



CDOW 150th Resource Submission Form

Title: The Sayings of Saint Francis De Sales **Grade Level(s):** Could be adapted for any

Curriculum area(s): Social Studies/Lang Arts/Art/Religion

Objective: To spread the message of St. Francis De Sales in today's world

Materials Needed: A copy of the words attributed to St. Francis de Sales
Depends on how you are spreading the message

Procedure: Will vary on age of students and the method you choose to make
the words relevant today.

Look up some of the sayings or writings of Saint Francis de Sales, patron of our diocese, or use some of the ones below. Create social media tweets, memes, posters, etc. to spread these messages today.
How would Saint Francis teach us in 2018-19?

The Sayings of Saint Francis de Sales:

Look up some of the sayings or writings of Saint Francis de Sales, patron of our diocese, or use some of the ones below. Create social media tweets, memes, posters, etc. to spread these messages today.

How would Saint Francis teach us in 2018-19?

Do not look forward to what may happen tomorrow; the same everlasting Father who cares for you today will take care of you tomorrow and every day. Either He will shield you from suffering, or He will give you unfailing strength to bear it. Be at peace, then, put aside all anxious thoughts and imaginations, and say continually: 'The Lord is my strength and my shield; my heart has trusted in Him and I am helped. He is not only with me but in me and I in Him.'

Have patience with all things - but first with yourself. Never confuse your mistakes with your value as a human being. You are perfectly valuable, creative, worthwhile person simply because you exist. And no amount of triumphs or tribulations can ever change that.

Half an hour's meditation each day is essential, except when you are busy. Then a full hour is needed.

Do not look forward to the changes and chances of this life in fear; rather look to them with full hope that, as they arise, God, whose you are, will deliver you out of them. He is your keeper. He has kept you hitherto. Do you but hold fast to his dear hand, and he will lead you safely through all things; and, when you cannot stand, he will bear you in his arms. Do not look forward to what may happen tomorrow. Our Father will either shield you from suffering, or he will give you strength to bear it.

"Be who you are and be that well."

"Never be in a hurry; do everything quietly and in a calm spirit. Do not lose your inner peace for anything whatsoever, even if your whole world seems upset."

"The just person is like a tree planted near running water, which bears fruit in its season. So too when charity waters one's soul, it produces virtuous works there, but each in its season."

Words are powerful. Words have an effect. Words can heal and raise up. Words can injure and tear down.

May God give us the grace and the wisdom to speak simply, directly, and justly with one another.