

# St Therese of Lisieux

## Living Faith Beads

**St Therese of Lisieux, also called The Little Flower, was known for her simple yet profound faith. She reportedly carried a string of ten beads in her pocket as a means of counting the good deeds that she would perform as a daily devotion to God. St Therese's devotions and spirituality became so popular, she was canonised in less than thirty years after her death.**

These 'Living Faith' beads remind us to challenge ourselves to grow in faith by performing acts of love each day. For each good deed performed, slide one bead from its starting position (at the flower) toward the cross. Here's some ideas for some good deeds:

- compliment a friend
- pray for someone sick
- give in secret to someone in need
- serve a family member a snack
- help mum or dad with a chore
- pray for your parish priest
- help a brother with homework
- loan your sister a favorite dress
- do your jobs without being asked
- write a 'thank you' to your teacher
- share your toys with a friend
- say 'sorry' to someone you hurt
- pray for someone who has died
- thank God for his gifts in your life
- talk to someone without friends
- say 'God bless' to someone
- give someone a flower
- say 'I love you' to each family member
- set the table (and clear it)

"God is nothing but mercy and love."  
- Therese of Lisieux



St Therese had lots of happiness and sadness in her life. Her mother died when she was four years old and her big sisters moved away while she was still young. After finishing school she became a Carmelite nun because she wanted to devote her life to loving Jesus and praying for priests. She wanted to join a mission overseas and be a hero for God but she was often sick and wasn't allowed to go. She discovered that everything we do out of love makes God happy and fills us with happiness. Even picking up a pin off the floor for someone! She said she wanted to be like the most beautiful rose in God's garden, but God made her like a tiny flower hidden in the grass and that is ok! She became very sick and died at the age of 24. She is called the 'Little Flower' and is a patron saint of missions.



# CathFamily Special Handout

## Living Faith Beads - St. Therese of Lisieux

### #Materials:

- 100cm (1 yard) cord, (brickies twine is a good option)
- 10 beads (wooden, plastic or glass)
- 1 flower bead (or miraculous medal)
- 1 small cross

### Teacher Tip:

You can also use the Rosary Keychain beads to count your good deeds!!

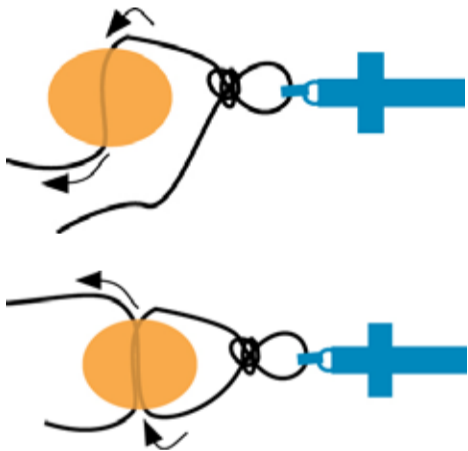
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### #Method:

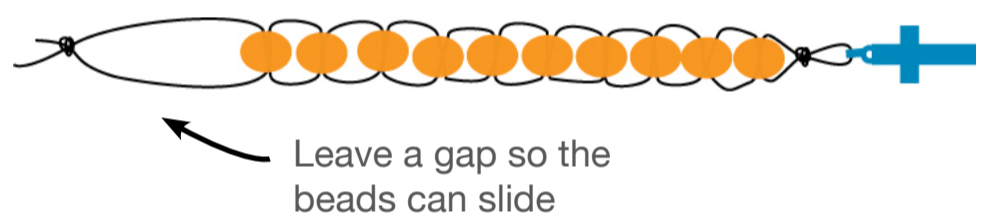
1. Insert the string through the cross and positioning it in the centre of the string, tie a knot to hold it in place.



2. Separate the string and pass one end through the first good deed bead. Pass the other string through the bead in the opposite direction as shown.



3. Repeat for the other nine good deed beads. Leave 2cm (1") of string from the tenth bead and tie a knot.



Leave a gap so the beads can slide

4. Insert both strings through the flower bead and make another knot. Trim the ends leaving at least 2cm (1") of cord



### Result:

One good deed done...

... Nine to go!

