

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 FOR STUDENTS

Whether you are called to be a well-known saint—like the Doctors of the Church—or an unknown saint no one remembers, the key is to love as much as possible all the time. The Little Way of St. Thérèse (ter-REZ) is a focus on becoming holy by simply doing the most loving thing you can do right now, and doing it for God's glory— especially when you don't want to. This could be listening to an adult, including the lonely kid at recess, doing what you're supposed to without being asked, or so on. Loving people is doing what is best for them, whether that is supporting them or kindly and gently helping them see that their actions are wrong. Tiny choices to love as God loves every day can add up to a life of holiness!

CONNECTION TO THE SAINT

From a young age, St Thérèse knew she wanted to be a saint, no matter how hard it would be. She also knew by 9 years old that God was calling her to be a nun. As she grew up and struggled against her temptations and bad habits, she learned more and more that she could do nothing on her own and needed God to help her get to Heaven. She entered the convent at 15 years old and spent her life in quiet obedience and prayer until she died at only 24 years old. While there, she was asked to write the story of her life, which is now called *Story of a Soul*. Her writings spread after she died and the Church declared her a saint because of her great love of God and the miracles in her life. She is even considered a Doctor of the Church because of her deep understanding of the simplicity of a holy life! St. Thérèse was an unknown person who became a well-known saint by simply loving God and others in every situation she could.



OTHER RESOURCES;

- Saints Alive Podcast: [St. Thérèse](#) (Ages 8+)
- Photos of St Thérèse ([Wikicommons](#))
- More photos and info about St Thérèse ([Society of the Little Flower](#))

PRACTICAL CLASSROOM IDEAS

- **Acts of Kindness Challenge** Provide each student with a "Kindness Tracker" where they can jot down small acts of kindness they perform each day, such as helping a classmate or listening to an adult. At the end of the week, students will reflect on how their little actions made a difference in the classroom community. Encourage them to see how small acts, done with great love, can add up to holiness.
- **Story of a Soul Art Project** Invite students to read a simplified story of St. Thérèse's life and then create an artwork based on how they can follow the Little Way in their own lives. Have students display their drawings on a classroom bulletin board to celebrate how even young people can live a life of holiness through love.
- **Secret Prayer Partners** Pair students as "secret prayer partners" for the week, where they secretly pray for their partner and do small, loving acts for them. At the end of the week, students will reveal who they were praying for and share what acts of kindness they did, learning how the Little Way can be practiced with love and care for others.
- **Little Way Skits** Split the class into groups and provide each group with a scenario (e.g., someone sitting alone at lunch, being asked to clean up a mess). Have them act out how to follow the Little Way by responding with love and kindness, and discuss how St. Thérèse would have responded to each situation. This activity helps students see that holiness can be found in everyday actions.
- **Gratitude Letters to God Ask** students to write a letter to God, thanking Him for showing His love in their lives and reflecting on the small ways they can show love in return. Encourage them to see how these little moments of love bring them closer to holiness, just as St. Thérèse did in her simple, loving actions.