

《爱的纯全》

图书基本信息

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《爱的纯全》

内容概要

特蕾莎修女灵修笔记（中英文对照）——《爱的纯全》分工作、喜乐、痛苦、穷人、爱、耶稣、家庭、祷告等单元，与你一起领略特蕾莎嬷嬷内心深处那纯美整全的爱的真谛。

仿佛圣爱的化身，穷人的守护天使

——特蕾莎修女圣爱灵修箴言录

童年时的特蕾莎修女曾问父亲：“世上有没有可以医治贫困的药？”父亲爱莫能助的表情深印在特蕾莎幼小的心灵中。特蕾莎修女奉献自己成为了一名修女，后来跨越修道院的高墙，以加尔各答贫民为起点，展开了她伟大的救助贫困的工作。

目前《特蕾莎修女传》等图书在国内已有出版，而以笔记和名言警句的形式，以中英文对照的方式，将特蕾莎修女关于侍主、关于爱、关于穷人事工的心思意念整理成圣爱灵修箴言录，分主题结集出版，则是第一次。愿当年特蕾莎嬷嬷身边的修女们聆听嬷嬷谈话时的笔录，愿上帝的慈爱借特蕾莎嬷嬷的生命摸着你的心、拯救更多的灵魂。

愿上帝透过特蕾莎嬷嬷，

赐给我们一个以行动去爱的美好典范。

她的一生向我们显示了，

如何以爱人和服务他人来跟随耶稣。

她喜乐地喂养饥饿的人，

为穷人和被遗弃的人奔走呼助，

照顾穷人和垂死的人，

给与无家可归的人遮风挡雨的住所。

愿我们效法她的爱和慷慨，

向生活贫穷和灵里积弱的人伸出援手。

愿特蕾莎嬷嬷永远安息在上帝的怀中！

《爱的纯全》

作者简介

特蕾莎修女：（Mother Teresa of Calcutta）

1910年8月26日生，父亲是阿尔巴尼亚建筑商。12岁立志当修女。19岁进入修道院，被命名为“特蕾莎修女”。后来前往印度，在教会学校里教书将近二十年，教授地理及历史。1946年9月10日，决心“为穷人中的穷人服务”，在几年内建立了“仁爱传教修女会”。1952年夏，在印度加尔各答建立“垂死者之家”，让穷人找到爱与尊严。1979年获“诺贝尔和平奖”。1980年访问中国，受到当时的全国妇联主席康克清的接见。

特蕾莎修女以博爱的精神，默默地关注着贫穷的人，使他们感受到尊重、关怀和爱。她没有高深的哲理，只用诚恳、服务而有行动的爱，来医治人类最严重的病源：自私、贪婪、享受、冷漠、残暴、剥削等恶行；也为通往社会正义和世界和平，开辟了一条新的道路。

她不曾搞过叫天地变色的社会革命，她不是个翻天覆地的伟人。她所做的，是每一个有手有脚的平凡人都有能力做到的事：照顾垂死的病人，为他们洗脚、抹身，当他们被不幸的命运践踏如泥的时候，还给他们一个人的尊严，如此而已。

特蕾莎修女一生的使命既简单又直接，就是服侍穷人中的穷人。她认为人最大的贫穷不是物质上的缺乏，乃是不被需要和没有人爱。她在接受记者采访时说：“感觉自己没有人要，是人类所经验到最糟糕的一种疾病。”因为别的病有药可医，惟独“不被需要”，除了一双愿意服侍的手与一颗充满爱的心肠外，别无他药可治。

她就是特蕾莎修女，她的一生都在追寻着这样一个真理：我们都不是最伟大的人，但我们可以用伟大的爱来做生活中每一件最平凡的事。

诺贝尔和平奖授奖公报这样评价特蕾莎修女——她是一位永生的伟大的圣人！

《爱的纯全》

书籍目录

归属耶稣 工作 全是为了耶稣 祈祷 服务的泉源 喜乐 心底藏不住 痛苦 耶稣的亲吻 穷人 隐藏的基督 十字架 再也没有比这更大的爱情 爱 在行动中 家庭之爱 特蕾莎修女纪事

