

October 15, 2025

Daily Reflections



MEMORIAL OF SAINT TERESA OF JESUS, VIRGIN AND DOCTOR OF THE CHURCH

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Excerpt from Today's First Reading

The Spirit comes to the aid of our weakness; for we do not know how to pray as we ought, but that very Spirit intercedes with inexpressible groanings. And the One who searches hearts knows what is the intention of the Spirit, because the Spirit intercedes for the holy ones according to God's will.

ROMANS 8:26-27

Who is Teresa of Jesus?

Saint Teresa of Jesus was born a few miles from Ávila, Spain, in 1515. At age 18, she entered the Carmelite Order. In the beginning of her religious life, Teresa's inner journey was difficult, and she struggled to pray. Gifted with natural beauty and a charming personality, she was attracted to spending time

entertaining visitors in the convent parlor. Over the years, God was patiently waiting for Teresa. When she was 39, Teresa received the grace of a profound religious experience before a statue of the suffering Christ in the chapel which brought her to her knees, sobbing with many tears. She prayed, "Please, my Beloved, give me the strength to adore you! Do not ever let me forsake you again!" This second conversion moment began a new life of surrendering to Christ in love. When she was 45 years old, in collaboration with Saint John of the Cross, she became a reformer of her Carmelite Monastery, which had become lax in living the religious vows. Teresa's writings describe the spiritual journey, beginning with her autobiography, *The Book of My Life*. She also wrote *The Way of Perfection* and her spiritual classic, *The Interior Castle*, which became her masterpiece, five years before she died (1582). Because of her wisdom and deep understanding of mystical theology, Teresa was named the first woman Doctor of the Church in 1970.



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Reflection

The scripture passage selected for the Memorial of St. Teresa of Jesus is taken

from Romans 8, highlighting the work of the Holy Spirit in a person who desires to pray. Our Creator God yearns for us to be in relationship with the One who fashioned us. God desires to be one with us and gives us the Spirit to help us in our weakness.

I remember a time when I had drifted away from personal prayer – I would beg God, “Lord, teach me how to pray.” I had just returned home from my first term as a missionary in Papua New Guinea, and I bought a Bible. I knew that the Psalms are the prayerbook of the Jewish people, so I decided to read one psalm each day, beginning with Psalm 1, searching for a way to hear God speaking to me. On the 18th day, I was reading psalm 18:20, “*You brought me forth into freedom, you saved me because you delighted in me.*” In that moment, the Spirit made the word of God alive in me and gave me, again, the gift of prayer which I desired so desperately.

In the life of Teresa of Jesus, we see how God waited patiently for her and blessed her in the Spirit with a profound love for Jesus Christ that changed her life forever. God, through the work of the Spirit, inspired Teresa of Jesus to become a great mystic and teacher to all who desire to learn how to pray and grow in their relationship with God. **The invitation is for us now to read Romans 8 again and ask for the help of the Spirit who intercedes for us according to God’s desire.**

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