

NADA TE TURBE St Teresa of Avila (1515-1582)

Let nothing trouble you,
Let nothing frighten you,
Everything passes,
God does not change,
Patience overcomes everything.

Whoever loves God, lacks nothing
God alone is all we need

In your thoughts arise, rise up to heaven
Let nothing disturb you.

Follow Jesus Christ with a generous heart,
And come what may, let nothing frighten you.

See how the world's glory is an empty glory,
It has no lasting value, everything passes.

Look to heaven, to the eternal,
Everlasting, faithful and full of promise,
God does not change.

Trust and living faith sustains the soul
Of one who believes and hopes,
Who overcomes everything.

Whoever loves God, though by Hell harassed,
Will laugh in the face of its attacks.

Though helplessness may be your lot,
Through suffering and through disasters,
Keeping God as your treasure, you will lack nothing.

For the riches of this world disappear,
Our pleasures are fleeting,
And even if we lose everything,
God alone is all we need.

(Trans. PTR)