



# Praying with Thérèse

Prayer Sheet: No 5

## Preparation:

Close your eyes, relax and listen to the sounds around you, as Thérèse does in the passage. May each sound deepen your awareness that God is near to you.

---

## Reading:

*Thérèse recalls how nature brought her into the presence of God and caused her to meditate and pray.*

They were beautiful days for me; those days, when my “dear King” took me fishing with him. I was very fond of the countryside, flowers, birds, etc. Sometimes I would try to fish with my little line, but I preferred to go *alone* and sit down on the grass bedecked with flowers, and then my thoughts became very profound indeed! Without knowing what it was to meditate, my soul was absorbed in real prayer. I listened to distant sounds, the murmuring of the wind, etc. At times, the indistinct notes of some military music reached me where I was, filling my heart with a sweet melancholy. Earth then seemed to be a place of exile and I could dream only of heaven.

The afternoon sped by quickly and soon we had to return to Les Buissonnets. Before leaving, I would take the lunch I had brought in my little basket. The *beautiful* bread and jam you had prepared had changed its appearance: instead of the lively colours it had earlier, I now saw only a light rosy tint and the bread had become old and crumbled. Earth again seemed a sad place and I understood that in heaven alone joy will be without any clouds.

Speaking of clouds, I remember one day when the beautiful blue sky became suddenly overcast and soon the thunder began to roll and the lightning to flash through the dark clouds. I saw it strike a short distance away, and, far from being frightened, I was thrilled with delight because God seemed to be so close.

*(Story of A Soul, John Clarke pp 37-38)*

## Scriptural Echo:

Whom have I in heaven but you?  
And there is nothing on earth that I desire other than you.

*Psalm 73:25*

## Questions:

- Can you recall a beautiful day when God seemed near to you?
- How did you sense God then – by sound, sight, touch, fragrance or taste?
- What can you do to be more aware that God is close to you in the daily happenings of your life?

## **Concluding Prayers:**

### **(Prayer with a focus on St. Thérèse)**

God, Our Father,  
you revealed to the young Thérèse your strong yet maternal care.  
In times 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:**

I understood that in heaven alone joy will be without  
any clouds.

---

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.*

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