

# The Structure of Man

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## Challenges in Silent Prayer & What happens in Prayer

## CHALLENGES IN PRAYER



- ❖ We tend to **live on the surface** of ourselves;
- ❖ We define ourselves by the **roles** we play in society and/or by our **relationships** to one another which is normal;
- ❖ We have trouble identifying what happens within ourselves;
- ❖ However, there are **guideposts**, ‘**maps**’ to help us navigate within.

## THE HUMAN BEING IS MULTI-DIMENSIONAL



❖ We are **not a solid block**: this is one of the first important things to know about ourselves;

❖ Bringing this idea to our **interior world**, into **our prayer**, something can happen at one level of the soul while the other levels are not affected;

❖ We have **several realities** within us, several different levels that have to gradually be **discovered**.

## SELF-DISCOVERY SELF-KNOWLEDGE



- ❖ We realize we are **complex beings**;
- ❖ One of the **first fruits** of prayer is the discovery of ourselves.
- ❖ When we begin to learn to live less at the surface of ourselves, we see our poverty;
- ❖ We learn that we are **incapable of praying** as we would want— we yawn, get bored & become distracted.





St. John of the Cross tells us that  
we have **two dimensions**—

**Body & Soul**

## **BODY or SENSORY SELF**



- ❖ We have 5 External Senses & 2 Internal Senses;
- ❖ It isn't here that **God act in prayer;**
- ❖ What happens to our **senses during prayer?**

# IMAGINATION

## Internal Sense



- ❖ The cinema open 24/7. It is part of the **sensory world**;
- ❖ We **can't stop** the imagination; we have to give the it something to do during prayer;
- ❖ Teresa tells us to give it '**some grain to grind**';
- ❖ We tend to **identify** with our imagination. We think that if it is agitated our whole being is agitated. This isn't true. (storm at sea)

# Appetites

## Internal Sense



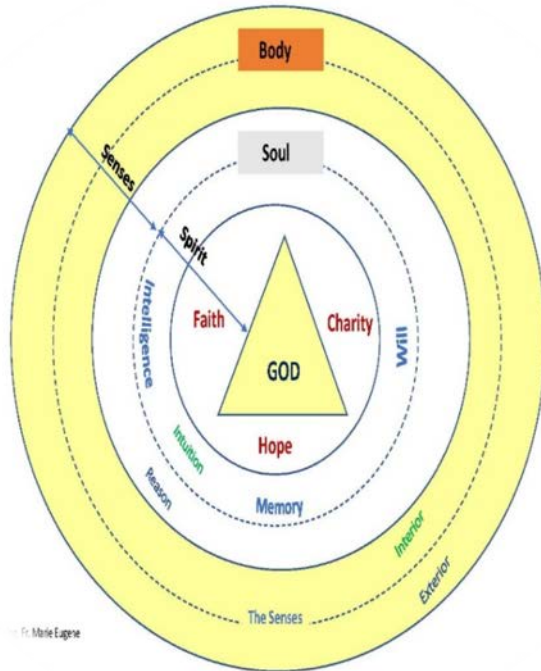
- ❖ We are full of **needs & desires**; they demand **satisfaction**;
- ❖ In prayer we discover the unsatisfied & contradicting appetites. How can we bring them into **harmony**?
- ❖ We try to quiet them by force; this is ineffective;
- ❖ Gradually through prayer, God **restores order** to our disordered appetites.



