

Thirty Days of Small Love

A practice of hidden acts in the spirit of St. Thérèse — one each day, for thirty days.

Miss no single opportunity of making some small sacrifice — here by a smiling look, there by a kindly word; always doing the smallest right and doing it all for love.

ST. THÉRÈSE OF LISIEUX

1. Begin the day with one minute of silence before any words
2. Hold back a complaint you wanted to say
3. Pick up something that isn't yours and put it where it belongs
4. Smile at someone you'd rather avoid
5. Pray for the person who frustrated you most today
6. Choose the lesser portion at table
7. Let someone else finish their sentence
8. Do a small task no one will see or thank you for
9. Listen without planning your reply
10. Offer a hidden suffering for a soul in purgatory
11. Speak kindly of someone behind their back
12. Take the longer line, the harder seat, the colder room
13. Write a note of gratitude to someone who shaped you
14. Forgive an old wound — once more
15. Greet a stranger by name if you know it
16. Eat what is set before you without complaint
17. Pause before answering when you feel defensive
18. Give the better thing away
19. Say a Hail Mary for the next person you see
20. Accept a small inconvenience without sighing
21. Refuse one small comfort you usually take
22. Hold a secret intention for someone all day
23. Volunteer for the task no one wants
24. Say thank you to someone paid to serve you
25. Pray for the conversion of one specific soul
26. Cover a small fault of someone in your family
27. Remember a forgotten birthday or anniversary
28. Bear an interruption without showing impatience
29. Choose the harder right over the easier wrong
30. End the day naming three graces you received