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References:

Jesus Is My All in All -
Novena to St Teresa of Calcutta.

The meditations within this text are used in a way to offer the opportunity to reflect and pray with the words of Mother Teresa (MT).

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Upcoming

- ◆ Podcasts & Meditations.

How to get the most from this prayer time...

This moment of reflection and prayer is a way to take some time out from the business of your day. Make the place you are going to pray be a place of comfort. The suggestion is that you set up a small prayer space, a dedicated space. It will be easier to set time aside every day. Know that you are not alone; Jesus and the Holy Spirit will be there with you, loving you and ministering to you...

The objective of this meditation has three aims...

1. Bite size text to read every day over the nine days as a way to deepen your relationship with Jesus: Bringing you to a deeper awareness of the prayer life of Mother Teresa and her family, the Missionaries of Charity sisters and brothers, and all those who are affiliated to her work.
2. Ask for the grace of...
3. Daily Prayer to Saint Teresa of Calcutta.
DIVE DEEPER...
To get the most out of the text, journal the movements of your thoughts and emotions...
What struck me? How is it impacting me? Do I feel - happy, sad, joyous, challenged...

Nine Day Novena...

Overview:

Day One to Day Nine

Day One: Dedicated to knowing Jesus, the wellspring of Mother Teresa's life and mission.

Day Two: We are invited to believe in the unconditional love that Jesus has for each of us.

Day Three: Jesus invites us through Mother Teresa to go in spirit to Calvary and hear Him say to us from the Cross: *'I Thirst...'*

Day Four: Dedicated to Our Lady, who will help us to better understand the thirsting love of Jesus.

Mother Teresa showed us in her life how to respond to this thirsting love of Jesus. Therefore days five through seven are dedicated to the following dispositions.

Day Five: Dedicated to the disposition of the heart - Trust.

Day Six: Dedicated to the disposition of the heart - Total surrender.

Day Seven: Dedicated to the disposition of the heart - Joy.

Day Eight: We are invited to enter in to the mysteries of Jesus' presence in the Eucharist and in the poor.

Day Nine: Dedicated to the call to sanctity through knowing and serving Jesus in the poorest of the poor.

God Speaks in Silence...

Create silence within yourself. He is always waiting for us. *'In the silence of our hearts, God speaks of His love; with our silence, we allow Jesus to love us.'* (MT) **Desire:** To trust that God is beside you always.



*Mother Teresa ...
'Holiness is not the luxury of
the few, but a simple duty
for you and me...
it depends on God and
myself, on God's grace and
my will. The first step to
becoming is to will it'*

*'Jesus loves you
tenderly, you are
precious to Him.
Turn to Jesus with
great trust and
allow yourself to
be loved by Him.'*

Allow time to pray with the reflection. Hold on to a passage or a word, and carry the thought with you throughout the day... Finish the time of meditation each day by reciting the prayer to Saint Teresa of Calcutta.

First Day - Know the Living Jesus.

'Deep down in every human heart there is a knowledge of God. And deep down in every human heart there is the desire to communicate with Him.'

'The more we know God, the more we will trust God.'

'We must know God, that God is love, that He has created us - each one of us -

for greater things. He has created us to love and to be loved.'

'Do you really know the living Jesus - not from books but from being with Him in your heart?'

ASK FOR THE GRACE:

Of an intimate knowledge of Jesus.

Second Day - Jesus Loves You.

'The personal love Christ has for you is infinite.'

'You are special to God. He is waiting for you to come to Him in prayer. He wants to honour you by filling you with His Presence.'

'What does it mean to be alone with Jesus? It doesn't mean to sit alone with your own thoughts... It means that you know that He is close to you, that He loves you, that you are precious to Him, that He is in love with you. He has called

you, and you belong to Him. If you know that... you will be able to face any failure, any humiliation, any suffering - if you realise Jesus' personal love for you and yours for Him.'

'Jesus loves you tenderly, you are precious to Him. Turn to Jesus with great trust and allow yourself to be loved by Him.'

