

Must we learn how to pray?

Prayer cannot be reduced to the spontaneous outpouring of interior impulse: in order to pray, one must have the will to pray. Nor is it enough to know what the Scriptures reveal about prayer: ***one must also learn how to pray***. Through a living transmission (Sacred Tradition) within "the believing and praying Church," the Holy Spirit teaches the children of God how to pray. CCC 2650

One day Jesus was praying in a certain place. When he finished, one of his disciples said to him, "Lord, ***teach us to pray***, just as John taught his disciples." He said to them, "When you pray, say: 'Father, hallowed be your name, your kingdom come. Give us each day our daily bread. Forgive us our sins, for we also forgive everyone who sins against us. And lead us not into temptation.'"
Luke 11: 1-4

More people than you would think would be capable of practicing ***interior prayer***, but no one taught them. And, without an ***interior life***, the baptized run out of breath, their action becomes noisy gongs and even their religious practice, when it exists, dries up."
Jean Paul II, September 29, 1982

We need a Christianity that distinguishes itself above all in the ***art of prayer***. {...} We also know that prayer must not be considered self-evident. ***It is necessary to learn to pray***, in other words ... as the first disciples: 'Lord, teach us to pray!' (Luke 11:1).

Through prayer a dialogue develops with Christ which allows us to become his intimate friends: "Remain in me and I in you" (John 15:4). {...} "Yes, our Christian communities must become authentic 'schools' of prayer, It is about intense prayer... opening the heart to the love of God... to the love of one's brother allowing history to be built according to God's design'.

John Paul II, Apostolic Letter January 6, 2001, Novo Millennio Ineunte

St. Teresa of Avila, a Doctor of the Church

St. Teresa is the only Saint who was made a Doctor of the Church based on her ***writings on prayer***. As a doctor of the Church her writings, as with all Doctors of the Church, are universal, not just for Catholics and Christians but for all people of all times, believers and non-believers alike.

*Do not be frightened, daughters, by the many things you need to consider in order to begin this **divine journey** which is the **Royal Road** to heaven.*

*A great **Treasure** is gained by travelling this road;*

no wonder we have to pay what seems to us a high price.

The time will come when you will understand

how trifling everything is next to so precious a reward. (W21, 1)

*Keep in mind that I say we should all try to be Contemplative,
since we are not here for any other reason (W18 3)*