

POPE FRANCIS
GENERAL AUDIENCE
Library of the Apostolic Palace
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[...] Yet, precisely in starting from the great narrative of Creation, someone began to find reasons for thanksgiving, to praise God for his or her existence. Prayer is the first strength of hope. You pray and hope grows, it moves forward. I would say that prayer opens the door to hope. There is hope but I open the door with my prayer. Because people of prayer safeguard basic truths; they are the ones who repeat, first and foremost to themselves and then to all the others, that this life, despite all its toils and trials, despite its difficult days, is full of a grace that is awe inspiring. And as such it must always be defended and protected. [...]