



St. Thérèse
Feast Day Novenas

Society of the Little Flower

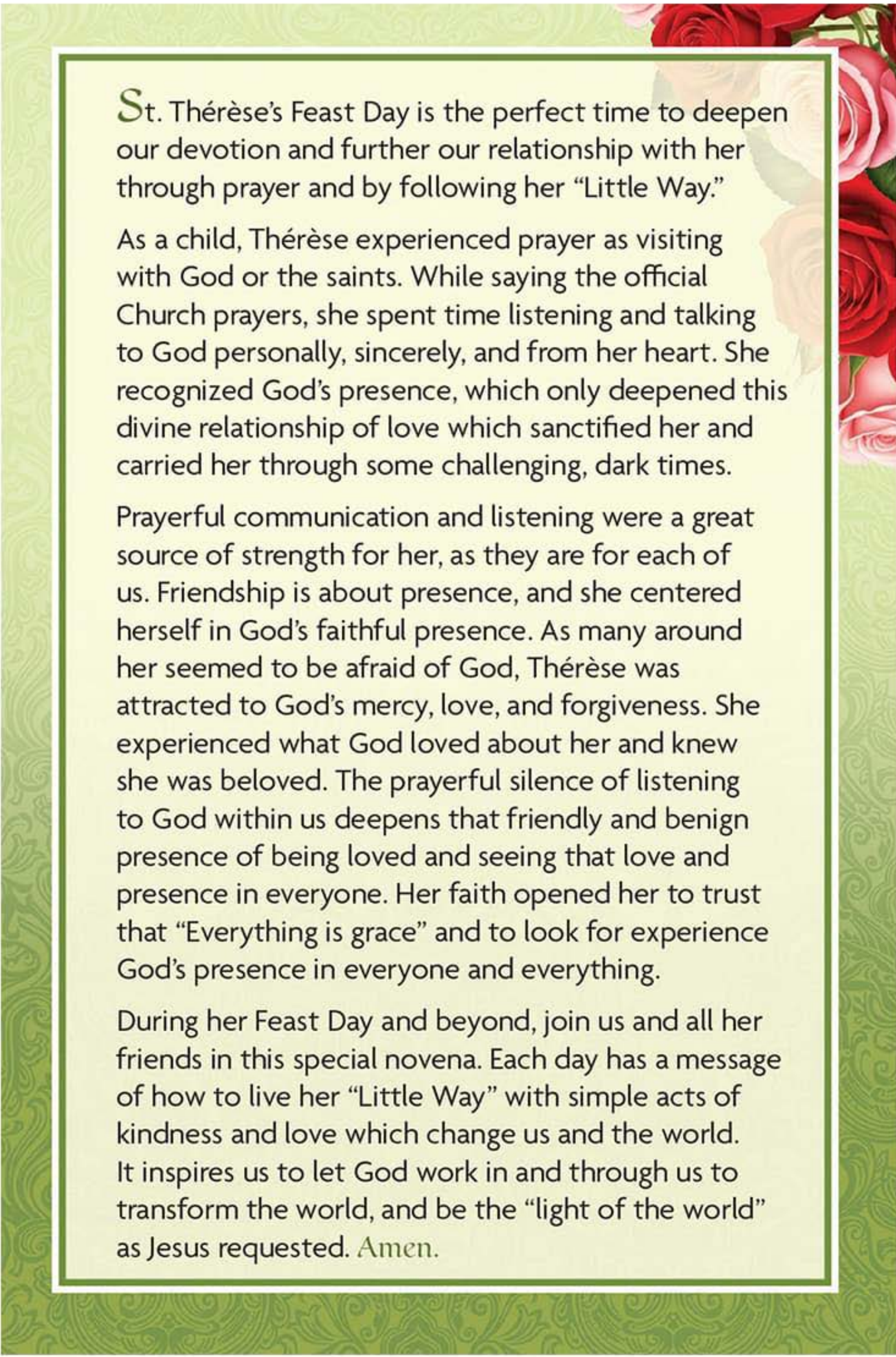
Promise to St. Thérèse of Lisieux

St. Thérèse, the Little Flower, please bestow your grace and friendship upon me to help me follow your "Little Way." As I trust that you are always present with me, strengthen my relationship with you. I promise to pray to you each day and share my struggles and joys with you. Inspire me to do small acts of love and kindness for those around me to make a difference in their lives and in our world. Your message of love and mercy is so needed today. Amen.

