



Contact

Name/email

To learn more about Silent Prayer:

Website:

<http://prayingwithteresaofavila.com/>

YouTube Channel:

The Royal Road to Heaven

Where-When:

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



UNION GPS

Do you like to pray? Or rather, would you like to pray but really don't have time and don't know exactly how to?



Praying with Teresa of Avila

Silent Prayer is the Path of Love towards Union with God

It is up to you to take the first steps, God will do the rest!

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.

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

Time/ Room/ Cost

Presentations

Date :

Date :

Date :

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.

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

