

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)

(The Holy Sacrament, the Word of God, when 2 or 3 are unite in my name, the poor, Matt. 25 etc.)

We have seen that God is present within us. There are several other ways that the Lord is present. First, he is present in the Eucharist during Mass. He is also present in the tabernacle and during Eucharistic adoration. He is present in His Word and when two or three are united in his name. He is also present in the poor.

The loyal generosity of the soul is the unique requirement needed on the human side to bring about a contemplative vocation. Brother Lucien-Marie of Saint Joseph

Snippet #12: Place of the Presence of God

We have seen that God is present within us. There is the movement of turning within towards our Higher Interior, the presence of Grace, which indicates that God lives within us. However, God makes himself present in other ways. We might choose to be in a church for our time of prayer allowing us to turn towards the tabernacle where God is present in the Eucharist. He is also present during Eucharistic adoration when the Holy Sacrament is exposed. Knowing this could help us spend more time in prayer and pay more attention to the One who is there with us and within us.

Another way the Lord is present is in his Word when we read the Scriptures or the Scripture of the day. This could help us enter into prayer. God is present in his Word and when two or three unite to pray in his name. He is also present in the poor, in the one we help, in the one we rescue. All of this to show that the presence of God is not limited to my time of prayer but that there are one thousand and one ways to meet the Lord. My daily prayer time allows me to discover how the Lord is present in my own life. Amen

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