

Spiritual Testimonies 44-45-46-47-48
Saint Teresa of Avila

44. Union with Christ in the Eucharist
(Probably Seville, 1575)

One day after having received Communion, I truly thought my soul was made one with the most sacred Body of the Lord. He appeared to me. His Presence caused me to make much progress.

45. The Reform of the Monastery of Paterna
(Seville, late 1575)

I was thinking about whether I would be sent to reform a certain monastery. This troubled me. I heard: **“What do you fear? What can you lose but the lives you have so often offered me? I shall help you.”** ... My soul was much satisfied.

46. An Effect of Spiritual Marriage
(Seville, late 1575)

... I have never given up anything for God nor have I served Him in accordance with my obligation. Considering the many favors He has bestowed on my soul, I began to grow anxious.

The Lord said: **“You already know of the espousal between you and me. Because of this espousal, whatever I have is yours. So I give you all the trials and sufferings I underwent, and by these means, as with something belonging to you, you can make requests of my Father.”**

... I heard it in such a different way that it seemed I felt great dominion ... It seemed to me the Father accepted this sharing. I now look very differently on what the Lord suffered, as something belonging to me. This gives me great **comfort**.

47. The Value of Good Works
(Probably Seville, 1575)

Once while wanting to render our Lord service, I thought about how little I was able to do for Him and I said to myself: **“Why, Lord, do You desire my works?”** He

answered: **“In order to see your will, daughter.”**

48. The Lord tells Teresa to Record His Words

(Seville, perhaps 1575)

The Lord once granted me light on a matter... but soon afterward I forgot what it was He had told me. While trying to recall it I heard:

“You already know I sometimes speak to you; don’t neglect to write down what I say; for even though it may not benefit you, it can benefit others.”

I then wondered if I was to be of help to others but be lost myself on account of my sins. He said to me: **“Have no fear.”**