(Please sign your name here.)

"May today there be peace within.
May you trust that you are exactly where you
are meant to be. May you not forget the infinite
possibilities that are born of faith in yourself
and others."

- St. Thérèse of Lisieux



St. Thérèse's Feast Day is the perfect time to deepen our devotion and further our relationship with her through prayer and by following her "Little Way."

As a child, Thérèse experienced prayer as visiting with God or the saints. While saying the official Church prayers, she spent time listening and talking to God personally, sincerely, and from her heart. She recognized God's presence, which only deepened this divine relationship of love which sanctified her and carried her through some challenging, dark times.

Prayerful communication and listening were a great source of strength for her, as they are for each of us. Friendship is about presence, and she centered herself in God's faithful presence. As many around her seemed to be afraid of God, Thérèse was attracted to God's mercy, love, and forgiveness. She experienced what God loved about her and knew she was beloved. The prayerful silence of listening to God within us deepens that friendly and benign presence of being loved and seeing that love and presence in everyone. Her faith opened her to trust that "Everything is grace" and to look for experience God's presence in everyone and everything.

During her Feast Day and beyond, join us and all her friends in this special novena. Each day has a message of how to live her "Little Way" with simple acts of kindness and love which change us and the world. It inspires us to let God work in and through us to transform the world, and be the "light of the world" as Jesus requested. *Amen.*

Day One

Our Novena Prayer

St. Thérèse, flower of fervor and love, fill my heart with your pure love of God. As we approach and celebrate your feast day, make me more aware of the goodness of God and how well He tends His garden. Instill in me your “Little Way” of doing ordinary things with extraordinary love.

Give me the heart of a child who wonders at life and embraces everything with joy. Teach me your delight in God’s ways so that divine charity may blossom in my heart.

We come before Jesus as God’s children, because you are our heavenly friend. As we celebrate the feast day of your homecoming in heaven, continue to shower roses and grace upon me.

Amen.

“Miss no single opportunity of making some small sacrifice, here by a smiling look, there by a kindly word, always doing the smallest right and doing it all for love.”

- St. Thérèse of Lisieux

Day Two

Our Novena Prayer

Dear Thérèse, it is a relief to know that you also experienced people who irritated or challenged you.

Like you, I have trouble seeing good qualities in people who aggravate me.

Clarify my sight and help me to see the goodness in all people, not just those I love or admire.

Help me to see the image of God and the presence of Jesus in each person I meet.

Soften my negative judgments about others and teach me to smile rather than grimace.

Let my heart be like yours, always seeking Jesus deep within each person.

Enlighten me, Little Flower of Jesus, to see the beauty of God's artistry in each one of His creatures.

Amen.

"I know now that true charity consists in bearing all our neighbors' defects – not being surprised by their weakness, but edified at their smallest virtues."

~ St. Thérèse of Lisieux

Day Three

Our Novena Prayer

With childlike wonder and dependence, you saw Jesus as the elevator to lift you up through challenging times. Life presented you many challenges: health; hypersensitivity that made you easily hurt; criticism from others; being misunderstood, unnoticed or underappreciated; deaths; disappointments; and dark nights of senses and spirit. You had to walk many stairways to get the bigger picture of what was really happening. Yes, you wanted to be carried, as we often want God to fix things, but you learned to take each step, knowing that the energy came from God's presence deep within you.