《爱的纯全》

章节摘录

I think there is something that can make us live joyfully. It is that Jesus is with us. He loves us. If each one of us would simply remember that God loves us and is giving us the chance to love others in that love —— not so much in big things but in the little things of life - our countries could become full of Gods love. 我想有件事能使我们喜乐地生活，那就是耶稣与我们同在。他爱我们。如果我们每个人都记住天主爱我们，并记住在他的爱里，他给予我们爱别人的机会——多半不在大事上，而在日常生活的小事上——我们的国家便会充满天主的爱。 You cannot do what I can do and I cannot do what you can do, but together we can do some thing beautiful for God. 你不能做我所能做的，我也做不来你能做的，但是我们一起就能为天主做美丽的事。 Do you play well? Sleep well? Eat well? These are duties. Nothing is small for God. 你玩得好好吗？睡得好吗？吃得好吗？这些都是本分。对天主来说，没有一件事是无足轻重的。 Give yourself fully to God. He will use you to accomplish great things on the condition that you believe much more in His love than in your own weakness. 把你自己完全地献给天主，他会用你完成大事，只要你相信他的爱胜过于相信你自己的软弱。

《爱的纯全》

编辑推荐

曾有一位修士问特蕾莎修女：“为何要做这些关爱穷人的事工？”她伸出手，一一搬动五个手指，说出耶稣给她的命令：“YOU DO IT FOR ME.”意即：你为我做！仿佛圣爱的化身，穷人的守护天使——特蕾莎修女

《爱的纯全》

精彩短评

- 1、纯正的爱直投心底！
- 2、太有爱~我大概不是有爱之人~但可以让内心平静的一本书
- 3、爱的纯全，让爱在我们身边流淌。让我们深知爱为何物，感谢上帝！
- 4、Souls of prayer are souls of deep silence. / Joy consists in giving joy to others by surprising them with something they really need and value. / Love, to be true, has to hurt.
- 5、里面每一句都有深刻的意义，而且还有英文~
- 6、喜欢德兰嬷嬷，可以看看！！
- 7、信仰的力量来自哪里，我不知道但是我们在她身上感到无限的幸福与忏悔。
- 8、更好发挥
- 9、德兰奶奶真是伟大！
他的爱是来自于上帝，因此才能这样无私和纯洁。
- 10、特蕾莎婆婆告诉我们，这世界上正真的贫穷是心的贫穷，无论是富人还是穷人，对神的爱可以替补心灵上的贫穷，只要让爱在心中绽放，无论富贵亦或是贫穷，你都在天堂。就像约书亚哥哥所说：真正的爱一直蕴藏在你的内心深处，请你将外在的视线转向内，发现内在的灵性。
- 11、很好，值得反复咀嚼。
- 12、基督徒的爱要高于世人的爱
- 13、非常棒的一本书！里面的内容非常好，语言简洁朴实，透着谦卑，智慧和美丽。
- 14、荣耀归给耶和华 感谢赞美主
- 15、简简单单那一句话，却是在生活中彰显基督之爱的明证，我不同意德兰修女是完人，就是这个在日记中坦诚自己的挣扎的人，已经在世界上为耶稣做了美好的见证了，感动世界。
- 16、蛮不错的书 内容很温馨 很值得一读
- 17、小本中英文的，适合携带。随时随刻聆听爱的语言。
- 18、爱是律法的总纲，没有爱的属灵生活是失败的。
- 19、这本书，让我真正开始学会，怎样去祷告
- 20、伟大的心
- 21、love until die...
- 22、只是一小部分语录，所以不是很喜欢。
- 23、很好的灵修小品
- 24、薄薄的小册子，但是读着很受用。喜欢
- 25、这本已经评过了，虽然字不多，但还是让我受益匪浅！非常喜欢
- 26、配英文的,很不错!
- 27、真是纯爱超万爱！
- 28、【拥有者】GZ
【借阅状态：可借】
- 29、内容虽好但太少
- 30、感谢主！太棒的一本书了！
- 31、与想象中的不同，但是有英文，也算帮助了
- 32、时候基督徒灵修，上帝的爱无限伟大
- 33、觉得自己很缺少爱，偶尔看到这本书就有读一读的冲动，因为这是我里面所缺少的，看过这本书后让我看到德蕾莎修女因着对神的信靠其一字一句中彰显出神的爱的荣耀！对我有很大鼓励哦^^
- 34、就是买这本书为了凑运费才买其他的！很好！
- 35、买回书后发现是小本的口袋书，里面有中英文的翻译，我虽不是基督教徒，但是非常敬佩特蕾莎修女的事迹，虽然有些话还看不太懂，但是想必每一个字都饱含了特蕾莎修女的爱。
- 36、书虽是小了点，但读起来还是很受启发的，中英文对照，简介明了，很是喜欢
- 37、很美
- 38、特蕾莎修女的文字简洁，纯朴，深刻，感人。是发自内心的爱和谦卑。她的奉献和身体力行，让人看到来自上帝的爱。每每读来都让人感动。买了多本送朋友。这才是真正的心灵鸡汤。

