



Saint Teresa of Avila

Saint Teresa knew what it was like to struggle with prayer!

Although she was sent to a Convent by her father at the age of 16, she found the lack of discipline amongst the nuns hard to manage. She joined the Carmelite sisters in an effort to protect herself from sin, but found here too a lack of discipline that led to her praying less and less.

Eventually after 20 years of this monastic life, a kind priest encouraged her to start praying again. She found this very hard, frequently being distracted, so she needed great persistence. However, this was rewarded and she received many graces and visions of Jesus in her prayers.

This is what she said:

“When you start to pray, never stop again, even if your life is bad. For prayer is the way to change your life, and without prayer such change would be much more difficult. ...And for those who do not pray yet, I implore them by the love of the Lord not to deprive themselves from such a great good. ...If you persevere in prayer, I have good hope that you will receive the mercy of God, for no-one ever became his friend without being rewarded amply. Mental prayer is in my opinion nothing else than an intimate sharing between friends; it means taking time frequently to be alone with him who we know loves us.”

Fact file:

Born: Avila, Spain 1515

Died: 1582

Feast Day: 15th October

Patron: Headache sufferers, Spanish Catholic Writers

Find out more here: https://www.catholic.org/saints/saint.php?saint_id=208