



# The Little Way of Lent: Meditations in the Spirit of St. Thérèse of Lisieux

*Fr. Gary Caster*

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## **The Little Way of Lent: Meditations in the Spirit of St. Thérèse of Lisieux** Fr. Gary Caster

Lent is not meant to foster morbid gloominess and debilitating self-loathing, but to thrust us into the heart of Divine love.—From the Introduction

While reading the autobiography of St. Thérèse, Fr. Caster had an 'ah ha' moment that transformed his experience of Lent from one of narrow concern over what to give up to one of joyful freedom to enter into the sacrificial love of Jesus Christ. "What struck me," he says, "was her insistence on the way we do things for God and not the things we do for him. It wasn't about what I was offering; it was about why." The daily Lenten meditations in this book—all colored by St. Thérèse's Little Way of Spiritual Childhood—will transform you, too, helping you focus not so much on what you have done to offend God, but on what he has done to redeem you.

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