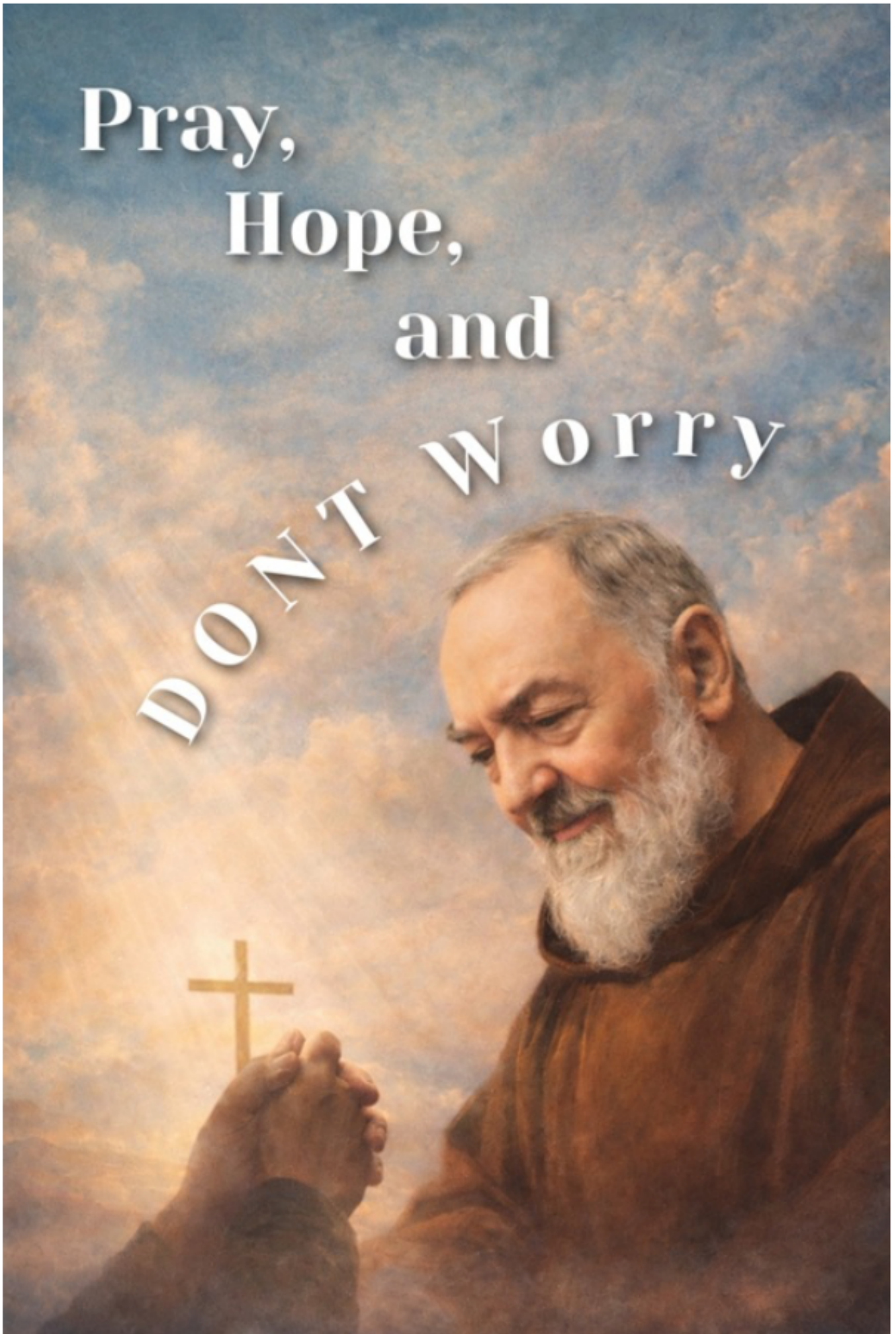


Pray,  
Hope,  
and  
DONT Worry



**Introduction**  
**by**  
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**Inspired by Padre Pio's timeless counsel, this brief reflection explores prayer, hope, and trust in God as pathways to peace, offering spiritual insight, scriptural grounding, and pastoral encouragement for daily life.**

# Pray, Hope, and DONT Worry

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Padre Pio's popular quote in English is:

"Pray, Hope, and Don't Worry".

Do not worry about the DONT in this title,  
and see in the reflection about the page for  
Luke 10:19 and the pennant had embroidered: DONT TREAD ON ME.

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Padre Pio's full spiritual quote here is a translated in English:

Pray, hope, and don't worry.

Worry is useless.

God is merciful and will hear your prayer.

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Furthermore, here it is in the original Italian:

"Prega, spera, e non preoccuparti.

L'agitazione non giova a nulla.

Dio è misericordioso e ascolterà la tua preghiera."

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Don't is not a word in Italian.

Ain't was not original a word in English. It is now in the dictionary.

So: DO DONT.

Just

DO DONT WORRY.

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**A Parallel ( || )  
of a Pray of  
Saint Pio of Pietrelcina, Franciscan / (O.F.M. Capuchin)  
with  
Rev. Vincent Salamoni, Missionaries of the Holy Apostles / (M.S.A.)**

~ ~ ~ ~ ~  
**PRAY, HOPE, DON'T WORRY**  
(Saint Pio)

**PRAY ... PATIENCE ... PEACE**  
(Rev. V. Salamoni)

~ ~ ~ ~ ~  
**PRAY || PRAY**

“The Lord leads all persons by paths and in ways pleasing to him, and each believer responds according to his heart's resolve and the personal expressions of his prayer” (*Catechism of the Catholic Church* [CCC], 2699).

~ ~ ~ ~ ~  
**HOPE || PATIENCE**

Patience and hope have a relationship.  
Hope fuels patience by being a positive future.  
Patience in an act of faith nurtures hope.  
Love is patient (1 Corinthians 13:4).

~ ~ ~ ~ ~  
**DON'T WORRY || PEACE**

Don't Worry is part of Padre Pio's favorite / popular phrase.  
Peace is a gift / fruit of the Holy Spirit; see Galatians 5:22-23,  
and the prophecy of the birth of the Messiah in Isaiah 9:6 as is:  
The Prince of Peace.

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— — —

**Behold, I have given you authority to tread  
upon serpents and scorpions,  
and over all the power of the enemy;  
and nothing shall hurt you.**

(Luke 10:19)

— — —



— — —

**The “rattlesnake” jack was embroidered with the “DONT”.  
It was flying circa 1775 aboard ships of the  
Continental Navy of the Thirteen Colonies.**

— — —

**Cast all your worries  
to God,  
whom cares for you.**

**(Confer/see: 1 Peter 5:7)**

— — —

**Remove:**  
**anger, depression, fears,**  
**negative thoughts, distress**  
**et cetera.**

**Replace:**  
**God is love.**

**DONT WORRY.**

**BLESSED BE GOD.**

**All ways and always**

— — —

**The Charism  
of the  
MISSIONARIES  
of the  
HOLY APOSTLES  
(M.S.A.)  
is:**

**PROMOTE, FORM and ACCOMPANY  
vocations to the  
priesthood and leaders of the Church.**