

SHARING THE JOY OF THE GOSPEL

St. Thérèse of Lisieux & The Little Way

The Little Way means doing small acts of kindness with a lot of love, finding special moments every day for God, and trusting that He loves us even when we don't feel it.



IN DEPTH

Did you know that you are called to be a saint? Some saints are famous, like the Doctors of the Church, and others no one remembers. But what makes someone a saint isn't fame— it's love!

St. Thérèse (say it like "ter-REZ") had a special way of living called "The Little Way." She believed we can become holy by doing small, loving things every day for God, even when it's hard.

What does that look like? It might be:

- Listening to your parents or teachers
- Inviting a classmate to play at recess
- Helping without waiting to be asked
- Telling the truth kindly when something is wrong

Each little choice to love like Jesus adds up. One step at a time, you can live a life that brings you closer to God— just like St. Thérèse!

OTHER RESOURCES

- Saints Alive Podcast: [St. Thérèse](#)
- Photos of St Thérèse ([Wikicommons](#))
- More photos and info about St Thérèse ([Society of the Little Flower](#))

TIPS FOR GROWING AS A FAMILY

Perform Small Acts of Love

- Encourage family members to do small, thoughtful things for each other, like helping with chores, making a favorite snack, or leaving kind notes—without expecting recognition. These little acts can build a loving, supportive home and show the value of serving others with love. Children will follow if parents model these actions.

Express Gratitude and Appreciation Daily

- Make it a habit to thank each other for both big and small contributions, whether it's a well-cooked meal, help with homework, or just a kind word. This practice of gratitude reflects humility and creates a joyful atmosphere.

Offer Daily Sacrifices Together

- Encourage each family member to offer small sacrifices for a shared intention, like patience during a difficult day, giving up a treat, or being extra kind when it's challenging. These sacrifices can be offered up in prayer as a way of supporting each other spiritually.

Pray Together with a Spirit of Childlike Trust

- Pray as a family in a spirit of simplicity and trust. St. Thérèse teaches that we don't need elaborate words; a simple, heartfelt prayer offered together strengthens family unity. Encourage wonder and awe at God's goodness even in difficult situations.

Focus on Presence, Not Perfection

- Practice being present with one another without pressure for perfection, such as embracing the messiness of family life or laughing together through imperfections. Embracing is not the same thing as enabling or making excuses for sins, but rather an invitation to lean on each other on the messy road to holiness.

Model Forgiveness and Letting Go of Grudges

- Encourage each family member to forgive quickly and let go of hurt feelings. Families can learn from St. Thérèse's humility by choosing understanding over resentment and seeking peace after arguments or misunderstandings.