



## Contact

Name/ Email

To learn more about Silent Prayer:

### Website:

<http://prayingwithteresaofavila.com/>

### YouTube Channel:

The Royal Road to Heaven

### Where:

*Church Address here*

*Silent Prayer is, in my opinion, simply an intimate exchange of friendship where we speak often, one on one, with the One who we know loves us.*

*Saint Teresa of Avila*

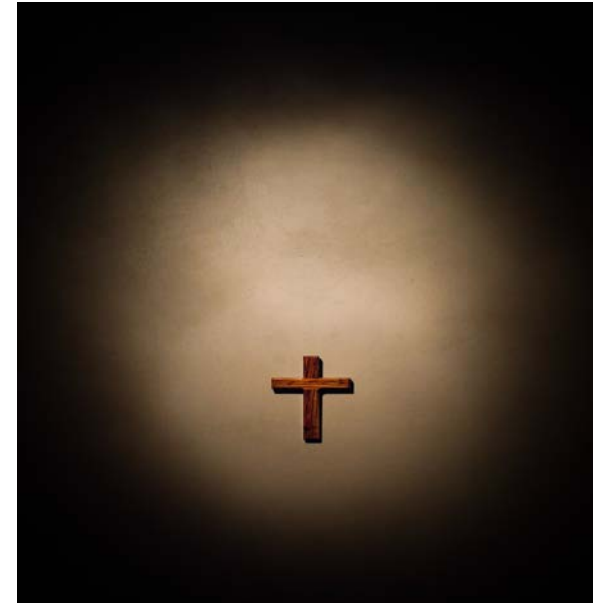


# *Silent Prayer*

**an Encounter with CHRIST**

Royal Road School of Silent Prayer

*-Praying with Teresa of Avila-*



*More people than you would think would be capable of practicing interior prayer, but no one taught them. And, without an interior life, the baptized run out of breath, their actions become noisy gongs and even their religious practice, when it exists, dries up.”*

John Paul II September 29, 1982

Silent prayer is a simple look turned towards Jesus. It is an intimate contact with the Living God. This prayer from the heart enables us to meet the person of Christ, to truly know ourselves and to give ourselves ever more fully to him.

The spiritual exercise is not a very complicated one but does require knowledge of a few basics to be initiated into this heart to heart with God who loved us first.

The **mission** of the school of prayer is precisely to help Christians develop a taste for a more concrete spiritual life through the practice of silent prayer that overflows into their relationships with others.

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

**Welcome to all those who are  
seeking to deepen their relationship  
with Christ!**

**Time/ Room/ Cost**

## **Presentations**

Date : What is Carmelite Prayer ?

Date : The Structure of Man

Date : The Prayer of Recollection

Date : Difficulties in Prayer

Date : The Fruits of Prayer

Date : Contemplation

Date : + 1 MONTH or so

**Booster Shot'** Session

**Agenda** for each encounter:

-**Group discussion** on an aspect  
of silent prayer;

-A **Presentation** on an aspect of  
silent prayer;

-A Silent Prayer **Workshop.**

Participants are encouraged to gradually increase the daily time spent in silent prayer.

Ten minutes of silent prayer a day is suggested during the first week.

The time spent in silent prayer is gradually increased to attain 20-25 minutes a day by the end of the six-week program.

The program builds on itself each week so your regular attendance is encouraged.

Our only **goal** is that at the end of the six sessions each participant will find joy in praying alone and regularly.

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

