

The Art of Teresian Prayer

Carmelite School of Prayer

Advent 2020

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

Snippet 1: Introduction: 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 (at least on paper) while at the same time so complicated, so difficult (at least at the beginning).

You will be regularly 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. You don't have to be a specialist, you just have to come as you are, with the desire to get closer to **God**, in order to **prepare to welcome** the One who comes to be born in our hearts: **Christ our Savior.**

There is no alternative to learning to pray than to pray. So, let's attempt the **experience of an encounter with God.**

Definition: Mental (silent) prayer is, in my opinion, an intimate commerce (exchange) of friendship where we speak often one on one with this God who we know loves us" (Life 8).
Teresa of Avila

The 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

Teresa of Avila

Prepared by the Discalced Carmelite Friars, Paris, France (translated from French)

