



ANOVENA TO
St. Teresa of Avila

FOR THE MEMBERS OF THE PRAY MORE RETREAT

About St. Teresa of Avila

St. Teresa of Avila was a Carmelite nun in Spain. She had a great relationship with God in prayer. Both the Virgin Mary and Jesus appeared to her in prayer! She had a new approach to personal and contemplative prayer. She wrote at length about her experience with prayer and has guided many from her powerful, practical and graceful writings.

Although she was a contemplative nun, she spent much of her time founding new monasteries for the Discalced Carmelites and seeking to improve herself and her order. She was very ill during much of her life, suffering from seizures, three years of paralyzation and sickness. Even through illness, she was a woman who inspired and gave life to all around her through her trust and personal relationship with God.

St. Teresa of Avila was one of the first women to be named a Doctor of the Church. She is the patron saint of sick people and people in religious orders.

The Novena to St. Teresa of Avila

O most loving Heavenly Father! We thank you for the great gift you gave us through your beloved St. Teresa of Avila, virgin and doctor of the Church. Her life was a great example of prayer, sacrifice and faith in You. We humbly pray for her most holy intercession...

(Mention your intentions)

St. Teresa, we know that you are a powerful intercessor because of your close relationship to the Holy Mother and Jesus through prayer. Open wide the doors to the interior castle of our hearts and souls so that we may know how to pray!

Day 1: Pray for us, that we may have the gift of prayer.

Day 2: Pray for us, that we may have greater trust in God.

Day 3: Pray for us, that we may see God's plan in our lives.

Day 4: Pray for us, that we may love Jesus as St. Teresa did.

Day 5: Pray for us, that we may know how to listen to God.

Day 6: Pray for us, that we may be able to pray during times of grief.

Day 7: Pray for us, that we may have a more consistent relationship with God through prayer.

Day 8: Pray for us, that we may see God's hand in our daily lives.

Day 9: Pray for us, that we may recognize God's answers to our prayers.

St. Teresa of Avila, you are an example of prayerful holiness that we will try to follow. You are in heaven praising God. With your seat of honor, please beg God to bring me to eternal rest with you.

Our Father, Who art in Heaven, Hallowed be thy name. Thy kingdom come. Thy will be done, on earth as it is in Heaven. Give us this day our daily bread. And forgive us our trespasses, as we forgive those who trespass against us. And lead us not into temptation, but deliver us from evil.

Hail Mary, Full of Grace, the Lord is with thee. Blessed art thou among women, and blessed is the fruit of thy womb, Jesus. Holy Mary, Mother of God, pray for us sinners now, and at the hour of our death.

Glory be to 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.

Saint Teresa of Avila, pray for us!

Amen