

Fruits of Prayer

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Fruits of prayer come from a regular practice of Teresian prayer
Teresian Prayer: Remain in me and I in you and you will reap much fruit Jn15:5
Fruits increase as He remains in me, we live in one another

3 Major Topics 1/Self Knowledge 2/ Knowledge of others 3/ Knowledge of God

1/ **Knowledge of Self** comes from a disciplined life of prayer over time

- a/ Humility: I realize my misery—I can't-- that I don't know how to pray, this is a form of humility I need help. It is an awareness of an aspect of myself that I wasn't aware of. This is an indicator of progress. I become a beggar before God.
I realize I need God, things in me are more complex than I might have thought.
- b/ Sincerity vs Truth : Mediteranean mom and her kids (sincere but far from truth. I start to notice my thinking is off. Prayer clarifies the difference between Sincerity and Truth for me, it is liberating.
- c/ Introversion: (A turning inward) become less superficial
I am discovering an interior world, complex world, its spaces, corners
Sets me *FREE* (detachment from world, myself)
- d/ Priorities: Priorities change eg. Physical vs. Spiritual (soul) health
Prayer starts to become a priority. My relationship to God matters
- e/ Time Constraints: Today all is going FAST, Quickly. Prayer teaches us the true measure of our days, to live in the moment; to be present to the presence of God. God is not stressed. Another rhythm starts to happen. We are preoccupied, occupied overbooked. In prayer we learn to live in the moment and our available time increases as we establish new priorities.

2/ **Knowledge of Others:** My attitude towards others

a/ **Less Judgmental:** as I am more humble, I have more compassion for others, as I develop more compassion for myself, for their fragileness, their limits. I can show them mercy because of the mercy shown me by Christ.

b/ **Inward focused** so less apt to judge the exterior as I realize that the other has an interior life too eg. Maybe someone who is agitated is having a difficult day. I have a new 'look' towards others, less prone to judge based on appearances. I become more tolerant all round.

c/ **Good Boundaries**: God has made my heart larger, there is more space. This creates a distance between me and others (an airbag). The outside world doesn't touch me as much. I am not completely devastated as I perhaps once was. I don't feel as threatened. I am able to find the appropriate distance with each situation that presents. My Yes becomes and remains Yes and my No, No. The No comes the charitable space within me from prayer, it is a charitable No.

c/ **Listen**: in this exchange of friendship, I learn to listen and to speak. In prayer I learn to listen to God who doesn't speak the same language as I do, so I have to listen to hear. I can then hear others better because of the silence within me now; I can hear the underlying meaning. Silent Listening brings about more patience in me. Eg. 2 ears and one mouth. I learn to open the ears of my heart to hear God, I have had to make adjustments to understand. The result is that with others there is less misunderstanding. Eg. Spiritual Guide has this ability to Actively listen, practice this in prayer.

d/ **Works of God through Me** (act of charity): St John of the Cross says that one act of pure love is worth a million without love. I am more charitable. It is God's charity in me. This can lead me to carry a profound charity, to do profound works of charity. God's working in me. I let myself be invaded by God's Charity. Eg. Mother Teresa. Christ said that we would do more works of charity than Him who was only here 3 years

3/ **Knowledge of God**:

a/ **I Need a Savior. I can't save myself**

Our image of God and our relationship to Him changes through prayer.

I realize that **I need a Savior**, I need to be saved. Prayer allows me to be saved. To realize this I need to have been **lost**. Prayer allows me to realize that **without God I am lost**. The more I move towards God, the more I realize my limits, gain in humility, ask God for help I can't earn my way because I have done things right like the Pharisees or the oldest son of the Prodigal's Father and Practicing Catholics. I can't save myself. It is not about God owing us Salvation because we did it right. The oldest son forgot his status as Son.

Interior prayer allows us this **shift in thinking**. It allows me to realize that I can't save myself. In the west, it is hard to realize that I need a Savior...money, culture.

Example: Rays of light (prayer) falling on His darkened and locked room (soul)

b/ **God (my neighbor) is not ME, He is other than me**

I can't make him over according to my way of thinking. The **other** is not an extension of me. God is not an extension of me. His thoughts are not mine.

I realize His Divine Transcendence. The Prodigal Son imagined how his Father would react when he came home hungry...he was wrong

I realize in prayer how hard it is to enter into relationship with Him...He's Other.

Through prayer, I *enter into God's thoughts*, I develop an intimate relationship through interior Prayer with Him. *God is Other, God is Very Near*. I begin to entrust situations to Him. I begin to share all things with Him as in the intimacy of a married couple. I see that suffering has its place I become more and more *receptive to the Holy Spirit* who prays in me. I invite Him into my prayer. I discover God's action in my life. God = HS. I allow him act in my life, direct my life.

Mercy I realize is the liberating path. God's **mercy is actually experienced**; it is not just empty 'words, 'God loves you!' We become credible. We realize we are loved in spite of ourselves. I realize how much I don't deserve God's love, but that I am truly loved. It's contagious

c/ We are *transfigured*

Through interior prayer we acquire a new way of being in the world.

God's life within radiates out. Others notice the difference. God lives in us.

We become more human...attentive, humble, delicate.

Another lives in us. God transforms me.

We are actually inhuman towards others.

Only God is really human (fr. Bernard, Dominican)

In Summary:

Through the practice of interior prayer, we receive a new pair of 'Theological Virtue' (faith hope charity) Glasses which allow us to meet the real God that all our false images of God and my idols were keeping me from Him. These 'glasses' change the way I see the world, I don't see things as before, I see them through the ***Virtues: both myself and others***

The Holy Spirit is operating in me. I acquire good ***spiritual sense***. I don't see things as others do. I am inspired by the HS in me.

No glasses-vicious circle New Glasses: virtuous circle