

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)

Yesterday we tried to see how to respond when faced with distractions and preoccupations. Sometimes our situation seems very hard to deal with. We find ourselves 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. How do we respond to this situation?

Silence and interior recollection are accompanied by a thirst for purification and a recognition of our faults and a feeling of contrition. Brother Paul-Marie of the Cross

Snippet #14: Dryness or Nights

Yesterday we talked about distractions and preoccupations. These are very common subjects in everyone's life not only in prayer.

However, dryness, or nights, is a deeper disturbance that eats away at us. There are times when in this state that we could be tempted to abandon everything. We could be tempted to walk away from prayer telling ourselves that prayer is just not for us. We just cannot pray.

The first reason is a lag between how I am living my life and what God wants from me. In other words, God wants a conversion. He wants me to make decisions and choices for my life that are in line with his will. As long as there is this hiatus or lag, between my life and God's will for my life, my prayer life stops because my life and my prayer life are one.

It could be, but we have to discern this objectively, that this night is a spiritual step. A step of detachment where God is waiting for me to let go of certain comforts or other things that prevent me from furthering my relationship with him, from growing closer to him, from growing up.

There are crises in physical development from infancy to childhood, from childhood to adolescence, from adolescence to adulthood. We find the same process in the spiritual life. There are a certain number of steps to take. It is here that the Lord waits for us. Amen

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