

# Group Discussion Options

Photos by [unsplash.com](https://unsplash.com)

# Discussion Questions



# Must We Learn to Pray?



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)

# Personal Prayer Testimony



Consider including the following **elements** in your personal prayer testimony:

- Background information:** family situation, religious upbringing, etc.
- Describe your **spiritual path** that led you to Carmelite prayer.
- Share your **Daily Prayer Practice** (preparation; practice; distractions; fruit).

# Sowing & Reaping



Thought >>> Action

Action >>> Habit

Habit >>> Character

Character >>> Destiny

**PRACTICE**

strengthens both

**Vice & Virtuous**

# The Jar of Life: A Story of Priorities



# Few Good Friends



As though I could do something or were something, I cried to the Lord and begged him that I might remedy so much evil. It seemed to me that I would have given a thousand lives to **save one soul** out of the many that were being lost there. I realized I was a woman and wretched and incapable of doing any of the useful things I desired to do in the **service of the Lord**. All my longing was and still is that since **He has so many enemies and so few friends** that these **few friends be good ones**.

# What is the Goal of Silent Prayer?



The whole **aim** of any person who is beginning prayer—and don't forget this, because it's very important—should be that he work and prepare himself with **determination** and every possible effort to bring **his will** into **conformity with God's will**. Be certain that, as I shall say later, the **greatest perfection** attainable along the spiritual path lies in this conformity. It is the person who lives in more perfect conformity who will receive more from the Lord and be more advanced on this road. Don't think that in what concerns perfection there is some mystery or things unknown or still to be understood, for in **perfect conformity** to God's will lies all our **good**. c 2, 8



# Continual Prayer



As a result I resolved to do the little that was in my power; that is , to follow the evangelical counsels as perfectly as I could and strive that these few persons who live here do the same. I did this trusting in the great goodness of God...Since **we would all be occupied in continual prayer** for those who are **the defenders** of the **Church...** who **protect her from attack**, we could help as much as possible this Lord of mine who is so roughly treated by those for who He has done so much good; it seems these traitors would **want him to be crucified again**.... Carmel Clarion April-June 2010 pg 24 (W 1 1,5)

# Withdraws to a City



To Teresa it seemed necessary to use...the approach of a lord when **in time of war** his land is **overrun with enemies** and he finds himself **restricted on all sides**. He **withdraws** to a **city** that he has well fortified and from there sometimes **strikes his foe**. Those who are in the city, being **chosen people**, are such that they can do more by themselves than many cowardly soldiers can. And **often victory is won** in this way.

Carmel Clarion April-June 2010 pg 24 (W 1 1,5)

# Marcelle AuClair

## *St. Teresa of Avila*

*Marcelle AuClair*

*Biography, St. Bede's Publication, 1953*

Marcelle Auclair, the author, a delightful, sparkling woman of many achievements, strikes one as being nearly as versatile and enterprising as her favorite saint. Though born in France, she grew up in Chile, where Spanish ways of life and thought became second-nature to her.

On her return to France, at the age of twenty, she married the novelist Jean Prevost, brought up three children, traveled extensively, published several novels herself, and founded and edited **Marie-Claire**, an outstandingly successful woman's journal.

# *Teresa's Works*

*The Life of St. Teresa of Avila by Herself*

*The Way of Perfection*

*The Interior Castle*

*St. Teresa of Avila The Book of her Foundations*

*The Letters of St. Teresa of Avila*