

Opener 3

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**Welcome & Thank You
for Your Participation**

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FYI

House Keeping Items

As this Program is a Coherent Whole
Your Regular Attendance
is requested.

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)

Special Time

- ❖ 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;
- ❖ And so, Move forward into the Deep Water!
- ❖ You can be certain that this Experience will have an **Effect** in your **Daily Life** as well as in your **Relationships** with others.

Special Time

- ❖ 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**.

Divine Journey of Prayer



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

The Door to the Soul



**Silent Prayer
is the Door
to enter
the Castle
of the Soul**

Mystical Life



- ❖ 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.**

Method of Prayer?

- ❖ 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.

Teresa Shares Her Testimony

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

Ice Breaker

- ❖ 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?