



Quote from Mother Teresa's Nobel Peace Prize acceptance speech, December 10, 1979 in the Aula of the University of Oslo, Norway.

A few sentences from that speech include the prayer of St Francis of Assisi. She said:

"I wonder he [St Francis] must have felt the need what we feel today to pray for. I think you have all got that paper? We'll say it together."

Lord, make me a channel of your peace, that where there is hatred, I may bring love; that where there is wrong, I may bring the spirit of forgiveness; that where there is discord, I may bring harmony; that where there is error, I may bring truth; that where there is doubt, I may bring faith; that where there is despair, I may bring hope; that where there are shadows, I may bring light; that where there is sadness, I may bring joy.

continuing in her kindly merciful way ...

And to make sure that we understand what he [Jesus] means, he said that at the hour of death we are going to be judged on what we have been to the poor, to the hungry, naked, the homeless, and he makes himself that hungry one, that naked one, that homeless one, not only hungry for bread, but hungry for love, not only naked for a piece of cloth, but naked of that human dignity, not only homeless for a room to live, but homeless for that being forgotten, been unloved, uncared, being nobody to nobody, having forgotten what is human love, what is human touch, what is to be loved by somebody, and he says: Whatever you did to the least of these my brethren, you did it to me.

... To this love for one another and today when I have received this reward, I personally am most unworthy, and I having avowed poverty to be able to understand the poor, I choose the poverty of our people. But I am grateful and I am very happy to receive it in the name of the hungry, of the naked, of the homeless, of the crippled, of the blind, of the leprous, of all those people who feel unwanted, unloved, uncared, thrown away of the society, people who have become a burden to the society, and are shunned by everybody....

[Mother Teresa – Acceptance Speech – 1979 NobelPrize.org](https://www.nobelprize.org/awards/1979/teresa) >



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“Do It Anyway”

Poem hung on the wall of Mother Teresa's children's home in Calcutta



People are often unreasonable, irrational,
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 unfaithful
friends and some genuine enemies.

Succeed anyway.

If you are honest and sincere, people may deceive you.

Be honest and sincere anyway.

What you spend years creating,
others could destroy overnight.

Create anyway.

If you find serenity and happiness, some will be jealous.

Be happy anyway.

The good you do today will often be forgotten.

Do good anyway.

Give the best you have, and it will never be enough.

Give your best anyway.

In the final analysis, it is between you and God.

It was never between you and them anyway.

Dr. Kent M. Keith wrote the original poem in 1968 as part of “The Paradoxical Commandments” for student leaders. The above is slightly altered, with the first stanza using “forgive” instead of “love” in the original and the addition of the last stanza in Mother Teresa’s version.



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