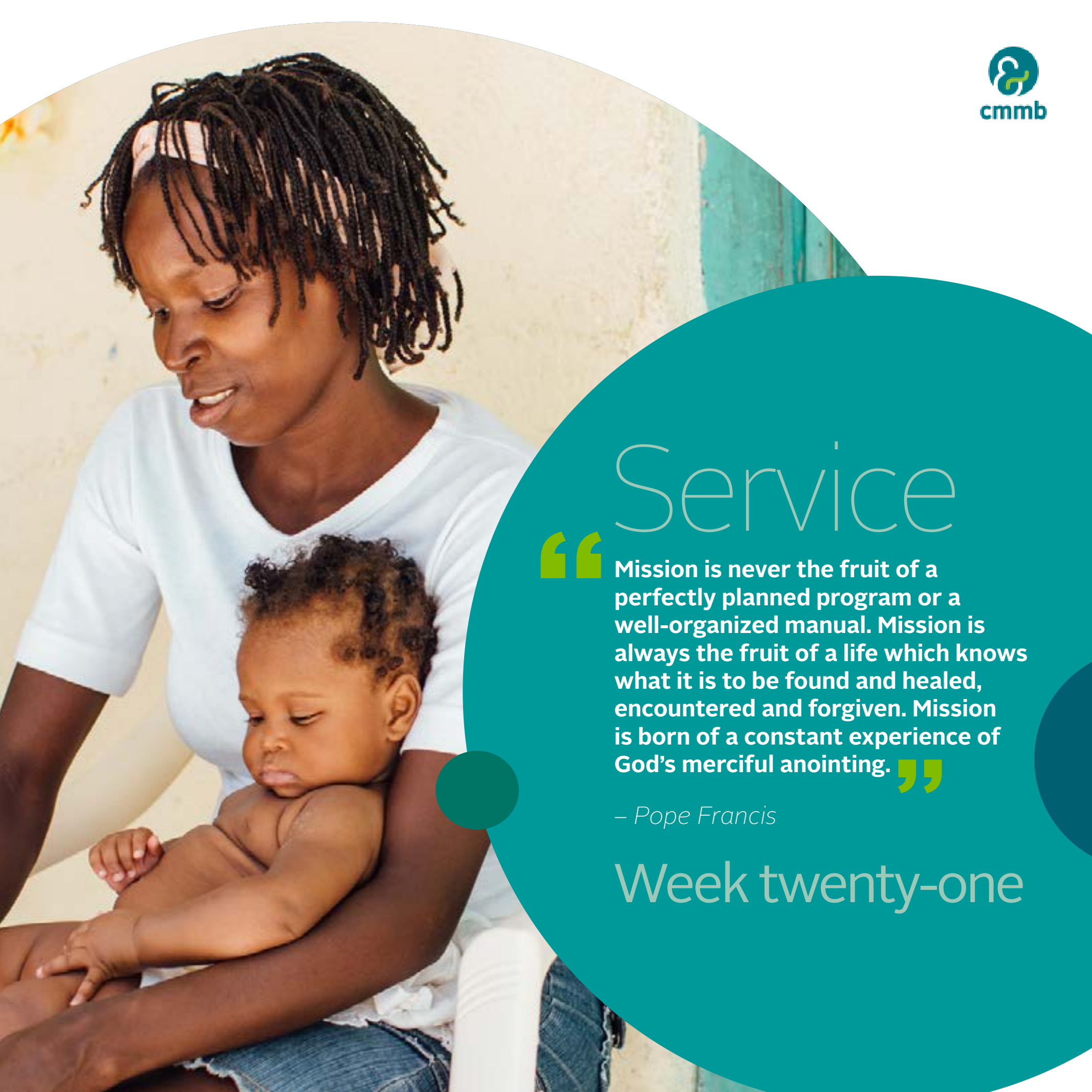


Compassion

“None of us can think we are exempt from concern for the poor and for social justice.”

