



Praying with Thérèse

Prayer Sheet: No 3

Preparation:

When you make the sign of the cross, become aware of God's Presence; the help of Jesus, the love of the Father and the fellowship of the Holy Spirit. Ask them to help you to pray.

Reading:

Thérèse reflects as a young nun of 22 on how God has matured her and made her beautiful through overcoming the difficulties she encountered.

...It is not, then, my life, properly so called, that I am going to write; it is my *thoughts* on the graces God deigned to grant me. I find myself at a period in my life when I can cast a glance upon the past; my soul has matured in the crucible of exterior and interior trials. And now, like a flower strengthened by the storm, I can raise my head and see the words of Psalm 22 realised in me: "The Lord is my shepherd, I shall not want; he makes me lie down in green pastures. He leads me beside still waters; he restores my soul. Even though I walk through the valley of the shadow of death, I fear no evil; for thou art with me...(Ps 22: 1-4). To me the Lord has always been: "merciful and good, slow to anger and abounding in steadfast love" (Ps 102: 8) ...

It seems to me that if a little flower could speak, it would tell simply what God has done for it without trying to hide its blessings. It would not say, under the pretext of a false humility, it is not beautiful or without perfume, that the sun has taken away its splendour and the storm has broken its stem when it knows that all this is untrue. The flower about to tell her story rejoices at having to publish the totally gratuitous gifts of Jesus. She knows that nothing, in herself, was capable of attracting the divine glances, and His mercy alone brought about everything that is good in her.

(Story of A Soul, p. 15)

Scriptural Echo:

He does not deal with us according to our sins
nor repay us according to our iniquities.
For as the heavens are high above the earth,
so great is his steadfast love toward those who fear him;
as far as the east is from the west,
so far he removes our transgressions from us.
As a father has compassion for his children,
so the LORD has compassion for those who fear him.

Ps 102 (103): 10-14

Questions:

- How does Thérèse look back from this point in her life?
- If I look back in this way at my life, what do I see?
- Where do I see the “totally gratuitous (free) gifts of Jesus” in my life?
- Do I accept the painful and difficult experiences in my life as gifts from God?

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:

If a little flower could speak, it would tell simply
what God has done for 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:

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Psalm verses are taken from The Psalms: A New Translation ©1963, The Grail (England), published by Collins.