《爱的纯全》

39、GOD is love

爱到成伤~

40、爱的纯全（中英文对照）

41、荣耀归给主

42、！！！！

43、书显得放了很久，有些旧了

44、这本书很好 满意

45、有些挺好

46、此书是一本中英文对照的灵修笔记，从字里行间中我们可以看出作者对上帝的信任，是一本引人向善的书。

47、我特别的喜欢看德兰姆姆

48、特蕾莎修女真的是很棒，希望能学到很多东西

49、还没看，应该很赞吧，呵呵

50、小小的一本，可以随身携带。是很不错的东西、

51、挺小的一本书，很方便携带，文字很温暖，不过我说的是英文很不错，翻译的确有点不大给力，我想译者应该不是基督徒，翻译得不大好，但也不妨碍阅读，爱的简约也买了，都不错的。

52、摘录比较多，印象不深刻了

53、很敬佩特蕾莎嬷嬷，挺小巧的一本书，中英文对照，方便随身携带翻看。

54、一本很小很薄的书，她对人的爱从书中流淌出来

55、简约的小书

56、像手册一样！很喜欢，随身带着。特蕾莎嬷嬷的爱是无边无际的！

57、感动她的付出。

58、德兰修女的三部曲之一，由上智文化编译的天主教书籍，中英文对照，短小精悍！

59、一本小册子啊，中英对照，很好，就是送来的时候比较旧，有些折损

《爱的纯全》

精彩书评

1、从《圣经》开始，开始喜欢看英文...烛光中迎来的新一年里，温暖的小屋中，我们感慨着，“爱不够...”《迟到的间隔年》里，男主角去了特蕾莎修女创办的一个义工服务处，所以，在薄薄小册子里没有写到的服侍生活，在真实男主角的回溯中可以微微瞥见一点...Everything is a gift from god.God is love.每每看到玫瑰们喝掉花瓶里的很多水时，都会特别惊奇而快乐。万物有灵且美。如果感觉着这世界的所有都散发着神圣的生命气息，像自己一样，会一下子一下子展颜着豁然开朗。快乐喜悦是恩赐，忧伤痛苦也是恩赐。落在井底时一定会仰望，所以几米说，“你是我在最深的绝望中看到的最美丽的惊喜”。“我有两次生命，一次是出生；我有两次生命，一次是，遇见你”能带入天堂的，唯有爱。11.1.4

2、不要依赖某个外在的神灵，而要发现你心中的神灵——无论祂是基督，佛陀，还是阿拉，或是任何一种宗教所认为的神。不要去祈祷，而要去相信。直至成为祂。你就是祂，祂就是你！以祂的名义去爱，去度化众生。让充满无明、痛苦的小我消融进祂的慈悲中。真正的智慧，就是发现心中神灵的大爱。爱是使命，是道路，是你一生中唯一要做的事。所有的宗教都只是方便法门。真正感受到神灵的人无需任何假名的上帝。因为我们就是上帝本人，我们就是爱本身，智慧本身！

章节试读

1、《爱的纯全》的笔记-第56页

See the face of God in everything, everyone, everywhere... Do all in Jesus, with Jesus, for Jesus, and to Jesus, under the loving gaze of the Father.

2、《爱的纯全》的笔记-第26页

We will allow the good God to make plans for the future, for yesterday has gone, tomorrow has not yet come, and we have only Today to make Him know, loved, and served...

Do not allow yourself to be disheartened by any failure. All that matters is that you have done your best.

3、《爱的纯全》的笔记-第123页

Love begins at home. It is not how much we do, but how much love we put into what we do that really matters.