– Pope Francis

Week twenty



Service

“

Mission is never the fruit of a perfectly planned program or a well-organized manual. Mission is always the fruit of a life which knows what it is to be found and healed, encountered and forgiven. Mission is born of a constant experience of God's merciful anointing. ”

– Pope Francis

Week twenty-one



Faithfulness

“ Although the life of a person is in a land full of thorns and weeds, there is always a space in which the good seed can grow. You have to trust God. ”

– Pope Francis

Week twenty-two



Sacrifice

“ Once we come to realize how much God has given us, a life of self-sacrifice, of working for him and for others, becomes a privileged way of responding to his great love. ”

Week twenty-three

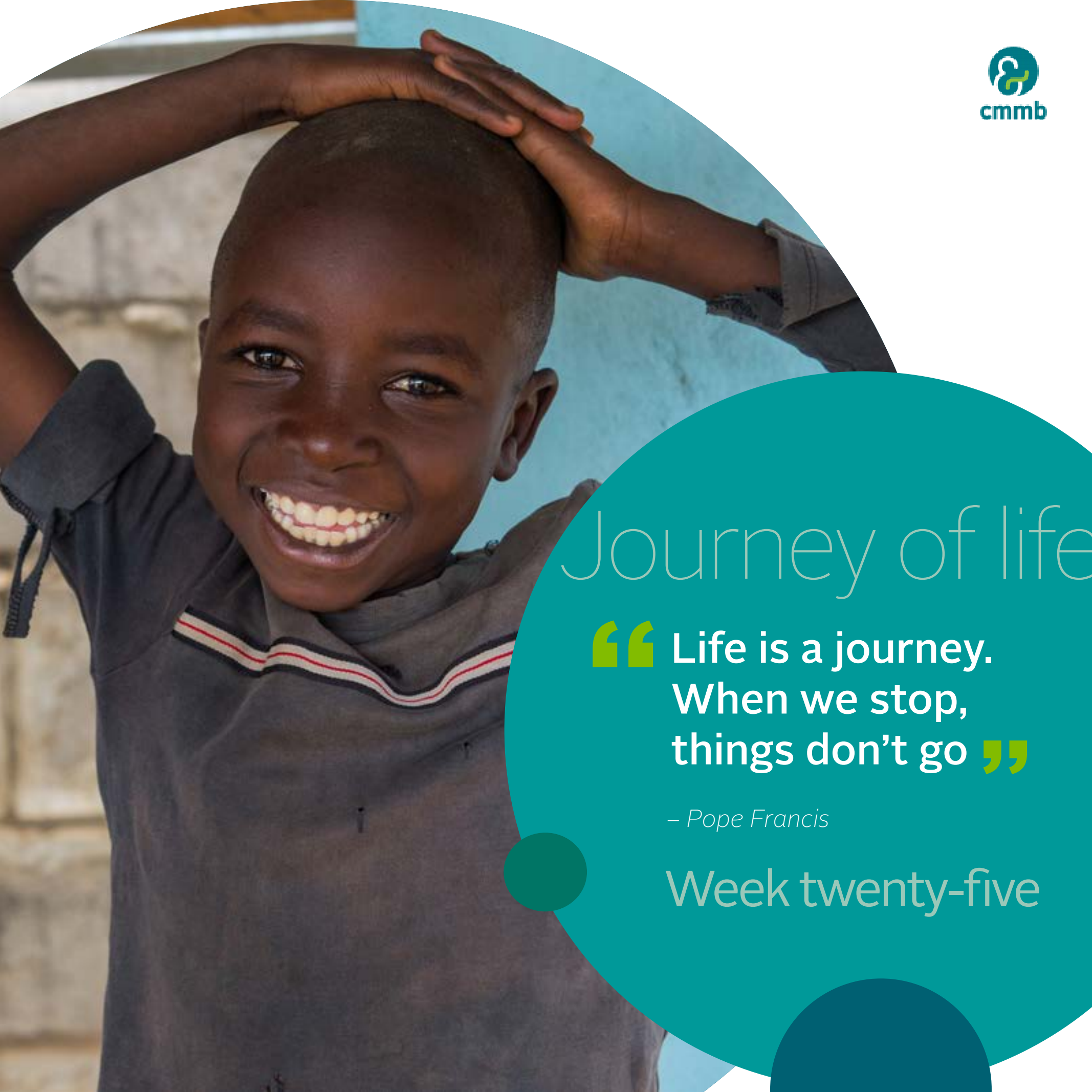


Honesty

“ Be honest, discover what you hold dear to your heart. ”

– Pope Francis

Week twenty-four



Journey of life

“ Life is a journey.
When we stop,
things don't go ”

– Pope Francis

Week twenty-five

Respect the earth

“ We received this world as an inheritance from past generations, but also as a loan from future generations, to whom we will have to return it! ”

– *Pope Francis*

Week twenty-six

Truth

“ All that is good, all that is true, all that is beautiful brings us to God. Because God is good, God is beautiful, God is the truth. ”