ASK FOR THE GRACE:

To be convinced of Jesus' unconditional and personal love for you.

Third Day - Hear Him Say to You: 'I Thirst'

'In His agony, in His pain, in His loneliness, He said very clearly, *Why have you forsaken Me?* He was so terribly lonely and forsaken and suffering on the Cross... At this most difficult time He proclaimed: *I Thirst...* And the people thought He was thirsty in an ordinary way and they gave Him vinegar straight-away; but it was not that which He thirsted for - it was for our love, our affection, that intimate attachment to Him, and that sharing of His passion. He used the words, *I Thirst*

instead of *Give Me your love...* The thirst of Jesus on the Cross is not imagination. Let us hear Him saying it to me and saying it to you. It is really a gift of God.'

'If you listen with your heart, you will hear, you will understand. Until you know deep inside that Jesus thirsts for you, you can't begin to know who He wants to be for you.'

ASK FOR THE GRACE:

To understand Jesus' cry of thirst.

Prayer & Desire...

Prayer:

St Teresa of Calcutta, you allowed the thirsting love of Jesus on the Cross to become a living flame within you, and so became the light of His love to all.

Obtain from the Heart of Jesus (*here make your request*). Teach me to allow Jesus to penetrate and possess my whole being so completely that my life, too, may radiate

His light and love to others. Amen.

Immaculate Heart of Mary, Cause of Our Joy, pray for me.

St Teresa of Calcutta, pray for me.

Desire:

To trust that God is beside you always.



*Prayer by Mother Teresa ...
'Mary, Mother of Jesus, give me your heart, so beautiful, so pure, so immaculate, so full of love and humility that I may be able to receive Jesus in the Bread of Life, love Him as you loved Him in the distressing disguise of the Poorest of the Poor.'*

'Do not be afraid to love Jesus tenderly. When you trust Him. He will do great things for you.'

Allow time to pray with the reflection. Hold on to a passage or a word, and carry the thought with you throughout the day... Finish the time of meditation each day by reciting the prayer to Saint Teresa of Calcutta.

Four Day - Our Lady Will Help You.

'How much we need Mary to teach us what it means to satiate God's Thirsting Love for us, which Jesus came to reveal to us. She did it so beautifully. Yes, Mary allowed God to take possession of her life by her purity, her humility, and her faithful love. Let us seek to grow, under the guidance of our Heavenly Mother, in these three important interior attitudes of soul that delight the Heart of God and enable Him to unite Himself to us, in and through Jesus, in the power of the Holy Spirit. It is doing so that,

like Mary our Mother, we will allow God to take full possession of our whole being and through us God will be able to reach out His Thirsting Love to all we come in contact with, especially the poor.'

'If we stand with Our Lady, she will give us her spirit of loving trust, total surrender, and cheerfulness.'

ASK FOR THE GRACE:

To learn from Our Lady to quench Jesus' thirst as she did.

Fifth Day - Trust Jesus Blindly.

'Trust in the good God, who loves us, who cares for us, who sees all, knows all, can do all things for my good and the good of souls.'

'Christ accepted to die because He trusted His Father. He knew that from that apparent failure God will work out His plan of salvation. For us, too, we must have that deep faith and trust that if we are doing God's will, He will work out His plan of salvation in us and through us in spite of any failure we may meet.'

'Jesus never changes. Trust Him lovingly, trust Him with a big smile, always believing He is the Way to the Father, He is the light in this world of darkness.'

'Do not be afraid to love Jesus tenderly. When you trust Him. He will do great things for you.'

ASK FOR THE GRACE:

To have an unshakeable trust in God's power and love for you and for all.

Sixth Day - True Love Is Surrender.

'I Thirst... has no meaning unless through total surrender I give all to Jesus.'

'Today I will do whatever Jesus wants. And you will see that oneness. That surrender to God, to use you without consulting you. That accepting is a great sign of union with God. Holiness is that total surrender to God. *Totus Tuus*. Completely yours. *Totus Tuus*. Completely surrendered. Very clear! Complete. That accepting whatever

He gives. That giving whatever He takes. You need much love to be able to see the Hand of God.'