4、《爱的纯全》的笔记-第60页

Words that do not give the light of Christ increase the darkness.

Never let anything so fill you with sorrow as to make you forget the Joy of the Risen Christ.

5、《爱的纯全》的笔记-第111页

If we really want to love, we must learn how to forgive.

如果我们真的想要去爱，我们必须学会如何去宽恕。

6、《爱的纯全》的笔记-第134页

Love
Is patient,
Is kind,
Is not jealous,
Is not pompous,
Is not inflated,
Is not rude, it does not seek its own interest,
Is not quick - tempered,
Does not brood over injury,
Does not rejoice over wrongdoing but rejoices with the truth.
It bears all things,
Believes all things,
Hopes all things,
Endures all things.
(1 Cor 13:4 - 7)

7、《爱的纯全》的笔记-第73页

If you are humble, nothing will touch you, neither praise nor disgrace, because you know what you are.

Joy is God's bubbling forth from us to others.

8、《爱的纯全》的笔记-第43页

Silence is essential in a religious house.
The silence of Humility,
of Charity,
of Eyes,
of Ears,
of Tongue.

在信仰的屋宇内，静默是必要的。
谦逊的静默，
爱德的静默，
眼睛、耳朵、
舌头上的静默。

9、《爱的纯全》的笔记-第123页

Love begins at home. It is not how much we do, but how much love we put into what we do that really matters.

爱由家开始。真正重要的不是我们做了多少，而是我们在所做的事情上，倾注了多少爱。

10、《爱的纯全》的笔记-第119页

I am sure you will understand beautifully everything - if only you would become a little child in God's hands. Your longing for God is so deep, and yet He keeps Himself away from you. He must be forcing Himself to do so, because He loves you so much as to give Jesus to die for you and for me.

Christ is longing to be your Food, surrounded with fullness of living Food. Yet, you allow yourself to starve. The personal love Christ has for you is infinite - the small difficulty you have regarding the church is finite; overcome the finite with the infinite - Christ has created you because He wanted you.

11、《爱的纯全》的笔记-第106页

我们爱，不可只用在言语和舌头上，总要在行为和诚实上。

12、《爱的纯全》的笔记-第33页

Whatsoever you do to the least of my brothers, you do it to me.

At the moment of death, we will not be judged according to the numbers of good deeds we have done or by the diplomas we have received in our lifetime. We will be judged according to the love we have put into our work.

13、《爱的纯全》的笔记-第80页

《爱的纯全》

Suffering is a gift and it is a sign of love because it was chosen by the Father to show us that He loves the world by giving up His Son to die for us.

In that way, through Christ's life, suffering proved to be a gift, the greatest gift of love, because through His suffering our sins were atoned for.

14、《爱的纯全》的笔记-第39页

God has not called me to be successful. He has called me to be faithful.

What we do is a drop in the ocean, but all of us have to give this drop, even if it is only a Smile. Do not refuse.

15、《爱的纯全》的笔记-第35页

You cannot do what I can do and I cannot do what you can do, but, together we can do something beautiful for God.

Do you play well? Sleep well? Eat well? These are duties. Nothing is small for God.

16、《爱的纯全》的笔记-第88页

爱、温柔、怜悯是真正的正义。没有爱的正义不是正义，没有正义的爱不是爱。我们常听到有人说我们太过娇惯穷人，但除了天主没有人曾娇惯他们。

17、《爱的纯全》的笔记-第36页

Give yourself fully to God. He will use you to accomplish great things on the condition that you believe much more in His love than in you own weakness.

18、《爱的纯全》的笔记-第112页

No one of us has the right to condemn anyone. Even though we see some people doing something bad, we do not know why they are doing it.

Jesus invites us to not pass judgement. Maybe we are the ones who have helped to make them what they are. We need to realize that they are our brothers and sisters: that leper, that drunkard, and that sick person is our brother and sister because the person too has been created for a greater love.

19、《爱的纯全》的笔记-第127页

There is nothing extraordinary about being holy. We have been created for that purpose. For that reason, when someone dies, that person is meant to go home to God. That is where we are all meant to go.

Death can be something beautiful. It is like going home. He who dies in God goes home even though we naturally miss the person who has gone. But it is something beautiful. That person has gone home to God.