# SPIRITUAL SELF

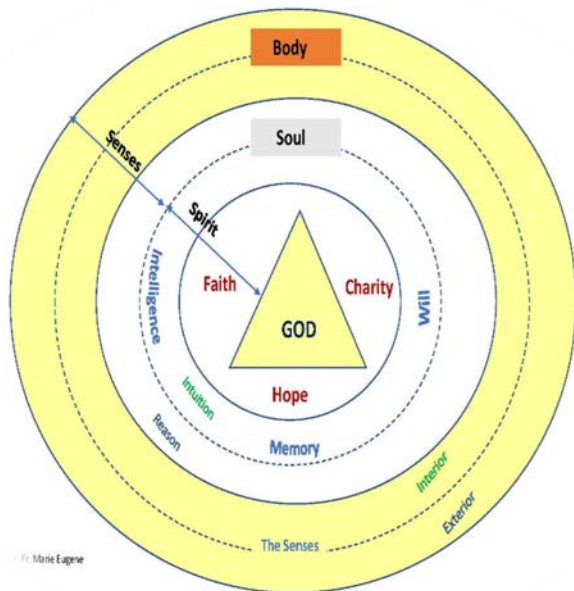
## 3 Spiritual Realities

### SOUL



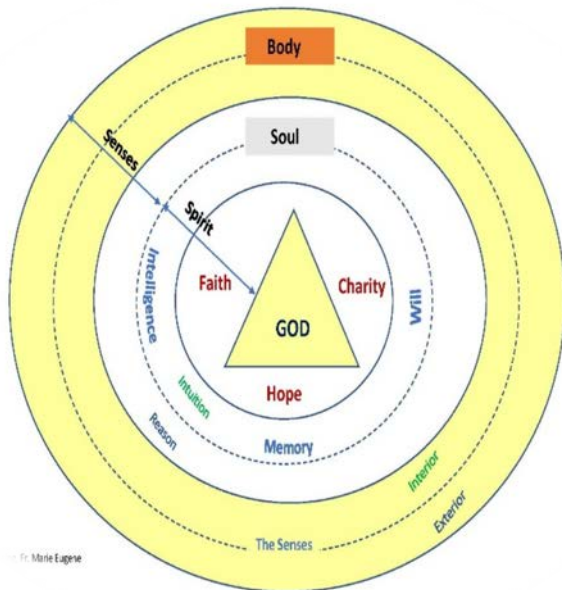
- ❖ **Intelligence** allows us to ‘read’ our interior life; establish **cause & effect** relationships; ‘re’flect; find the **divine presence** within through prayer;
- ❖ **Will** allows us to decide or choose at the level of the spirit--the **true choice** is between **good & evil**;
- ❖ **Memory** allows us to situate ourselves in time; Man projects himself in time. God isn’t in time, He is eternal.

# Theological Virtues & Baptism



- ❖ God is the '**Center**' of the soul;
- ❖ We believe that silent prayer leads to the **discovery** of God at our center;
- ❖ Why can't we find him there right away? We have many **attachments** that we are comfortable with.

# Theological Virtues & Baptism



- ❖ Christ becomes the **Master** of my being; the '**motor**'.
- ❖ He allows me to participate in His Life; He wants me to become His son; so He gives me a **theological life**.
- ❖ This theological life allows me to **unite with Him** through the 3 Theological virtues – Faith, Hope, Charity- **grafted into my soul at Baptism**.

# FAITH



- ❖ Faith attaches to the **intelligence** and allows it to be purified & transformed;
- ❖ The more we allow God to act in us the more ‘intelligent’ we become; the ‘**intelligence of faith**’;
- ❖ Faith gives us an **understanding** that by ourselves we wouldn’t be able to acquire;
- ❖ Faith renews our thinking.



# CHARITY



- ❖ Charity attaches to our **will**;
- ❖ Charity transforms our **way of wanting**;
- ❖ God is **charitable love**;
- ❖ As our **will** is gradually transformed, we **love God** more; this transformation allows us to **love others** more.

# Hope



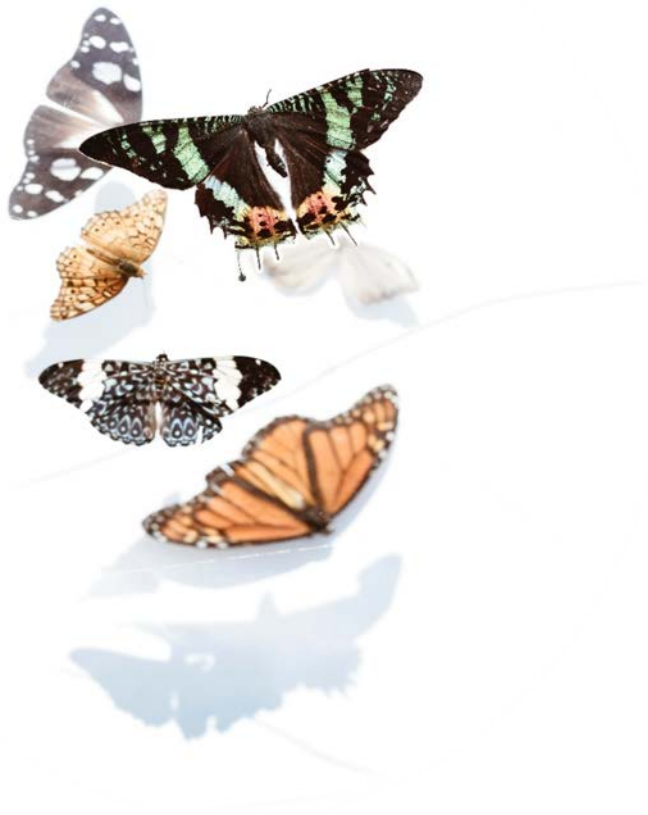
- ❖ Hope attaches to our **memory**;
- ❖ Memory involves our relationship to **time**;
- ❖ Hope awakens in us another relationship with time that allows us to **hope against all hope**.

# Transformation



- ❖ Our **spiritual self** is gradually transformed by our **theological life &** little by little takes over our sensory self;
- ❖ The ‘inside’ now governs the ‘outside’.
- ❖ The **spiritual self** re-orders the **imagination &** the **appetites** for the **service of good**.

# Transformation



- ❖ Our deep self has been **harmonized**; the **spiritual** and the **sensory selves** are now in **harmony**;
- ❖ We are more efficient, agreeable, likeable—God has transformed us;
- ❖ This is a process of **turning within**; being made over in the **image of God**; becoming **fully human**; and, of **liberation** from all that has kept us enslaved.



# Fruits of Prayer

- Self Discovery -



- ❖ Through the **practice of silent prayer** we begin to realize things about ourselves;
- ❖ We realize we are not in **balance**, we might be too intellectual which throws things out of balance, suffocating the rest of the person.

## Classic Prayer Experience



- ❖ Surface is agitated;
- ❖ At a deep level we are recollected, calm with Christ;
- ❖ We realize just how complex we are;
- ❖ This is often realized with hindsight.