'I only want to do what God wants. Let us have the courage to do what God wants, even if it is difficult.'

ASK FOR THE GRACE:

To surrender your whole life to God.

Prayer & Desire...

Prayer:

St Teresa of Calcutta, you allowed the thirsting love of Jesus on the Cross to become a living flame within you, and so became the light of His love to all.

Obtain from the Heart of Jesus (*here make your request*). Teach me to allow Jesus to penetrate and possess my whole being so completely that my life too, may radiate

His light and love to others. Amen.

Immaculate Heart of Mary, Cause of Our Joy, pray for me.

St Teresa of Calcutta, pray for me.

Desire:

To trust that God is beside you always.



Prayer by Mother Teresa ...

'The fruit of silence is prayer,
The fruit of prayer is faith,
The fruit of faith is love,
The fruit of love is service,
The fruit of service is peace'

'Our life must be woven with the Eucharist. From Jesus in the Eucharist we learn how much God thirsts to love us and how He thirsts for our love...'

Allow time to pray with the reflection. Hold on to a passage or a word, and carry the thought with you throughout the day... Finish the time of meditation each day by reciting the prayer to Saint Teresa of Calcutta.

Seventh Day - God Loves a Cheerful Giver.

'Joy, to be fruitful, has to be shared.'

'By this joy I mean that inner depth of joy in you, in your eyes, look, face, movements, actions, swiftness. *That My joy may be in you*, says Jesus. What is this joy of Jesus? It is the result of His continual union with God, doing the Will of the Father. *I have come that my joy may be in you, and that your joy may be full.* This joy is the fruit of union with God, of being in the presence of God. Living in the presence of God fills us with joy. God is joy.'

'Joy shines in the eyes, comes out in the speech and walk... when people see the habitual happiness in your eyes, it will make them realise they are the loved children of God.'

'Joy was the strength of Our Lady... she was the first Missionary of Charity. She was the first one to receive Jesus physically and to carry Him to others.'

ASK FOR THE GRACE:

To find joy in loving and to share this joy with everyone you meet.

Eighth Day - Holiness Is Jesus Living and Acting in Me.

'Our works of charity are nothing but the overflow of our love of God from within. Therefore, the one who is most united to Him loves her neighbour most'

'We must become holy not because we want to feel holy, but because Christ must be able to live His life fully in us.'

'Holiness is not in the feelings or in imagination, it is reality. One thing that helps me and will help you is this: works

of love are works of holiness.'

'Let us spend ourselves with Him and for Him. Let Him see with your eyes, speak with your tongue, work with your hands, walk with your feet, think with your head, and love with your heart. Is this not perfect union, a continual loving prayer?'

ASK FOR THE GRACE:

To see Jesus in the Bread of Life and to serve Him in the distressing disguise of the poor.

Ninth Day - True Love Is Surrender.

'*I Thirst...* has no meaning unless through total surrender I give all to Jesus.'

'Today I will do whatever Jesus wants. And you will see that oneness. That surrender to God, to use you without consulting you. That accepting is a great sign of union with God. Holiness is that total surrender to God. *Totus Tuus.* Completely yours. Completely surrendered. Very clear! Complete. That

accepting whatever He gives. That giving whatever He takes. You need much love to be able to see the Hand of God.'

'I only want to do what God wants. Let us have the courage to do what God wants, even if it is difficult.'

ASK FOR THE GRACE:

To become a saint.

Prayer & Desire...

Prayer:

St Teresa of Calcutta, you allowed the thirsting love of Jesus on the Cross to become a living flame within you, and so became the light of His love to all.

Obtain from the Heart of Jesus (*here make your request*). Teach me to allow Jesus to penetrate and possess my whole being so completely that my life,

too, may radiate His light and love to others. Amen.

Immaculate Heart of Mary, Cause of Our Joy, pray for me.

St Teresa of Calcutta, pray for me.

Desire:

To trust that God is beside you always.