20、《爱的纯全》的笔记-第83页

Sometimes we see how joy returns to the lives of the most destitute when they realize that many among us are

concerned about them and show them our love. Even their health improves if they are sick.

After all, was it not Christ Himself who said, "Even time you did it to the least of my brethren, you did it to me?" You shall not be indifferent to the suffering of others. Their suffering is meant to deeply affect you.

21、《爱的纯全》的笔记-第32页

We should make a decision to do little things with great love. When Therese of Lisieux - the Little Flower - died and was about to be canonized, everyone was asking, "What reason is there for the Holy Father to canonize her? She has not done anything extraordinary."

The Holy Father pointed out in writing the reason for his decision, "I want to canonize her because she did ordinary things with extraordinary love."

22、《爱的纯全》的笔记-第121页

If we admit that we are sinners and we need forgiveness, then it will be very easy for us to forgive others. But if I do not admit this, it will be very hard for me to say, "I forgive you," no matter who comes to me.

23、《爱的纯全》的笔记-第75页

One day, I went to visit a lady who had terminal cancer, Her pain was tremendous. I told her, "This is nothing but Jesus' kiss, a sign that you are so close to Him on the cross that He can kiss you"

24、《爱的纯全》的笔记-第54页

The fruit of silence is prayer. The fruit of prayer is faith. The fruit of faith is love. The fruit of love is service.

Let us not pray long, drawn - our prayers, but let's pray short ones full of love.

25、《爱的纯全》的笔记-第107页

One day I was walking down the streets of London and I saw a man quite drunk. He was looking so sad and miserable. I went right up to him and took his hand, shook it and asked, "How are you?" My hand is always warm - and he said, "Oh, after so long I feel the warmth of a human hand." And his face lit up. And his face was different. I only want to say that small things done in great love bring joy and peace.

26、《爱的纯全》的笔记-第22页

Faith is a gift of God.

Without it there would be no life. Our work, to be fruitful and to be all for God, and to be beautiful, has to be built on faith - faith in Christ, who has said, "I was hungry, I was naked, I was homeless, and you ministered to me."

On these words of His all our work is based.

27、《爱的纯全》的笔记-第40页

Each one of us is Co-Worker of Christ, the branch on that vine, so what does it mean for you and me to be a

《爱的纯全》

Co-Worker of Christ? It means to abide in His love, to have His joy, to spread His compassion, to be a witness to His presence in the world.

We can do not great things; only small things with great love.

28、《爱的纯全》的笔记-第38页

God loves you. You are precious to Him. Forgive and forget and begin to make your life something beautiful for God!

There is tremendous strength that is growing in the world through this continual sharing together, praying together, suffering together and working together.

29、《爱的纯全》的笔记-第98页

God created the world and saw that it was good. God created man and saw that he was good. God created everything, and He realized that everything was good.

How can we complain against God for the poverty and suffering that exist in the world? Can we honestly do so?

God saw that everything was good. What we do with things is another matter.

30、《爱的纯全》的笔记-第14页

God has His own ways of working in the hearts of others, and we do not know how close He is to each one. We have no right to condemn, to judge, or to say things that can hurt others people for their beliefs. It is possible that a person has never heard a word about Christianity.

Then we do not know how God is revealing Himself to that soul, or in what way God is forming it. So who are we to condemn anyone?

31、《爱的纯全》的笔记-第16页

If you are discouraged, it is a sign of pride, because it shows that you trust in your own powers.

Let us all try to love Jesus with greater love and discover more and more of His love and compassion, His presence in our communities is a mystery, for we do not know when He will come. God bless you.

32、《爱的纯全》的笔记-第10页

You must love your sisters with a deep, sincere love as you love Jesus.

Never forget that they are His - and His love and trust in you have entrusted them to you care. "Feed my lambs, feed them with love, with kindness, with humility, with your good example."

If you learn the art of being thoughtful, you will be more and more like Christ.

