

Saint Thérèse of Lisieux, The Little Flower of Jesus

*Prayers, Meditations, and a Novena honoring
Saint Thérèse, including her own thoughts
and writings on her "Little Way"*



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Saint Thérèse: A Life of Love

Saint Thérèse was born in Alençon, France on January 2, 1873, and baptized Marie Françoise-Thérèse Martin. She had four older sisters and loving parents, Louis and Zélie Martin, who taught all their children to have a deep love of God. (In 2015, Louis and Zélie followed their daughter in being canonized.)

When Thérèse was four-and-a-half years old, her mother died. It was a very painful and lonely time for the young child. Over the next several years, she endured illness, depression, bullying, and the loss of her sister Pauline, who became a cloistered nun.

Thérèse later wrote that her complete conversion, and the beginning of her “Little Way,” began at Christmas in 1886. From then on, she learned to offer up all her troubles for the love of Jesus Christ.

Saint Thérèse on Prayer

“Prayer is, for me, an outburst from the heart; it is a simple glance darted upwards to Heaven; it is a cry of gratitude and of love in the midst of joy! In a word, it is something exalted, supernatural, which dilates the soul and unites it to God.

“Sometimes, when I find myself, spiritually, in dryness so great that I cannot produce a single good thought, I recite very slowly a Pater or an Ave Maria; these prayers alone console me, they suffice, they nourish my soul.”

—from *The Story of a Soul*



A Prayer for Healing

Dear Saint Thérèse, when you died, you promised that you would spend your time in Heaven begging graces for us. Please bring my healing needs before the Lord. Ask Him to hear my prayer and grant relief for my suffering. Please ask Him to bless me with renewed health and strength, and a happy heart full of love and gratitude for His mercy. Amen.

“We can never have too much confidence in the good God....As we hope in Him so shall we receive.”

—Saint Thérèse

