



Silent Prayer

Faith & Recollection




Testimonies



- ▶ Prayer testimonies of our prayer experience are very important;
- ▶ Teresa doesn't have a concrete method of prayer with point 1, point 2 etc.;
- ▶ Teresa simply shares with her sisters and with us, the Baptized what she experienced in prayer;
- ▶ Teresa shares her testimony;




Testimonies

- ▶ It is important to let go of the notion that this Teresian School of Prayer will teach you a method of prayer because...
 - ▶ Teresa doesn't teach us to pray she simply lays out what happened to her in prayer and
 - ▶ She tells us that it could happen to us too;
 - ▶ Teresa is a great motivator for us to practice silent prayer.
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Importance of Faith

- ▶ Teresa defines silent prayer as a heart to heart with Christ; a friendly dialogue;
 - ▶ **Faith** is necessary to experience this friendly exchange with Christ;
 - ▶ St. Paul tells us that there is no **pleasing God** without faith;
 - ▶ We make acts of faith during prayer: for example, Lord, I believe you are here though I can't see you; I believe you have been waiting for me etc.;
 - ▶ Through the practice of prayer we are encouraged to grow in faith.
 - ▶ To **grow in faith** is to grow in the **trust & love** of Christ.
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Importance of Faith

- ▶ Several Bible passages illustrate the importance of faith;
 - ▶ The Canaanite woman (Mt. 15: 21-28) had great faith. She had a great love for Christ. She received a miracle;
 - ▶ Other passages in the Bible indicate that where there was little **faith** in a town- little **trust, acceptance, love**– so only a few miracles took place there.
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Importance of Faith

- Faith is made up of trust, acceptance and love. The same elements necessary in a human relationship;
 - It is not possible to have a **relationship** without them;
 - In their absence there is only fear, rejection, control and manipulation of the other;
 - Faith --Trust, Acceptance, Love -- is an **essential attitude** in prayer.
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Christ in His Humanity

- ▶ The New Testament presents Christ, who is fully God and fully man, as a person;
 - ▶ The Father invites us to listen to his son who expresses the Father's love for us;
 - ▶ Teresa had a relationship with Christ in his humanity. She discovered Christ in his humanity in silent prayer;
 - ▶ This encounter allowed her to enter into a relationship with Christ and to grow in faith and in love for him.
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Christ in His Humanity

- ▶ Definition of prayer given us by Teresa describes a friendly and loving dialogue that we engage in often with the One who loves us;
 - ▶ We open our heart and talk to Him about our life;
 - ▶ We listen to Him like a friend;
 - ▶ It is a simple exchange between two friends.
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Recollection

- Recollection is necessary to engage in this friendly exchange with Christ;
 - Recollection is necessary, but it is also difficult to achieve;
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Recollection

There are two parts to Recollection

- ▶ **Active** recollection- we put ourselves in a favorable situation where we are not disturbed; we seek silence;
 - ▶ **Internal** recollection- involves our thoughts and imagination. There is work on self that needs to take place to channel our inner world of thoughts and emotions.
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Recollection

- ▶ Teresa **advises** that we begin by simply putting ourselves in Christ's presence and waiting;
 - ▶ By faith we know that Christ is there and that he has been waiting for us;
 - ▶ He is there as the Creator of all things (essence);
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Recollection

- ▶ We know he is there too because we are the Baptized who received the Holy Trinity at Baptism;
 - ▶ Teresa invites us to reconnect with the Holy Trinity received at Baptism;
 - ▶ She wants us to taste this **real** presence always available to us through recollection.
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Teresa's Way of Prayer

- ▶ Teresa felt **recollection** was very **important**;
 - ▶ She invites us through her way of prayer to become recollected by **one of two ways...**
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Teresa's Way of Prayer

- ▶ By using an **Image** to contemplate the Christ and become recollected;
 - ▶ The **image** was not necessarily created by the imagination but given to her in prayer. It usually related to the life of Jesus.
 - ▶ The Holy Spirit guides our prayer...Allow yourself to be guided by the Holy Spirit.
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Teresa's Way of Prayer

Teresa suggested that...

- ▶ if you are **happy** place yourself on the road to Emmaus with Christ and his disciples. Share your joy with the Resurrected Christ. Can you imagine their joy at discovering the resurrected Jesus?;
- ▶ if you are **sad**, keep Jesus company in the Garden of Gethsemane.



Teresa's Way of Prayer

- ▶ St. Teresa's interior way allows us with the image to enter into a relationship with the Christ;
 - ▶ Her way allows us to become recollected, to enter into a dialogue with the Lord and to taste the real presence of Christ;
 - ▶ In the Book of her Life, Teresa describes a vision of Christ next to her while in prayer which brought her great comfort.
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Teresa's Way of Prayer

Teresa also suggested ...

- ▶ Using the **Gospels**, Holy Scripture to become recollected;
- ▶ Teresa liked the verse where the Lord tells us that he takes his delight in being among his creatures;
- ▶ These thoughts that God likes being with us can help to bring about recollection.



Teresa's Way of Prayer

- Recollection is very important on this path to an inner life;
 - Recollection is an important part of being able to enter into a relationship with Christ & to engage in a rich and fruitful dialogue with Him.
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