

## **St. Thérèse of the Child Jesus – the Little Flower**

### **Feast Day: October 1**



St. Thérèse, the Little Flower, was a French Carmelite nun in Lisieux who died of tuberculosis at the young age of 24. She was born in 1873, died in 1897. She believed that, since she would never be rich or famous, that she could serve God by the little things she did. Because of her simple approach to Jesus, she has come to be known as the “Little Flower” and her approach to God as the “Little Way.” She wrote: "Love proves itself by deeds, so how am I to show my love? Great deeds are forbidden me. The only way I can prove my love is by scattering flowers and these flowers are every little sacrifice, every glance and word, and the doing of the least actions for love." In her prayers, she would often say, “Make me resemble you, Jesus!”

**O Little Thérèse of the Child Jesus,  
Please pick for me a rose  
from the heavenly gardens  
and send it to me  
as a message of love.**

**O Little Flower of Jesus,  
ask God to grant the favors I now  
place with confidence in your  
hands.**

*(pause to think of your personal  
intention)*

**St. Thérèse, help me to always  
believe as you did  
in God's great love for me,  
so that I might imitate  
your "Little Way" each day.  
Amen.**

