



# Praying with Thérèse

Prayer Sheet: No 6

## **Preparation:**

Imagine an empty chair next to you as you begin your prayer meditation. Welcome Our Lady to the seat with a Hail Mary.

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## **Reading:**

*When Thérèse was 10, she suffered a severe illness, which included nervous trembling and hallucinations. She relates how she was cured.*

Finding no help on earth, poor little Thérèse had also turned toward the Mother of heaven, and prayed with all her heart that she take pity on her. All of a sudden the Blessed Virgin appeared *beautiful* to me, so *beautiful* that never had I seen anything so attractive; her face was suffused with an ineffable benevolence and tenderness, but what penetrated to the very depths of my soul was the *“ravishing smile of the Blessed Virgin.”* At that instant, all my pain disappeared, and two large tears glistened on my eyelashes, and flowed down my cheeks silently, but they were tears of unmixed joy. Ah! I thought, the Blessed Virgin smiled at me, how happy I am, but never will I tell anyone for my *happiness would then disappear*. Without any effort I lowered my eyes, and I saw Marie who was looking down at me lovingly; she seemed moved and appeared to surmise the favour the Blessed Virgin had given me. Ah! it was really to her, to her touching prayers that I owed the grace of the Queen of heaven's *smile*. Seeing my gaze fixed on the Blessed Virgin, she cried out: *“Thérèse is cured!”* Yes, the little flower was going to be born again to life, and the luminous *Ray* that had warmed her again was not to stop its favours; the Ray did not act all at once, but sweetly and gently it raised the little flower and strengthened her in such a way that five years later she was expanding on the fertile mountain of Carmel.

*(Story of A Soul, John Clarke pp 65-66)*

## **Scriptural Echo:**

There was a wedding in Cana in Galilee. The mother of Jesus was there and Jesus and his disciples had also been invited. When they ran out of wine, since the wine provided for the wedding was all finished, the mother of Jesus said to him, “They have no wine.” Jesus said, “Woman, why turn to me? My hour has not come yet.” His mother said to the servants, *“Do whatever he tells you.”* ..... Jesus said to the servants, “Fill the jars with water,” and they filled them to the brim. “Draw some out now,” he told them “and take it to the steward.” They did this; the steward tasted the water, and it had turned into wine.

*John 2, 1-9*

## **Questions:**

- Recall a time when you had a great need and were helped by a friend or relative.
- Are there areas in your life now in need of healing? Imagine Mary's smile being directed towards these needs.

## **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]*

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### **Quote for the day:**

**The Blessed Virgin smiled at me, how happy I am.**

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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 The Jerusalem Bible ©1966, published by Darton, Longman & Todd Ltd  
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