



# ST. TERESA OF AVILA NOVENA

October 6<sup>th</sup> – 14<sup>th</sup>, 2026



St. Teresa of Avila, a Doctor of the Church, and one of the most influential mystics and reformers of the Carmelite order. We seek her intercession for personal intentions, especially those seeking deeper prayer lives. People experiencing stress, spiritual dryness, or suffering, Individuals discerning a calling, or facing a difficult decision. And, anyone who admires her radical trust and love in God.

## Day 1 – Confidence in God Alone

### ***Meditation:***

St. Teresa reminds us that no matter what happens in life, we are safe in God's hands. She once wrote,

"Let nothing disturb you, let nothing frighten you. All things are passing; God never changes. Patience obtains all things. Whoever has God lacks nothing. God alone suffices."

She endured illness, opposition, and interior dryness, yet she trusted completely in God. Let us ask her to help us grow in that same confidence and detachment.

### ***Prayer:***

St. Teresa, teach me to trust in God when fear overtakes me. When the world seems unstable and my life feels uncertain, remind me that God's love is constant and unchanging. Help me to let go of anxieties, knowing that if I have God, I truly lack nothing. **Amen.**

### ***Concluding Prayer (Our Father, Hail Mary, Glory Be)***

St Teresa of Avila, pray for us!

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## Day 2 – Love and Friendship with God

### ***Meditation:***

For Teresa, prayer was not a chore but a loving conversation with a friend:

“For prayer is nothing else than being on terms of friendship with God, frequently conversing in secret with Him who we know loves us.”

She believed that anyone—no matter their stage in the spiritual life—can become intimate with God through prayer. She encourages us to show up, speak from the heart, and listen.

### ***Prayer:***

St. Teresa, help me to grow in my relationship with God through prayer. May I speak to Him not with empty words but with heartfelt honesty. May I come to see prayer not as an obligation but as communion—a time of friendship, silence, and love. Teach me to pray. **Amen.**

### ***Concluding Prayer (Our Father, Hail Mary, Glory Be)***

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## Day 3 – Detachment and Simplicity

### ***Meditation:***

Teresa taught that clinging too tightly to earthly things hinders spiritual growth. True freedom lies in detachment:

“All things must come to an end. Our Lord alone remains always the same.”

Her reform efforts led her to embrace poverty, simplicity, and spiritual freedom. She didn't renounce the world out of disdain, but so she could give herself more completely to God.

### ***Prayer:***

St. Teresa, help me to recognize the things I am too attached to—my possessions, my reputation, my comfort. May I hold them loosely and cling instead to Christ. Help me to live with simplicity and generosity so that I may be free to love and serve. **Amen.**

### ***Concluding Prayer (Our Father, Hail Mary, Glory Be)***

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## Day 4 – Perseverance in Suffering

### ***Meditation:***

St. Teresa's life was marked by great suffering: chronic illness, rejection, misunderstanding, and spiritual dryness. Still, she pressed on with courage and trust.

"To have courage for whatever comes in life—everything lies in that."

She saw suffering not as punishment but as a path to deeper union with God. She teaches us to offer our trials to the Lord and unite them to Christ's suffering.

### ***Prayer:***

St. Teresa, you endured trials with unwavering faith. Help me to be patient in my suffering, to unite my pain with Christ's, and to find purpose even in difficulty. Give me the courage to carry my cross and the grace to endure with love. **Amen.**

### ***Concluding Prayer (Our Father, Hail Mary, Glory Be)***

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## Day 5 – Fidelity to the Church

### ***Meditation:***

Though she was often misunderstood, Teresa remained a loyal daughter of the Church. She submitted to her confessors and worked for reform from within.

"I am a daughter of the Church."

She reminds us that holiness must always go hand in hand with obedience and charity toward the Church.

### ***Prayer:***

St. Teresa, in a time of upheaval, you remained faithful to the Church, even when it was difficult. Help me to love and support the Church in both her beauty and her brokenness. May I serve her mission with humility and trust. . **Amen.**

### ***Concluding Prayer (Our Father, Hail Mary, Glory Be)***

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## Day 6 – Longing for Holiness

### ***Meditation:***

Teresa was consumed by a desire to grow in holiness—not for her own glory, but because she loved God. She wrote:

“It is love alone that gives worth to all things.”

She believed that even small acts, done with love, could sanctify us. Her life encourages us not to settle for mediocrity but to desire sanctity with passion.

### ***Prayer:***

St. Teresa, ignite in me a longing to be holy. Not just good—but holy. Help me to pursue virtue, to practice charity, and to grow in the likeness of Christ. May I strive for holiness in the little things of each day. . **Amen.**

### ***Concluding Prayer (Our Father, Hail Mary, Glory Be)***

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## Day 7 – Courage to Follow God's Will

### ***Meditation:***

When God asked Teresa to reform the Carmelite order, she hesitated at first but ultimately said yes, trusting in His grace.

“God withholds Himself from no one who perseveres.”

Following God’s will often means stepping into the unknown, leaving comfort behind, and risking rejection. Teresa did it with boldness.

### ***Prayer:***

St. Teresa, help me to be courageous in answering God’s call. When I am tempted to hold back or play it safe, inspire me to trust and follow. Give me the boldness to walk wherever He leads, knowing that His plans are always for my good. **Amen.**

### ***Concluding Prayer (Our Father, Hail Mary, Glory Be)***

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## Day 8 – Humility and Self-Knowledge

### ***Meditation:***

Teresa often emphasized the importance of humility and self-awareness in the spiritual life:

“Humility must always be doing its work like a bee making honey in the hive.”

She taught that knowing our limitations draws us closer to God’s mercy and keeps us from pride.

### ***Prayer:***

St. Teresa, teach me to know myself honestly and to see my need for God. Help me to accept correction, to learn from others, and to walk humbly with the Lord. May I never seek my own glory, but only His. **Amen.**

### ***Concluding Prayer (Our Father, Hail Mary, Glory Be)***

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## Day 9 – Union with God

### ***Meditation:***

The goal of Teresa’s entire spiritual journey was union with God—a complete surrender and resting in His love. Her famous prayer sums up her trust:

“Let nothing disturb you, let nothing frighten you. All things are passing; God never changes. God alone suffices.”

She reminds us that our hearts are restless until they rest in Him.

### ***Prayer:***

St. Teresa, you found your joy and fulfillment in the presence of God. Help me to open my heart completely to Him. May I desire Him above all else and long for union with Him in this life and the next. Lead me along the path of prayer and trust, until I rest fully in His embrace.

Lord God, You raised up St. Teresa of Avila to be a witness of holiness and a guide to the interior life. Through her example and intercession, lead me deeper into the mystery of Your love. May I persevere in prayer, grow in humility, and seek union with You above all things.

Grant my petitions, if they are in accordance with Your will, and give me the grace to accept whatever You desire for me. Through Christ our Lord. . **Amen.**

### ***Concluding Prayer (Our Father, Hail Mary, Glory Be)***

St Teresa of Avila, pray for us!