

Prayer for Teenagers

Help a friend Share a Prayer

Dear St. Teresa, we pray to you with confidence and ask you to be in the Virgin Mary, the Spiritual Mother of the Teen-agers, in the springtime of their lives. You have experienced the difficulties, temptations and aspirations of the youngsters; and it is not in vain that the Holy Church directs the youngsters to go to you as a mother for help and guidance.

Help the youngsters to relate to Jesus as a living Person. Help them to experience God in order that they might have the joy of living for Him and for those around them. Strengthen them to take time to be with Him in prayer. Help them to avoid bad companions; listen with gratitude to the advice of their parents, elders and teachers; be guided by their Confessors and to develop their spiritual lives with intelligence and reflections. Help them never to give up prayer which is the only guarantee of happiness here on earth till eternity. AMEN.

Prayer of St. Teresa of Avila

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

Lord Jesus Christ, You raised up St. Teresa of Avila to be a guide in the ways of prayer and contemplation. Give me the grace to follow her example with fidelity and generosity. God, Our Father, Lead me into the wine cellar of Your love for the sake of Jesus, your loving Son, where, refreshed by Your Spirit, I, too, may sing of Your mercies and be set aflame with the fire of Your love. Amen.

