Even though St. Thérèse wasn’t a big-time theologian or philosopher, she was still placed on the elite Catholic all-star team next to all kinds of intellectual giants (that is, she was chosen to be a Doctor of the Church).

Thérèse’s influence on the lives of ordinary Catholics has been immense. She has helped thousands upon thousands of people live “little lives of holiness”. Thérèse shows Catholics everywhere a very simple path to becoming a saint: The Little Way.

Because Thérèse’s “little way” was very different than what yours or mine might be, it’s important to reflect on the things each of us can do in our own lives to become saints. For the following scenarios, think about and write down 3 specific (not something like “Be nice”) “little acts of love” that you can perform in your own journey towards holiness. (Remember: Many of Thérèse’s acts of love were done completely in SECRET).

**AT SCHOOL**
Example: Say a short, silent prayer for whoever is sitting next to me at the start of each class.

1. _________________________________________________________
2. _________________________________________________________
3. _________________________________________________________

**AT HOME WITH FAMILY**
Example: Say “I love you” to each member of my family before going to bed each night.

1. _________________________________________________________
2. _________________________________________________________
3. _________________________________________________________
AT ACTIVITIES (sports, dance, etc.)
Example: Cheer for, encourage, and stick up for the player who is picked on or seen as “the worst” player on my team.
1. ____________________________________________________________________________________________________
2. ____________________________________________________________________________________________________
3. ____________________________________________________________________________________________________

WHILE HANGING OUT WITH FRIENDS
Example: Only say nice things about others (who aren’t there) when they are brought up in conversation.
1. ____________________________________________________________________________________________________
2. ____________________________________________________________________________________________________
3. ____________________________________________________________________________________________________

DURING ALONE DOWNTIME
Example: Write a thank you letter to someone I haven’t said thank you to in a while (or ever!) and tell them specifically what I’m thanking them for.
1. ____________________________________________________________________________________________________
2. ____________________________________________________________________________________________________
3. ____________________________________________________________________________________________________

DURING OTHER SCENARIOS
*Think of 3 more scenarios you might find yourself in, then write them down and include a Thérèse-like act of love that you could perform for each of them.
Example: On the school bus – Smile and say “Hi” or “Thank you” to my bus driver every time I get on or off the bus.
1. ____________________________________________________________________________________________________
2. ____________________________________________________________________________________________________
3. ____________________________________________________________________________________________________

“JP2 said you are ‘unique and unrepeatable’. That means everything you do can be unique and unrepeatable.” - Leah Darrow