

A LITTLE WAY PRACTICE

The Rose Journal

Signs from St. Thérèse of Lisieux

I will let fall a shower of roses. After my death I will spend my heaven doing good upon earth.

ST. THÉRÈSE OF LISIEUX

A Practice in Noticing

- I* **Begin with an intention**
Bring one need or one soul before St. Thérèse. Ask her to send a sign that she has heard you.
- II* **Watch for the rose**
Roses come in many forms — a real flower, a name, a song, an unexpected kindness. Stay attentive.
- III* **Record the rose**
When one arrives, write down where, when, and how it felt. Small details matter most.
- IV* **Return and give thanks**
Re-read your entries each Sunday. Let gratitude become its own quiet form of prayer.

Roses Received

"I will let fall a shower of roses..."

DATE

WHERE IT APPEARED

INTENTION

HOW IT FELT

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