

**Adult First Day School, Nov. 13, 2022**  
***Inspiration***

**Quotes:**

There is a pervasive form of contemporary violence to which the idealist most easily succumbs: activism and overwork. The rush and pressure of modern life are a form, perhaps the most common form, of its innate violence. To surrender to too many demands, to commit oneself to too many projects, to want to help everyone in everything, is to succumb to violence.

– Thomas Merton

There is no greater agony than bearing an untold story inside you.

– Maya Angelou

Live the Testimonies at all times; and when absolutely necessary, use words.

– paraphrased from St. Francis of Assisi

Our lives begin to end the day we become silent about things that matter.

– Martin Luther King Jr.

Prayer is not asking. It is a longing of the soul. It is daily admission of one's weakness. It is better in prayer to have a heart without words than words without a heart.

– Mahatma Gandhi

**Query:**

Which of these quotes is most speaking to you this morning, and why?