

The Pray More Advent Retreat

Inspiring talks to help you
prepare to celebrate the
birth of our Lord,
Jesus Christ



St. Therese Teaches Us to Live Simply in Great Love

by Constance Hull

Reflective Questions

“Without love, deeds, even the most brilliant, count as nothing.”

-- St. Therese, Story of a Soul

- There were many times when St. Therese was treated poorly in her convent by her Mother Prioress and even her fellow sisters. Instead of retaliating against their actions and words, St. Therese allowed it to sanctify her and to help her grow in obedience and charity. Are there people in your lives whom you need to forgive? Are there people whom you wanted to retaliate against when they hurt you? Meditate on how St. Therese treated those who hurt her and ask God to help you do the same.
- St. Therese’s father told St. Therese upon his last time of seeing her that the next time he would see her would be in Heaven. We don’t often know when it will be our time, or someone else’s time, to die. But we should be prepared for that moment, and we should live a life that does not fear this next step. What are the things you must do before you die, to prepare yourself to go to Heaven? What are the things that keep you from being purified right now?
- St. Therese’s approach to the spiritual life is called, “The little way.” That refers to doing the little, simple things in our lives every day with great love. What are some of the simplest, littlest things that you do each day that you can now offer to God, and do with great love for Him and your family?

- St. Therese tells us that God is not looking for us to do amazing, grand gestures. He is looking for us to live every moment for Him. We also cannot compare what we do for the Lord to what someone else does for the Lord. We are all necessary. Reflect on how God calls each of us to carry out different tasks, equipping us differently, creating us differently to fulfill a special part of His will. What are your talents and skills? How can you use these to serve the Lord? How do you think He wants you to use them?
- Busy-ness gets in the way of the spiritual life. When we're busy, we get distracted and our prayer life falls to the side. Is there a way for you to be less busy? What are your priorities? Do your actions and how you spend your time reflect that list of priorities?