

ADAPTATION OF ‘INSTRUCTIONS’ BY ST ANGELA OF FOLIGNO

If we want faith, we must pray.

If we want hope, we must pray.

If we want charity, we must pray.

If we want poverty, we must pray.

If we want obedience, we must pray.

If we want chastity, we must pray.

If we want humility, we must pray.

If we want meekness, we must pray.

If we want fortitude, we must pray.

For any virtue: pray.

Amen.

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