Teach us how to trust the presence of Jesus' Spirit deep within, enabling us to walk through challenging times with humble gratitude that Jesus is carrying and sustaining us. Awaken us to know we are not alone, but unconditionally befriended by Jesus, who never leaves us and walks with and within us. As you teach "everything is grace," help us trust that we are riding a hidden escalator of grace.

Amen.

"It is your arms, Jesus, which are the elevator to carry me to Heaven."

~ St. Thérèse of Lisieux

Day Four

Our Novena Prayer

O, glorious St. Thérèse, whom almighty God has raised up to aid and inspire each of us, teach me to trust that He will answer the prayers in my heart.

You are so powerful in obtaining every need of body and spirit from the heart of God. Your “Little Way” reminds me to trust in miracles and place my hope in Jesus.

You know my struggles and how my heart cries out to you. Please carry out your promise of spending heaven doing good on earth and let fall from heaven a shower of roses on me.

Little Flower, give me your childlike faith so that I believe, as you did, in the power of Jesus’ tender hand to guide and protect me as I face challenges in my life.

Amen.

“No harm can come to me since, in whatever happens, I see only the tender hand of Jesus.”

- St. Thérèse of Lisieux

Day Five

Our Novena Prayer

Gentle Child of God, you traveled so well on the stormy seas of life. Teach me how to travel through the ups and downs of life with your vision of faith.

You surrendered to God's purpose and loving plans, even when they did not make sense to you. St. Thérèse, help me to walk through life as a child of grace. Share your faith that I might see every opportunity and experience of life as God calling me closer and refining my love. Help me believe that God is truly involved in everything, guiding me even when I fear that my life is a storm that I cannot weather alone.

Little Flower of Jesus, make me a child of grace, because everything is grace. Give me your great vision of faith — of our powerful God whose fingerprints are on every detail of my life.

Amen.

“But there were storms ahead, storms that would make me fear at times that I was being driven away beyond return from the shore I longed so much to reach.”

- St. Thérèse of Lisieux

Day Six

Our Novena Prayer

Gentle St. Thérèse, teach me your “Little Way” of happiness and let me take joy in all the wonderful things in my life without wishing for more. Teach me to smile during difficult times, and to feel the presence of God who raises me above confusion, darkness, need, hurt, and fear. Save me from thinking that I must do all the work of salvation.

Give me your innocent trust so that I can throw myself into God’s arms. Like you, Little Flower, I want to be God’s child. Instill confidence in me that I will allow God to lift me in His strong arms. Make me light again so that I can fly to the heights of God’s embrace like you, gentle St. Thérèse, my friend. Help me be a dependent and trusting child of God like you!

Amen.

“For one pain endured with joy, we shall love the good God more forever.”

- St. Thérèse of Lisieux

Day Seven

Our Novena Prayer

St. Thérèse, Doctor of Prayer, you heard Jesus' gospel call to quiet prayer of communion with God our Father. Teach me to pray. Help me get in touch with my heart so that I can focus on Jesus and pray from my heart — not in others' words, but in the words His Spirit speaks and breathes within me. Slow me down and calm me to listen more than I speak.

Gentle me, gentle St. Thérèse, so that I can peacefully be in the presence of Jesus and let my heart commune in silence. Little Flower, teach me to pray deep within and let God have the claim on my heart that He has on yours.

Amen.

Prayer is an aspiration of the heart, it is a simple glance directed to heaven, it is a cry of gratitude and love in the midst of trial as well as joy; finally, it is something great, supernatural, which expands my soul and unites me to Jesus."

~ St. Thérèse of Lisieux

Day Eight

Our Novena Prayer

Little Flower, child of God, you had great and heroic dreams to embrace everything. You had to learn your limits and focus the divine energy of love into the ordinary details and routines of life. Inspire me with your "Little Way" to learn to focus my energy and God's love on the little things.

Help me sweetly perfume life by simple smiles, words of encouragement, kind eyes, and peaceful judgments. Let my actions speak more powerfully than my words of Jesus' great love for each and every one of God's children.

