

Bookmark of St. Teresa of Avila

A poem-prayer of St. Teresa of Jesus (Poesías, 30). Spanish text as given in the Catechism of the Catholic Church, 227.

Let nothing disturb you;
Let nothing frighten you.
All things are passing.
God never changes.
Patience obtains all things.
Nothing is wanting to him who possesses God.
God alone suffices.

En español

Nada te turbe,
nada te espante;
todo se pasa,
Dios no se muda;
la paciencia
todo lo alcanza;
quien a Dios tiene
nada le falta:
sólo Dios basta.