

St. Teresa of Avila and St. Thérèse of Lisieux

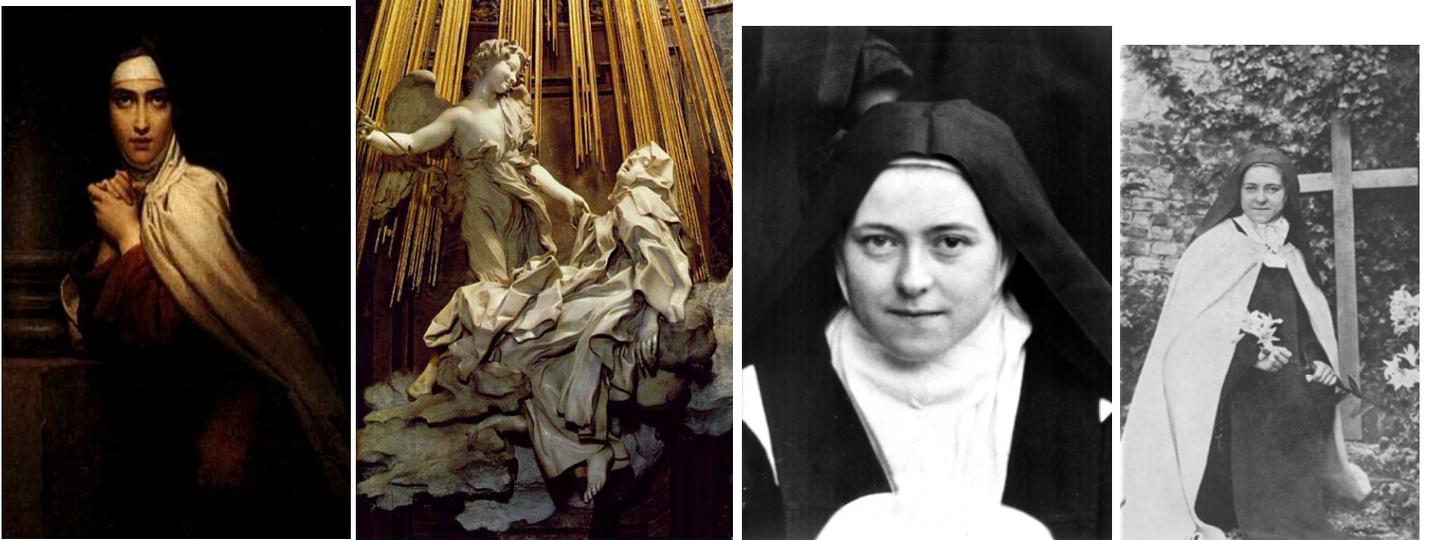
Opening Prayer:

O my God, I offer Thee all my actions of this day for the intentions and for the glory of the Sacred Heart of Jesus. I desire to sanctify every beat of my heart, my every thought, my simplest works, by uniting them to its infinite merits; and I wish to make reparation for my sins by casting them into the furnace of its merciful love. O my God, I ask of Thee for myself and for those whom I hold dear, the grace to fulfill perfectly Thy Holy Will, to accept for love of Thee the joys and sorrows of this passing life, so that we may one day be united together in heaven for all Eternity. Amen.

Background on the Carmelite Order

Teresa of Jesus (1515-1582) & Thérèse of the Child Jesus (1873-1897)

- The Interior Castle
- The Little Way



“I want to be as great a saint as Teresa of Avila!” –St. Thérèse of Lisieux

Spiritual Observations

- Sickness
- Willpower
- Existential Theology
- Darkness
- Doctorates

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"Infused contemplation is a divinely given, general, no conceptual, loving awareness of God. There are no images, no concepts, no ideas, no visions. Sometimes this awareness of God takes the form of a loving attention, sometimes of a dry desire, sometimes of a strong thirsting. None of these experiences is the result of reading or reasoning--they are given, received. The infusion is serene, purifying. It can be delicate and brief, or in advanced stages burning, powerful, absorbing, prolonged. Always it is transformative of the person, usually imperceptibly and gradually but on occasion obviously and suddenly." Thomas Dubay, *Fire Within* (San Francisco: Ignatius Press, 1989), 86.

Quotes from St. Thérèse of Lisieux

"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."

"When God asks something of us, His Hand is never empty, and we can always draw from Him the courage and strength we need..."

"On the day of my conversion Charity entered into my heart and with it a yearning to forget self always; thenceforward I was happy."

"I have not the courage to force myself to seek beautiful prayers in books; not knowing which to choose I act as children do who cannot read; I say quite simply to the good God what I want to tell Him, and He always understands me."

"For me, prayer is a surge of the heart; it is a simple look turned toward heaven, it is a cry of recognition and of love, embracing both trial and joy."

Do you realize that Jesus is there in the tabernacle expressly for you – for you alone? He burns with the desire to come into your heart... Don't listen to the demon, laugh at him, and go without fear to receive the Jesus of peace and love.

Holiness consists simply in doing God's will, and being just what God wants us to be.

Quotes from St. Teresa of Avila

"Let nothing disturb thee; Let nothing dismay thee; All things pass; God never changes. Patience obtains all that it strives for; He who has God wants nothing. God alone suffices."

"There are more tears shed over answered prayers than over unanswered prayers."

"Be gentle to all and stern with yourself."

"Always think of yourself as everyone's servant; look for Christ Our Lord in everyone and you will then have respect and reverence for them all."

"It is here, my daughters, that love is to be found - not hidden away in corners but in the midst of occasions of sin. And believe me, although we may more often fail and commit small lapses, our gain will be incomparably the greater."

"Christ has no body now, but yours. No hands, no feet on earth, but yours. Yours are the eyes through which Christ looks compassion into the world. Yours are the feet with which Christ walks to do good. Yours are the hands with which Christ blesses the world."