33、《爱的纯全》的笔记-全书

《爱的纯全》

假如你懂得体贴的艺术，你会愈来愈像基督。

如果你失去勇气，这是个骄傲的记号，因为表示你只信赖自己的力量。

不要上天下地去寻找耶稣，他不在那儿。他就在你心中，只要点燃内心的明灯，你就会常常看见他。

我只是上主手中一支微不足道的笔。

没有爱的工作是一件苦差事。

给，直至受伤——而且要带着微笑。

每份爱的工作使你面对面地接近天主。

在死亡的时候，我们将被审判，但不是按我们在世时行善的数量，或曾得到多少证书，而是按我们在工作内投入了多少的爱来接受审判。

把你自己完全地献给天主，他会用你完成大事，只要你相信他的爱胜过于相信你自己的软弱。

天主没有呼召我做个成功的人，而是呼召我做个忠信的人。

我们能做的不是大事，而是心怀大爱做小事。

不要让任何事使你满怀忧伤，以致忘了基督复活的喜乐。

一个微笑就能把许多灵魂带到天主面前。

倾听一个无人愿意聆听的心声，是件很美的事。

舌头是乡人表达关怀最快速和最可靠的方式——多为他人的好处而用它。

假如你欣赏别人，你就会赞美他人。丰富的心灵会流溢于言语中。假如你的心充满着爱，你会谈到爱。

要仁慈宽大。不要让任何人接近你以后，却没有学到如何变得更好、更喜乐。

如果你谦卑为怀，无论是赞美或是污蔑，没有一件事会影响到你，因为你了解你自己。

给，直至成伤，直至感受痛苦。

我们常恳求基督允许我们分担他的痛苦。但当有人冷漠对待我们时，我们却忘了这正是分担基督所作所为的时刻。

疼痛、哀伤、痛苦都是耶稣的亲吻——是你这样亲近他，使得他能亲吻你的记号。请接受它们如同一个恩赐——这全都为了耶稣。

你若是真的再次活出基督的苦难，当耶稣进入你的生命中——当你被击伤、被嘲笑、充满伤痛时，请接受这一切，如同接纳耶稣本人一样。

痛苦是个恩赐，是个爱的记号，因为天父选择以痛苦来显示他爱世界如此之深，甚至舍弃他的儿子，让他为我们而死。

《爱的纯全》

透过基督的生命，证明痛苦是一份礼物，也是最大的爱的礼物。因为正是经由他的痛苦，我们的罪被弥补了。

让我们了解，只有借着不断地死于自我和以自我为中心的欲望，我们才能活得更圆满；因为只有与你一起死亡，我们才能同你一起复活。

你不可漠视他人的痛苦，而是让他们所受的痛苦深深触动你。

接受痛苦之时，喜乐就必来到。要记得基督苦难的终了即是基督复活的喜乐，所以当你心中感受基督的苦难，要记得复活就要来临——复活节的喜乐要展露曙光。切勿让任何忧愁的事情使你满怀忧伤，而使你忘却基督复活的喜乐。

我们的工作……要我们在每一个人身上看见耶稣。他已经告诉我们，他是饥饿的那一个，是裸身的那一个，是口渴的那一个，是无家可归的那一个，是正在受苦的那一个。他们都是我们的珍宝……他们是耶稣。每个人都是他痛苦外形下的耶稣。

爱、温柔、怜悯是真正的正义。没有爱的正义不是正义，没有正义的爱不是爱。我们常听到有人说我们太过娇惯穷人，但除了天主没有人曾娇惯他们。幸好目前至少有一个修会娇惯穷人，然而娇惯富人的却不计其数。

当我们触摸病人和穷人时，我们即触摸到基督受苦的身体。

不管谁是穷人中最穷的，对我们而言，他们就是基督，是隐藏在受苦人外貌下的基督。

穷人是非常了不起的人，他们能教我们许多美好的事。

贫穷不是天主所造。制造贫穷的人是我们。在天主面前，我们都是贫穷的。

我们亏欠了穷人那道不尽的感谢，因为他们是我们走向天国的媒介。

每个国家都有穷人。在某些国家，精神上的贫乏更胜于物质上的。这种精神上的贫穷包括了孤独、沮丧和失去了生活的意义。

人性最大的罪出于否认穷人享有人性尊严的权利，因为人衡量人之所以为人，只依他们拥有的物质作标准。

我们是有福的，在跟随十字架的路上，只背负了少许，就得到真正的祝福。必须爱到受伤的地步，才是真爱。

我宁可因太仁慈而犯错，也不愿没有慈爱地行奇迹。

如果我们真的想要去爱，我们必须学会如何去宽恕。

我们中没有任何一个人有权谴责他人。即使我们看见有些人在作恶，但我们不明白他们为何那么做。耶稣劝导我们不要论断别人。或许就是我们助长他们成为这样的人。我们需要明白，他们就是我们的兄弟姐妹：患麻风病的、酗酒的、生病的都是我们的手足，因为他们也是被创造为得到更大的爱。

