

Opening Remarks 3

Please Note that these opening remarks can be used to introduce any other presentation on this website.

Slide 2

Welcome & Thank You for Your Participation
(Can Insert here the Name of the Program)

Slide 3

This program is a **coherent whole**, so your regular attendance is requested.
(Can address housekeeping items, Dates, Time etc.)

Slide 4

What is Silent or Carmelite Prayer?
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.
St. Teresa of Avila (V 8, 5)
(So, we are talking about engaging in a friendship with Our Lord when we engage in silent prayer)

Slide 5

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** on your **daily life** as well as on your relationships with others.

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Each Participant is invited to **practice 10-20 minutes of silent prayer daily** during the program to begin to develop the **habit**;
The only **goal** is that at the end of the program each participant has found a **joy in praying alone and regularly**.

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This Divine Journey of Prayer is the Royal Road to Heaven a great **Treasure** is gained by travelling this road.

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The Door to the Soul;
Teresa tells us that Silent Prayer is the Door to enter the Castle of the Soul.
(This is explained in detail in her masterpiece, The Interior Castle written a few years before her death)

Slide 9

Mystical life or a **two-way relationship** with the God within is the fulfillment of Baptismal grace;

It's an **increase** of the Virtues of Faith, Hope and Charity in the Heart of he who believes the Kingdom of God is found within;
For Teresa all who are baptized are invited into mystical life, **not** just a Few Elite Souls.

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It is important for us to let go of the notion that this Teresian School of Prayer will teach us a Method of Prayer because... Teresa doesn't teach us to pray she simply lays out what happened to her in prayer and tells us that it could happen to us too;
Teresa is a **great motivator** for us to develop the **Habit of Silent Prayer**.

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Teresa Shares Her Testimony; she simply shared with her sisters and now with us, the Baptized, what she experienced in prayer;
Teresa shares her Testimony; her Experience; Testimonies of our Prayer Experience are very important.

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Ice Breaker (Class or Small Group Discussion)
Invite the class to break into small groups of 2-3 to discuss the following questions:
What brought you to this Class on Silent Prayer?
What is your Experience with the Carmelite or Silent Prayer?
What are your Expectations?
Anything else?

To Conclude this First Part of the Class

-Read a Testimony (see Participant Testimonies) to the Class;
-Encourage the Class to spend time in Silent Prayer daily;
-Suggest that each participant may want to write their own testimony that can be shared with the group at any point during the class (guidelines for writing a testimony can be found on the website under prayer workshop)