

St. Thérèse of Lisieux (1873-1897)

Name _____

Feast: October 1

Saint of the Little Way

When Thérèse was only four years old, her mother died. Thérèse was raised by her older sisters, and followed their examples by becoming a Carmelite nun. Thérèse really always wanted to be a missionary and to do grand and wonderful things for God. When this didn't happen, she decided she would do every little thing she could for God—every little chore would be her prayer, her gift to God. She called it her "little way to Jesus." Besides being known as the Little Flower, St. Thérèse has also been called the "saint of the little way."

You, too, can do "little things for God" each day just as Thérèse did. Here is a good way to remind yourself each day this week to do something for God. Make a prayer chain by coloring these "Little Prayer-and-Action Strips" in whatever colors you choose. Cut out the strips, and connect them to make the chain. Hang the chain near your bed. Each morning, carefully remove one strip, say the prayer, and follow the day's directions.



Sunday: St. Thérèse, help me to smile at everyone I meet today.



Monday: St. Thérèse, I will do one extra chore today in Jesus' name.



Tuesday: St. Thérèse, today I will plant a seed to thank God for the wonders of our world.



Wednesday: St. Thérèse, on this day I will draw a picture for someone who is lonely or sad.



Thursday: St. Thérèse, I will thank my teacher today for helping my mind to grow.



Friday: St. Thérèse, today I will be good to someone who is younger than I am.



Saturday: St. Thérèse, today I will say an extra prayer for those who take care of me every day.