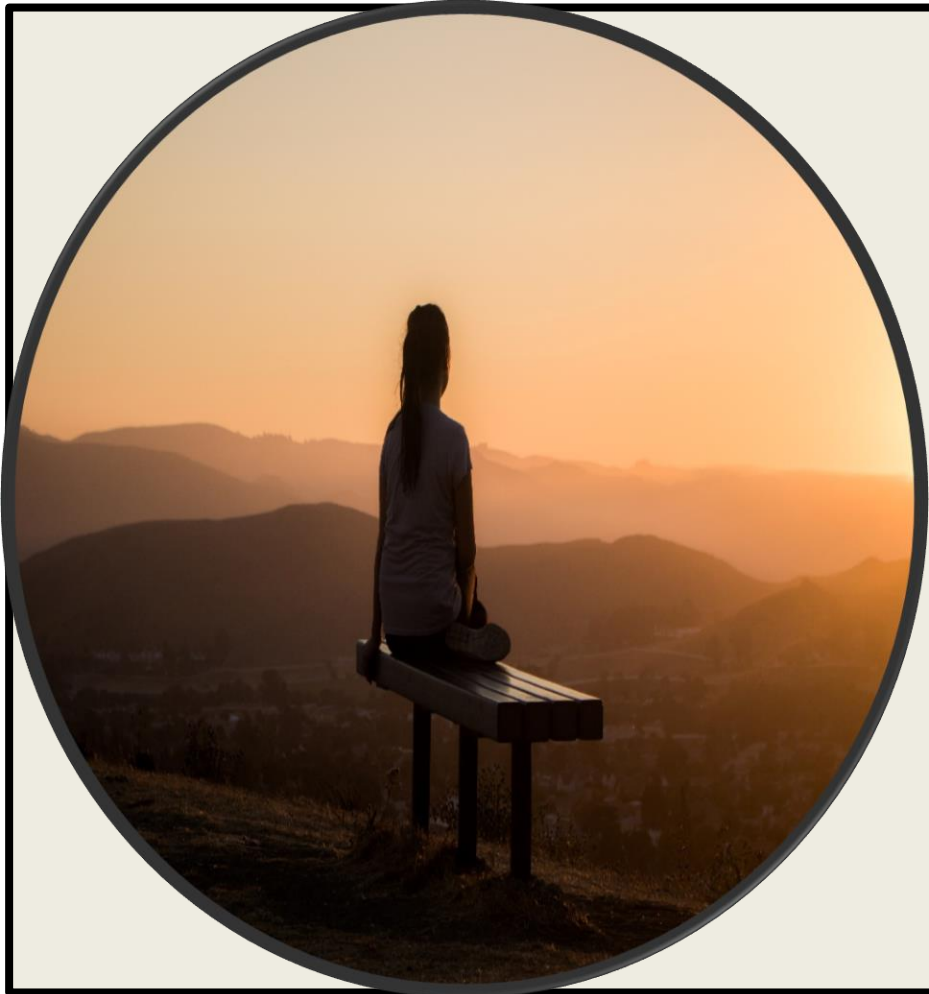


# **Learn to Pray with the Carmel**

**The Art of Teresian Prayer**

**Carmelite Friars, Paris**

# Introduction



**I take a moment  
to meditate  
on all these things  
in my heart  
(Luke 2:19)**

**Definition of  
Silent Prayer**



**Mental prayer is,  
in my opinion,  
an intimate commerce  
of friendship  
where we speak often  
one on one with  
his God who we know  
loves us**

**Life 8 Teresa of Avila**

## Retreat Prayer



**Let nothing disturb you  
Let nothing frighten you  
Everything passes,  
God never changes.  
Patience obtains  
everything.  
Whoever has God  
lacks nothing  
God alone suffices**

## **1. Learn to Pray**



**We invite you to discover  
Silent Prayer  
with the Carmelite  
School of Prayer**

**Learning to pray is  
quite a program!**

**It is both so simple  
while at the same time  
so complicated, so difficult.**

# 1. Learn to Pray



**You will be offered  
a short meditation  
on an aspect of silent prayer  
to advance on  
this path of an  
encounter with God.**

**The aim is that each session  
be short, practical,  
within everyone's reach  
without headaches.**

## 1. Learn to Pray



**You do not have to be  
a specialist,  
you just have to come as  
you are, with the desire  
to get closer to God,  
to prepare to welcome  
the One who comes to  
be born in our hearts:  
Christ our Savior**