Week twenty-seven

Childhood

“**A child is a human being of immense worth.**”

– Pope Francis

Week twenty-eight



Education

“ True education enables us to love life and opens us to the fullness of life. ”

Week twenty-nine



Care

“ Works of love directed to one’s neighbor are the most perfect external manifestation of the interior grace of the Spirit. ”

– Pope Francis

Week thirty



Good work

“ We all have the
duty to do good. ”

– Pope Francis

Week thirty-one



Gratification

“ Together with a culture of work, there must be a culture of leisure as gratification. To put it another way: people who work must take the time to relax, to be with their families, to enjoy themselves, read, listen to music, play a sport.

– Pope Francis

”

Week thirty-two



Listening

“ To get to know people, listen, expand the circle of ideas. The world is crisscrossed by roads that come closer together and move apart, but the important thing is that they lead towards the Good. ”

– Pope Francis

Week thirty-three

Wisdom

“ Wisdom is precisely this: to see the world, to see situations, circumstances, problems, everything, through God’s eyes. ”

– Pope Francis

Week thirty-four



Accountability

“ We are called to respect and encourage one another, and to reach out to all those in need. ”

– Pope Francis

Week thirty-five





Interdependence

“ We must regain the conviction that we need one another, that we have a shared responsibility for others and the world, and that being good and decent are worth it. ”

– Pope Francis

Week thirty-six



Courage

“ Just as we need the courage to be happy, we also need the courage to live simply. ”

– Pope Francis

Week thirty-seven



Dialogue

“ This dialogue is what creates peace. It is impossible for peace to exist without dialogue. All the wars, all the strife, all the unsolved problems over which we clash are due to a lack of dialogue. When there is a problem, talk: this makes peace. ”

– Pope Francis

Week thirty-eight

Fear

“ More than by fear of going astray, my hope is that we will be moved by the fear of remaining shut up within structures which give us a false sense of security, within rules which make us harsh judges, within habits which make us feel safe, while at our door people are starving and Jesus does not tire of saying to us: “Give them something to eat. (Mk 6:37) ”

– *Pope Francis*

Week thirty-nine

Renewal

“ There can be no renewal of our relationship with nature without a renewal of humanity itself. ”

– Pope Francis

Week forty



Gratitude

“ For all the obstacles we see before us, gratitude and appreciation should prevail over concerns and complaints. ”

– Pope Francis

Week forty-one

Community

“ The work of building a prosperous society must be a cooperative effort. ”

– Pope Francis

Week forty-two





Value

“ All life has inestimable value even the weakest and most vulnerable, the sick, the old, the unborn and the poor, are masterpieces of God’s creation, made in his own image, destined to live forever, and deserving of the utmost reverence and respect. ”

– Pope Francis

Week forty-three

Prayer

**“ Prayer is what keeps
the faith, without it,
faith wavers. ”**

– Pope Francis

Week forty-four





Happiness

“ A person’s happiness has no price and cannot be bought. ”

– Pope Francis

Week forty-five

Poverty

“ The poor are our teachers. They show us that people’s value is not measured by their possessions or how much money they have in the bank. ”

– Pope Francis

Week forty-six



Mercy

**“ A little bit of mercy
makes the world less
cold and more just. ”**

– Pope Francis

Week forty-seven

Treatment of others

“ The measure of the greatness
of a society is found in the
way it treats those most in
need, those who have nothing
apart from their poverty. ”

– Pope Francis

Week forty-eight





Humanity

“ I ask you to ensure humanity is served by wealth, not ruled by it. ”

– Pope Francis

Week forty-nine

Promise

“ The promise was that when the glass was full, it would overflow, benefiting the poor. But what happens instead, is that when the glass is full, it magically gets bigger - nothing ever comes out for the poor. ”

– Pope Francis

Week fifty



Gifts

“ The great gift of life is the first gift we have received. Sometimes we risk forgetting about this, as if we were the masters of our existence while instead we are radically dependent. In fact, it is a source of great joy to hear that at every age in life, in every situation, in every social condition, we are and remain sons and daughters. This is the message that children give us with their presence: with just their presence, they remind us that each and every one of us is a child. ”

– Pope Francis

Week fifty-one



Grace

“ Grace is not part of consciousness; it is the amount of light in our souls, not knowledge nor reason. ”

– *Pope Francis*

Week fifty-two