

School of Carmelite Prayer Overview

What is silent prayer?

But when you pray, go into your room, close the door and pray to your Father, who is unseen.
Then your Father, who sees what is done in secret, will reward you.

Matthew 6:6

"Contemplative **prayer** [*oración mental*] is nothing else than a close sharing between friends;
it **means** taking time frequently to be alone with him who we know loves us." *Life 8, 5*

School of Prayer Meeting Format:	Topics addressed:
<p style="text-align: center;">Welcome</p> <p style="text-align: center;">Opening Prayer</p> <p style="text-align: center;">Small Group Discussion</p> <p style="text-align: center;">Presentation (30 minutes)</p> <p style="text-align: center;">Participant Testimony</p> <p style="text-align: center;">Prayer Workshop</p>	<p style="text-align: center;">What is Silent Prayer?</p> <p style="text-align: center;">The Structure of the Person</p> <p style="text-align: center;">Difficulties encountered in Prayer</p> <p style="text-align: center;">Prayer of Recollection</p> <p style="text-align: center;">Fruits of Prayer</p> <p style="text-align: center;">Contemplation</p>

Each student is invited to **practice 10-20 minutes of silent prayer daily** during the program to begin to develop the **habit**.

These next few weeks together are a **special time** and can be a beautiful present for your life of faith. It is an **interior adventure** that the Lord is offering you. Move forward into the deep water! You can be certain that this experience will have an **effect** in your **daily life** as well as in your **relationships** with others.

This program is a coherent whole so your **regular attendance** is requested.

The only **goal** is that at the end of the program each participant has found a joy in praying alone and regularly.

Your life is only worth what your life of silent prayer is worth *Marthe Robin*

You can go to mass everyday and continue sinning a lot, but you can't practice silent prayer without making true spiritual progress. *Marthe Robin*

