

## **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)

Today we are celebrating the solemnity of the Virgin Marie in her Immaculate Conception. It is good to put ourselves in her school to learn to pray. As a matter of fact, 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

Transformed into her Son, Marie has only this transparency, this clarity that allows the soul of Jesus to be reflected in her with all his perfections, to be imprinted within her in a living way.”

Brother Francis of St. Mary

#### **Snippet #11: The Virgin Mary & Prayer (Cana)**

Today is the solemnity of the Immaculate Conception. The Virgin Mary joins us during this season of Advent to help us to pray, to help us to learn to pray.

To do this I would like to talk about a well-known Gospel story, the Marriage Feast of Cana (John 2). It is the story where Jesus changes water into wine. Mary is the author of this miracle. She noticed that the wine was getting low and so she simply went to her Son and said: ‘They don’t have any wine.’

A simple statement that seems completely ordinary but that shows us the attitude that we should have in prayer. When we have something to ask the Lord, something to present to the Lord, you notice that we do not have to insist or demand. We do not have to take God’s place by telling him what to do or how to do it. No, we simply approach him with what we have in our hearts and present it to him. Look Lord, my friend is sick. There you have it. He can inspire us; help us. We all encounter difficult situations in our lives or things that we need to overcome such as a difficult upcoming encounter. We need to be able to present this to the Lord in the same way the Virgin Mary did: ‘They don’t have any wine.’

Amen

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