Keep me faithful to the details and small things that are so significant in our lives. Give me your childlike and tender spirit. Teach me how to do ordinary things with your extraordinary love.

Amen.

"God would never inspire me with desires which cannot be realized; so in spite of my littleness, I can hope to be a saint."

- St. Thérèse of Lisieux

Day Nine

Our Novena Prayer

St. Thérèse, when I lose my way, you are there.
You are the star in the sky that guides me to God,
who is our eternal light, our hope, our destination.
With your guidance, I am ready to say to God: I will
go wherever You want me to go, do whatever You
want me to do, say whatever You want me to say.

When I feel like I am getting off course or am lost
in life, Little Flower, you remind me that the path
to holiness and to heaven is paved with kindness,
forgiveness, and love.

Please help me to continue to remember that God
is always here with me, showing me the way with
His gentle love.

Amen.

Kindness is my only guiding star..."

~ St. Thérèse of Lisieux



Daily Prayer to St. Thérèse

Dearest St. Thérèse of Lisieux, you said that you would spend your heaven doing good on earth and I believe you are.

Your trust in God was complete. Pray that He may increase my trust in His goodness and mercy as I ask for the following petitions...

(State your intention clearly and confidently.)

St. Thérèse, Little Flower, my friend, pray for me that, like you, I may have great and innocent confidence in the loving presence and promises of our God. Calm me that I may live my life in union with God's plan for me and for the world. Help me to create His kingdom here in my own simple way. One day I hope, with you, to clearly see the Face of God whom you love so deeply. Reveal to me the Face of Jesus in all the people I meet this day.

St. Thérèse, you were faithful to God even amid challenges, disappointment, and darkness right until the moment of your death. Give me the heart of a child. Pray for me that I may be trusting and faithful to our loving God. May my life bring peace, union, joy, and love to the world. May God's indwelling presence connect me with everyone and Divine inclusive love. Loving God, you blessed St. Thérèse with an incredible capacity for great love. Help me to believe in Your unconditional love for each and all of Your children, including me.

Glory to be the Father, to the Son, and to the Holy Spirit. As it was in the beginning, is now, and ever shall be, world without end. *Amen.*

Feast Day Prayer

O, Little St. Thérèse of the Child Jesus, as we celebrate your Feast Day, let us reflect on your “Little Way” and let our hearts be filled with the pure love of God.