## **1. Learn to Pray**



**There is no alternative  
to learning to pray  
than to pray!**

**So, let's attempt  
the experience of an  
encounter with God!**



## **2. Make a Decision**



**In making a decision  
to learn to pray &  
stand before the Lord  
We grow in  
relationship  
with Him**

### 3. Your Prayer Corner



**Once you have decided  
to make time to pray  
you will have to  
prepare a prayer corner**

**For this habit of prayer  
to become long lasting,  
nothing works better  
than paying attention  
to the place where  
we pray.**

## 4. Preparation



**Not only are your surroundings important to pray well, to try to enter into prayer but so is the way you enter into prayer, the way you prepare yourself to pray.**

## 5. Relationship



**Do I truly understand  
who I am  
speaking to?  
Not so that I become  
afraid or intimidated  
but simply to realize  
the truth and to enter  
into a relationship  
with God, my Creator.**

## 6. Friendship



**Mental prayer is an intimate business of friendship where we speak often one on one with God who we know loves us.**

## **7. Set a time; Hold to It**



**I am going to  
give God  
a gift of time;  
a time for him;  
a time to pray;  
a time to be  
at his side.**

## 8. Desire for God



**At the root  
of our desires is  
the desire for God  
who causes us  
to look for him,  
to thirst to  
meet him.**

## 9. Inner Life



**God is present  
within us.  
Let's stop and pay  
attention to  
his presence  
within.**



## 10. Surge of the Heart



**Prayer is, for me,  
a surge of the heart;  
it is a simple glance  
towards Heaven;  
it is a cry of  
gratitude &  
love in the midst of  
a trial as well as in  
the midst of joy**

## 11. The Virgin Mary & Prayer



**Who better than  
Mary can teach us to  
listen to her Son, she  
who,  
'treasured up all  
these things and  
pondered them in her  
heart'**

Luke 2:51

## 12. The Place of the Presence of God



**God is present in the Eucharist during Mass. He is also present in the tabernacle & during Eucharistic adoration. He is present in His Word**

## **13. Distractions, Preoccupations**



**It is important  
to distinguish  
between  
Distractions &  
Preoccupations**

## **14. Dryness or Nights**



**When in dryness  
We do not  
feel like praying or  
enjoy praying.  
It is like a night,  
a deep night where  
there is  
absence of any light**

## 15. Meditation



**Meditation is how prayer is nourished. To avoid a wandering mind and distractions, we use a Scripture Passage or a Spiritual Reading to enter into relationship with God.**

## 16. Contemplation

**There comes a time in meditation when nothing happens. It is often the time to let go and allow God to guide us; let God lead and introduce us into contemplation.**



## 17. Prayer & John of the Cross



**Saint John of the Cross invites us to practice detachment. He encourages us to go through the 'night' to truly meet God.**



## 18. Adoration vs. Silent Prayer



**Even if  
adoration & silent  
prayer are  
two different ways  
of approaching  
prayer,  
they are two ways  
of praying, having  
the same goal:  
Union with God**

## 19. God speaks, Listen



**If I pray, it is  
to listen to God.  
He is there.  
He is waiting for me.  
It is about  
making myself  
available to God  
with my whole being.  
Prayer is not about  
doing but about  
being.**

## 20. I speak; what do I say?



**If a listening attitude is of utmost importance in prayer, it is to allow us to then express ourselves, to speak to Our Lord, to tell him what is in our hearts, to profess our love for him.**

## 21. Silence



**SILENCIO**  
**SILENCE**

**We will come to  
see silence as  
a place to  
meet God,  
a place where  
Elijah experienced  
God on  
Mount Horeb**

## 22. The Our Father



**Do you remember  
in the Gospel  
when the disciples  
asked Jesus to  
teach them to pray?  
He responds with the  
Our Father**

## 23. Role of God's Word



**God speaks to us personally through his Word.**

**How then can we use it during prayer should the need arise?**

## **24. Spiritual Reading Nourishes Prayer**



**Our soul needs to  
be fed.**

**One way to do  
this is through  
spiritual reading.**

## **25. Prayer: A Free Gift**



**We can compare  
prayer to a  
friendship.**

**God gives how  
and as he wishes  
to give.**

**It is up to us to  
adopt a receptive  
attitude and not  
place demands on  
Our Heavenly  
Father.**



## 26. Fruits of Prayer



**If following a  
time of prayer,  
we are feeling more  
loving towards  
others we are surely  
moving in the right  
direction.**

## **27. Living in God's Presence**



**Let us seek to be  
aware of  
God's presence  
each minute of  
every day to  
make of our day  
a true prayer**

## 28. God is Born within Us



**Christ could be  
born a thousand  
times in Bethlehem,  
but if he is not  
born within you,  
it is your  
eternal loss!**