就我所知，最大的痛苦时感到孤单，不被需要，不被爱。

最大的痛苦在于身旁没有一个人，甚或忘却了亲密和真挚的人际关系是什么，不知道被爱的意义，也

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没有家人或朋友。

除非生命是为了他人而活，否则生命没有价值。

如果我们承认自己是罪人，需要宽恕，就会很容易宽恕他人。但如果我不承认这一点，不论谁来到我面前，我都很那开口说：“我宽恕你。”

今日有如此多的人在受苦，也有那么多的仇恨、动乱……为什么？都是因为家庭生活已经破裂。没有家庭生活，圣召就会荒芜，因为圣召来自于家庭。你们所能献给我们的最好的礼物，就是你们的孩子。

环视我们的国家，环顾这块天主赐给我们每一个人称为家园的地方，我在最小的花朵、最高耸的树木、河川、平原和山岳之中，看到他丰沛的祝福和美善。何处才能找得到我们国家最美的地方？在每一个男人、女人和小孩子的身上。（《爱的纯全》）

34、《爱的纯全》的笔记-第53页

Pray unites us with Christ. Simply open your hearts to Him. Also, simply accept what He sends you. With a big smile, generously give Him what He asks of you. You will soon realize that this is the best prayer that you can offer in your families.

God will do the rest, never fear. Where God is, there is love; and where there is love, there always is an openness to serve.

35、《爱的纯全》的笔记-第110页

Love until it hurts

Mother Teresa said: “ I have found the paradox that if I love until it hurts, then there is no hurt, but only more love. ”

People are often unreasonable, illogical and self-centered;
Forgive them anyway.

If you are kind, people may accuse you of selfish, ulterior motives;
Be kind anyway.

If you are successful, you will win some false friends
And some true enemies;
Succeed anyway.

If you are honest and frank, people may cheat you;
Be honest and frank anyway.

What you spend years building,
Someone could destroy overnight;
Build anyway.

If you find serenity and happiness, they may be jealous;
Be happy anyway.

The good you do today, people will often forget tomorrow;
Be good anyway.

Give the world the best you have,
And it may never be enough;
Give the world the best you have anyway.

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You see, in the final analysis, it is between you and God;
It is never between you and them anyway.

——Mother Teresa(1910-1997)

36、《爱的纯全》的笔记-第117页

Unless life is lived for others, it is not worth-while.

除非生命是为了他人而活，否则生命没有价值。

37、《爱的纯全》的笔记-第82页

让我们了解，只有借着不断地死于自我和以自我为中心的欲望，我们才能活得更圆满；因为只有与你一起死亡，我们才能同你一起复活。

38、《爱的纯全》的笔记-第50页

Our Silence is a joyful and God - centered silence. It demands of us constant self - denial and plunges us into the deep silence of God where aloneness with God becomes a Reality.

Temptations exist everywhere. That's why all of us should fall on our knees in the presence of the Blessed Sacrament and pray fervently.

39、《爱的纯全》的笔记-第29页

We are neither big or small, but only what we are in the eyes of God. As long as we surrender ourselves totally, God can use us without consulting us.

We like to be consulted, but letting Him use us without consultation is very good for us. We must accept emptiness, accept being broken to pieces, accept success or failure.

40、《爱的纯全》的笔记-第47页

In Silence we will find new energy and true unity.

Before you speak, it is necessary for you to listen, for God speaks in the silence of the heart.

Jesus has drawn us to be Souls of Prayer.

41、《爱的纯全》的笔记-第63页

Love Jesus with big heart, Serve Jesus with Joy and Gladness of spirit - casting aside all that troubles and worries you.

To be able to do all this, pray lovingly like children, with an earnest desire to love much and to make the love loved that is not loved.

42、《爱的纯全》的笔记-第93页

《爱的纯全》

The poor are very great people, they can teach us many beautiful things.

Poverty has not been created by God. We are the ones who have created poverty. Before God, we are all poor.

《爱的纯全》

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