

St Teresa of Avila (1515- 1582) was a Spanish Carmelite Nun, known as a great Mystic and spiritual writer. She reformed the Carmelite Religious Order insisting the lived in poverty and lived only on public giving.

This prayer diary has been inspired by a book I read in August which contained a short paragraph written by St Teresa of Avila for each morning and evening. I over the month I found her words to be encouraging, challenging and calming in equal measure.

You can use these quotes within your prayer time this month or use each one as a sentence to remember during the day, or think what it might mean to you at this time.

Thursday 1st October:

Prayer is an act of love. It is a dying to self, where we realize our own weakness.

Friday 2nd October:

The soul that is attached to the things of the world is a deluded soul.

Saturday 3rd October:

The most profound and intimate things in life are those that are invisible.

Sunday 4th October:

To know God, one must first know oneself.

Monday 5th October:

We can only be said to be alive in those moments when our hearts are conscious of our treasures.

Tuesday 6th October

Where there is great love, there are always miracles.

Wednesday 7th October:

The quieter the mind, the more it can hear.

Thursday 8th October:

Seek Him sincerely and we will surely find Him.

Friday 9th October:

A soul that is not afraid to face trials will become strong and capable

Saturday 10th October:

Live simply, so that others may simply live.

Sunday 11th October:

The more we give, the more we have.

Monday 12th October:

In prayer, we learn to listen.

Tuesday 13th October:

A word or a smile can be enough to make a person feel loved.

Wednesday 14th October

Everything is for the glory of God.

Thursday 15th October:

Lesser Festival of St Teresa of Avila

Collect Prayer for the day

Merciful God,
who by your Spirit raised up
your servant Teresa of Avila
to reveal to your Church the way of
perfection:
grant that her teaching
may awaken in us a longing for holiness
until we attain to the perfect union of love
in Jesus Christ your Son our Lord.
who is alive and reigns with you,
in the unity of the Holy Spirit,
one God, now and for ever
Amen

Friday 16th October:

True friends are those who inspire us to be better

Saturday 17th October:

The joy we seek in life comes from learning to love.

Sunday 18th October: (Festival of Luke the Evangelist)

The heart is most beautiful the more it loves

Monday 19th October:

God knows we are weak and has provided us with everything

Tuesday 20th October:

Without love, deeds, even the most brilliant, count as nothing

Wednesday 21st October:

Nothing is more practical than finding God.

Thursday 22nd October:

It is love alone that gives worth to all things.

Friday 23rd October:

The soul that is attached to the things of the world is a deluded soul.

Saturday 24th October:

Christ has no body now on earth but yours... yours are the hands with which he is to bless us now.

Sunday 25th October:

Humility is truth.

Monday 26th October:

In the end, we will only be judged by love

Tuesday 27th October:

To have courage for whatever comes in life – everything is in that

Wednesday 28th October: (Festival of Simon and Jude the Apostles)

All things must come to the soul from its roots, from where it is planted

Thursday 29th October:

We may speak of love and humility as true flowers of spiritual growth; and they give off a wonderful scent, which benefits all those who come near

Friday 30th October:

His Majesty seeks and loves courageous souls.

Saturday 31st October:

I praise God for his mercy; for it was He only who stretched out His hand to me. May He be blessed forever! Amen

St.Margaret's Church

I P S W I C H



Prayer Diary

October 2026

A quote a day from St Teresa of Avila to bring into prayer, thought or meditation each day.

St Teresa is remembered by the Church of England on Thursday 15th of October.

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