



Praying with Thérèse

Prayer Sheet: No 2

Preparation:

Try to have a place of prayer. Make it welcoming. It could be a corner of the bedroom. When you go there, it will call you to prayer.

Reading:

Looking back on her own life, the young Carmelite nun is moved to wonder at the providential care of God the Father for simple souls such as hers.

I understood, too, that Our Lord's love is revealed as perfectly in the most simple soul that resists His grace in nothing as in the most excellent soul; in fact, since the nature of love is to humble oneself, if all souls resembled those of the holy Doctors who illumined the Church with the clarity of their teachings, it seems God would not descend so low when coming to their heart. But he created the child who knows only how to make his feeble cries heard; He has created the poor savage who has nothing but the natural law to guide him. It is to their hearts that God deigns to lower Himself. These are the wild flowers whose simplicity attracts Him. When coming down in this way, God manifests His infinite grandeur. Just as the sun shines simultaneously on the tall cedars and on each little flower as though it were alone on the earth, so Our Lord is occupied particularly with each soul as though there were no others like it. And just as in nature all the seasons are arranged in such a way as to make the humblest daisy bloom on a set day, in the same way, everything works out for the good of each soul.

(Story of A Soul, John Clarke pp 14-15)

Scriptural Echo:

Consider the lilies of the field, how they grow; they neither toil nor spin, yet I tell you, even Solomon in all his glory was not clothed like one of these. But if God so clothes the grass of the field, which is alive today and tomorrow is thrown into the oven, will he not much more clothe you – you of little faith?

Mt 6, 28-30 NRSV

Questions:

- What kind of people / "souls" attract the love of God?
- What does Thérèse say about God's provident love towards the good of "each soul"?
- Is there any person / "soul" that falls outside the ambit of God's love?
- Can the attitude of trust expressed by Thérèse help us when we are fearful or depressed?

Concluding Prayers:

(Prayer with a focus on St. Thérèse)

God, Our Father,
you revealed to the young Thérèse your strong yet maternal care.
In this time of uncertainty and fear inspire us with deep trust
that you are looking after all the flowers in your garden.
Inspire us likewise to care for those we live with.
Through Christ your Son.
Amen

(A Prayer for our family / community)

God Almighty Father, we ask you to bless us.
Following the example of the Martin Family
may we never give up when life is difficult
and have your strength and healing when health is poor.
May the Eucharist be the summit of our lives,
prayer our daily strength;
and the Trinity the source of our love.
We ask this with faith and confidence
through Christ our Lord.
Amen!

Saints Louis, Zélie and Thérèse, pray for us

[Louis and Zélie Martin were the parents of St. Thérèse and were canonised in 2015]

Quote for the day:

Our Lord is occupied particularly with each soul
as though there were no others like it.

In praying the above you might like to access “A Way to Pray” (<https://carmelite.com/the-way-of-prayer/>)
to find help.

Acknowledgements:

*Extracts from The Story of a Soul: © Washington Province of Discalced Carmelites, Inc, 1975,
Third edition published 1996.*

*Scripture verses are taken from New Revised Standard Version Bible: Catholic Edition Copyright
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