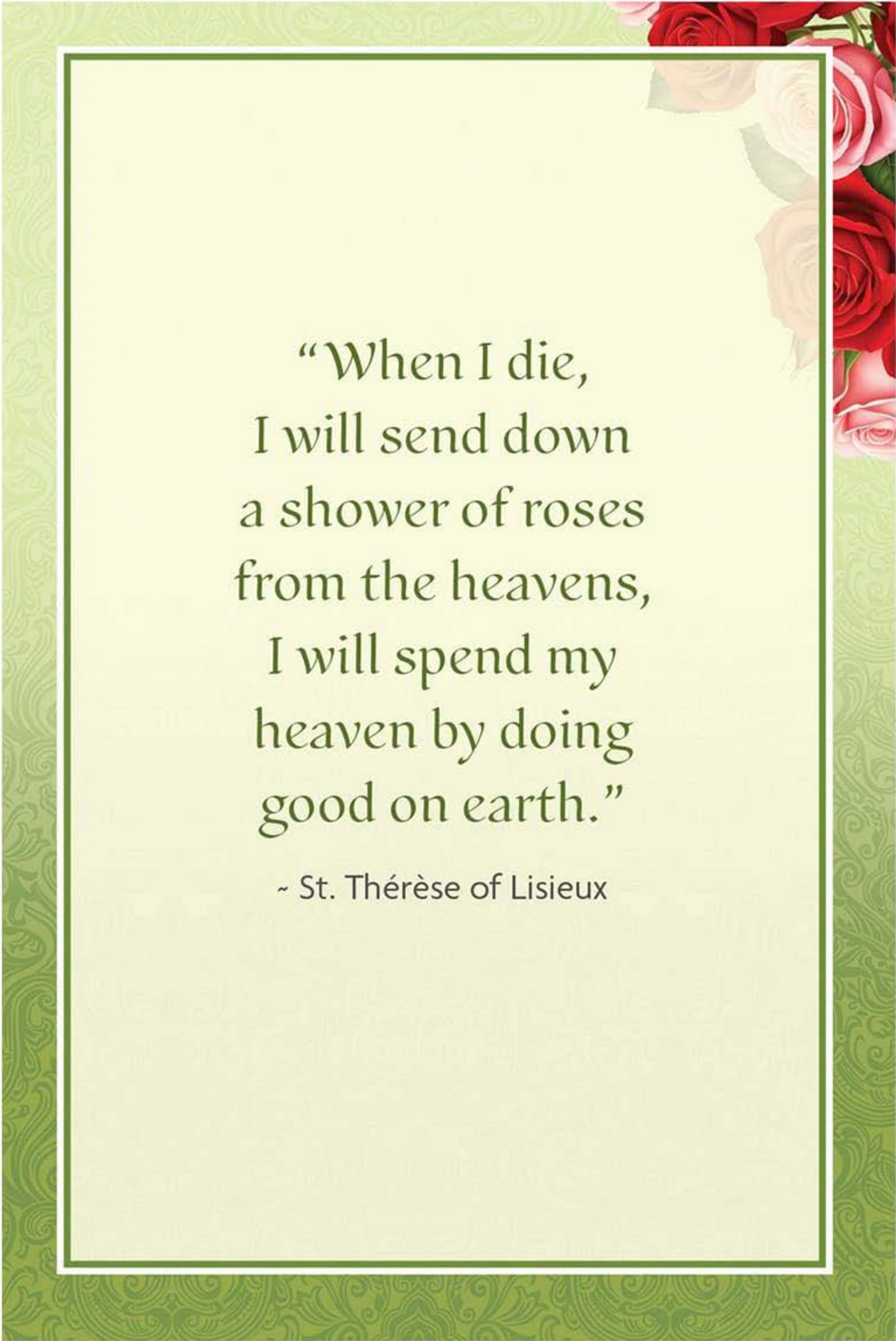
During your short life on earth, you became a mirror of angelic purity and of wholehearted abandonment to God. Now that you rejoice in heavenly glory, please cast a glance of compassion on me as I leave all things in your hands.

Make my troubles your own. Speak a precious word for me to our Blessed Mother, whose flower of special love you were, whose healing smile awakened you to love.

May you and Mary smile on me and help me to accept the grace of each moment, to appreciate all the ways God is working in my life and in the world. Awaken me to your powerful teaching at the darkest moment of your life that “Everything is grace!” Teach me to appreciate every person, moment, and experience of my life as gifts to learn from and see the hand of God.

Continue to shower your roses and grace upon me and our world, so in need of healing, hope, and love.

Amen.

The image features a decorative border. The top right corner is adorned with a cluster of red and pink roses. The rest of the border is a green patterned fabric-like texture. A thin green line frames the central text area.

“When I die,
I will send down
a shower of roses
from the heavens,
I will spend my
heaven by doing
good on earth.”

~ St. Thérèse of Lisieux



Society of the Little Flower

1313 N. Frontage Road
Darien, IL 60561-5340
800-621-2806
littleflower.org

The Monastery of Mount Carmel

Society of the Little Flower

7020 Stanley Avenue
Niagara Falls, ON L2G 7B7
800-922-7622
ca.littleflower.org

The mission of the Society of the Little Flower is to promote devotion to St. Thérèse of the Child Jesus, the Carmelite Nun and Doctor of the Church. Through prayers and donations, friends of St. Thérèse enable Carmelites throughout the world to make a difference in people's lives through Gospel ministries and the education of seminarians, fulfilling her mission to "make God known and loved to the ends of the earth" in the most concrete ways of charity and justice.



Please join our prayerful community at
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