

## *Prayer in General (Slide 24-41)*

### *Slide 24-26 Souls who cannot reason with the intellect (Ch. 19)*

Methodical Minds and those who can concentrate within themselves...by means of so good a path the Lord will draw them to the haven of light. And through such a good beginning the end will be reached. All who are able to walk along this path will have rest and security, for when the intellect is bound one proceeds peacefully. (W19-1)

But...there are some souls and **minds** so **scattered**, they are like wild horses no one can stop. Now they're running here, now there, always restless. She stresses the importance of persisting to the Fount of Living Water, 'whoever drinks of it will never thirst.' (W 19-2)

**Three Properties of Water:** (Contemplation)

**Refreshes:** ...no matter how much heat (temptations) we may experience, as soon as we approach the water the heat goes away...if it is water that rains from heaven, so much less will it extinguish this fire...the water of true tears, those that flow in true prayer...(W 19 5)

**-Cleans dirty things:** this divine union is something supernatural, it is not a matter of our own choosing. The Lord shows the soul in an instant more truth and gives it a clearer understanding of what everything is. (W19 6, 7)

**-Satisfies to the full and takes away thirst:** one can be drowning from not being able to endure the world but is revived in God; one is then able to enjoy what couldn't be enjoyed without dying...by continuing to live we can help others die of desire for this death... (W19 8, 9)

...Don't be dismayed by the **Trial and Contradiction** along the way. It is a **Battle**. Advance with courage and don't grow weary. Remember, the Lord invites us all; and, since He is Truth Itself, we cannot doubt Him. If His **invitation** were not a **general one**, He would not have said: "I will give you to drink." He might have said: "Come, all of you, for after all you will lose nothing by coming; and I will give drink to those whom I think fit for it." But, as He said **we were all to come**, without making this condition, I feel sure that **none will fail to receive this living water** unless they cannot keep to the path. May the Lord, Who promises it, give us grace, for His Majesty's own sake, to seek it as it must be sought. (W 19 14)

...**All those who do not falter** on the way **will drink this living water**. May the Lord, because of who He is, give us the grace to seek this living water as it should be sought, for He promises it. (W19 15)

### *Slide 27 In one way or another we never lack consolation on the Road of Prayer (Ch. 20)*

...In many ways He gives drink to those who wish to follow Him so that no one will go without consolation or die of thirst...Never is the lack of consoling water such that it can't be endured. (W 20 2)

...Take my advice and do not stop on the road (of prayer) but, like the strong, fight even to death in the search, **for you are not here for any other reason than to fight**. You must always proceed with this **determination to die rather than fail to reach the end of the journey**.(W20 2)

...Walk along this **path of prayer** that you do not **go astray** at the **beginning**...the **most important** part for everything. (W20 3)

...For the love of God I beg you that your **conversation** always be directed toward **bringing some good** to the one with whom you are speaking... for what is very suited to this path...is peace and tranquility of soul. (W20 3, 5)

### *Slide 28-30 Importance of setting out on a Way of Prayer with Determination (Ch. 21)*

Do Not Be **Frightened** daughters, by the many things you need to consider in order to begin this **divine journey** (of prayer) 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)

...How they are to **begin** is very important—in fact, **all important**. They must have a great and very resolute **determination to persevere** until **reaching the end** (...to drink from this water of

life), come what may, happen what may, whatever work is involved, whatever criticism arises, whether they arrive or whether they die on the road, or even if they don't have courage for the trials that are met, or if the **whole world collapses**. (W21 2)

It is always good to base your prayer on prayers coming from the mouth of the Lord... I have been fond of the words of the **Gospels** and found more **recollection** in them than in very cleverly written books. (W21 3)

...Whether we like it or not, my daughters, **we must all journey toward this fount** ... don't let anyone **deceive** you by showing you a **road** other than that of **prayer**. (W216)

There is **one great blessing**: you will always find **someone who will help you**, because this is a **characteristic of the real servant of God** to whom His Majesty has given light concerning the true way. (W21 9)

Believe only those who walk in conformity with Christ's life, try to preserve a pure conscience, humility, and contempt for all worldly things; believe firmly what Holy Mother Church holds, and you can be sure you will be walking along a good path. (W2 10)

### **Slide 31 Explains Mental Prayer (Ch. 22)**

Realize Daughters that the nature of mental prayer isn't determined by whether or not the mouth is closed. If while speaking I thoroughly understand and know that **I am speaking with God** and **I have greater awareness of this than I do of the words** I'm saying, **mental and vocal prayer are joined**. If, however, others tell you that you are speaking with God while you are reciting the Our Father and at the same time in fact thinking of the world, then I have nothing to say. But if you are to be speaking, as is right, with so great a Lord, it is good that you consider whom you are speaking with as well as who you are, at least if you want to be polite. (W 22 1)

### **Slide 32-33 Importance of not turning back (Ch. 23)**

There are many reasons why it is extremely important to **begin with great determination**:

...if we resolve to give something ...there is no reason for failing to **give with complete determination**...let us be wholly determined **never to take it (time) back from Him**...He adjusts Himself to our way of giving...He is not at all petty, but generous. Just the raising of our eyes in remembrance of Him will have its reward. (W23 1-3)

...The devil will not then have so free a hand to tempt. (W23 4)

...The person who does so (begins with determination) struggles more courageously. He knows that come what may he will not turn back...one who is in battle...wants to **fight like a desperado** ...he is convinced that for him **to conquer is to live**...if we don't let ourselves be conquered, we will obtain our **goal**...Don't be afraid that the Lord will leave you to die of thirst, for He calls us to drink from this fount...it is a great thing to have experienced the **friendship and favor He shows toward those who journey on this road** and how He takes care of almost all the **expenses**. (W23 5)

