

Mother Teresa said that the key to her life was a very simple path which she describes in this way.

The fruit of silence is prayer

The fruit of prayer is faith

The fruit of faith is love

The fruit of love is service

The fruit of service is peace

It is interesting that this all starts with [silence](#) – and that prayer ***follows!*** Too often when we spend time with God we start by praying! We tend to come to God with a list of things we would like Him to do for us. Instead we need to learn what He would like to do (The Lord's Prayer – Your kingdom come, your will be done) which is always wise and good and loving – albeit on such a long timescale and large scale that we are not capable of realising this always. Of course He also invites us to ask, but if we focus first on Him, we will hopefully be asking for good things.

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