...Little would be lost in trying the journey of prayer...it brings with it the following **good: more is given than is asked for**, beyond what we could desire. This is absolutely true; I know. (W23 6)

### **Slide 34-35 Vocal prayer practiced with perfection is closely related to mental prayer (Ch.24-25)**

What I would like us to do... is refuse to be satisfied with merely pronouncing the words...when I say, '**Our Father**,' it will be an **act of love to understand** who this Father of ours is and who the Master is who taught us this prayer. (W24 2)

...**vocal prayer** His Majesty teaches... is to be **recited in solitude**. This is what He always did when He prayed...for our instruction. (W24 3)

... one **must not speak** simultaneously to **both God and the world**...we understand to whom we are speaking...even though we do not hear Him He speaks well to the heart when we beseech Him from the heart...He is very close...to recite the Our Father well, remain at the side of the Master who taught this prayer to you. (W24 5)

You are right in saying that vocal prayer is now in fact **mental prayer**...I don't know how vocal prayer can be separated from mental prayer if vocal prayer is to be recited well with an understanding to whom we are speaking...an obligation to pray with attention...the best

remedy...strive to **center the mind upon the one to whom the words are addressed**... be patient and strive to make a **habit**... (W24, 6)

...it is very possible that while you are reciting the Our Father ... the **Lord may raise you to perfect contemplation**...His Majesty shows that He listens... it is His grandeur that speaks to the soul, suspending one's intellect, binding one's imagination ...The soul understands ...this divine Master is **teaching it by suspending its faculties**...the **soul is being enkindled in love**...the will is enkindled without understanding how...this good cannot be merited or gained...it a **gift** from the Lord...What I have described is **perfect contemplation**. (W25 1-2)

*Slide 36 Great Gain may be had when a soul practices vocal prayer perfectly*

...the difference that lies between perfect contemplation and mental prayer... (in mental prayer) being aware and knowing that we are speaking, with whom we are speaking, and who we ourselves are who dare to speak ...with so great a Lord...(but)**in contemplation... we can do nothing**; His Majesty is the one who does everything, for it is His work and above our nature. (W25, 3)

...strive after what is contained in this present book and leave the rest to God; for it is He who must bestow supernatural prayer, and **He will grant it to you if you do not stop short on the road** but try hard until you reach the end. (W25, 4)

*Slide 37-41 Discusses methods of recollecting one's thoughts how to do this, good for beginners*

Method for Recollecting one's Mind...The **examination of conscience, the act of contrition, and the sign of the cross** must come first...since you are alone, strive to **find a companion**. What better companion than the Master Himself who taught you this prayer? **Represent the Lord Himself as close to you** and behold how lovingly and humbly He is teaching you.....remain with so good a friend as long as you can. If you grow accustomed to having Him present at your side, and He sees that you do so with love and that you go about striving to please Him, you will not be able –as they say- to get away from Him; He will never fail you; He will help you in all your trials; you will find Him everywhere. Do you think it's some small matter to have a friend like this at your side? (W26 1)

Those of you who **cannot engage** in much **discursive reflection with the intellect** or keep you **mind from distraction, get used to this practice!**....I suffered many years from the trial ...of not being able to quiet the mind in anything...the Lord does not leave us ...**if we humbly ask Him for this friendship**, He will not deny it to us. And if we cannot succeed in one year, we will succeed later. Let's not regret the **time** that is so **well spent**. Who's making us hurry? I am speaking of **acquiring this habit** and of striving to walk alongside this true Master. (W26 2)

I am not asking you now that you think about Him or that you draw out a lot of concepts or make long and subtle reflections with your intellect. I am not asking you to do anything more than **look at Him**. For who can keep you from turning the **eyes of your soul** toward this Lord, even if you do so just for a moment if you can't do more?...your Spouse never takes His eyes off of you. (W26 3)

They say that for a woman to be a good wife toward her husband she must be sad when he is sad, and joyful when he is joyful...see what subjection you have been freed from, Sisters! The Lord...is the One who submits, and He wants you to be the lady with the authority to rule; **He submits to you will**. If you are joyful, **look at Him** as risen...If you are experiencing trials or are sad, behold Him on the way to the garden...He will look at you with those eyes so beautiful and compassionate, filled with tears; He will forget His sorrows so as to console you in yours...(W26 4,5)

...but you will also delight in **speaking with Him**, not with ready-made prayers but with those that come from the sorrow of your own heart...all the trials that come to me ...enable me to imitate You in something. Let us walk together, Lord, Wherever You go, I will go; whatever You suffer, I will suffer. (W26 6)

Take up that cross, Daughters. Don't mind at all if the Jews trample upon you, if His trials can thereby be lessened...whoever doesn't want to use a little effort now to recollect at least the sense of sight and look at this Lord within herself...would have been much less able to stay at the foot of the

cross with the Magdalene...don't think you are capable of such great trials if you are not capable of such little ones. (W26 7 8)

...carry about an **image or a painting** of this Lord...look at it ...**speak often with Him**...He will inspire you with what to say...**acquire the habit**. (W26 9)

It is also a great help to take a **good book** written in the vernacular in order to recollect one's thoughts and pray well vocally...little by little accustom the soul with coaxing and skill not to grow discouraged ...many years have passed since the soul left the house of its Spouse...our soul and our thoughts are so **accustomed to wandering about at their own pleasure** –grief- that the poor soul doesn't understand itself. In order that it get to love remaining at home once again, a great deal of **skill** is necessary... Draw near, then, to this good Master with strong determination to learn what He teaches you, and His Majesty will so provide that you will turn out to be good disciples. He will not abandon you if you do not abandon Him...(W 26 10)