

## **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)**

If we need to prepare to enter into prayer, put ourselves in God's presence, we have to also nourish our prayer. Meditation is how prayer is nourished. To avoid a wandering mind and distractions, it is suggested we use a Scripture passage or a spiritual reading that we really absorb or meditate deeply on in order to enter into relationship with God.

We need Christ's strength which is given where we are weak. Brother Bruno de Jesus-Marie

#### **Snippet #15: Meditation**

We have seen how to enter into prayer and how to watch over our 'front door.' But what will happen during this time of prayer? What am I going to do? How will I spend this time? Well, it's a time of meditation. It's a moment when I take a passage from Scripture, from the Bible, perhaps the Gospel passage of the day or a spiritual reading or the writings of my favorite Saint.

It's about taking a short passage. It is not at all a time to read pages and pages. Not at all. It's about taking a short passage to meditate on. In other words, I use my intellect to read and re-read it, to try and understand it. But in addition to my intellect, I allow my heart to transform the passage into prayer that resonates within me. I allow the passage to evolve step by step, word by word.

It has nothing to do with setting a goal to read a certain amount but rather to engage with the text to avoid a wandering mind and distractions. I strive to focus on the One who is waiting for me, who is there in the deepest part of me. The passage is only an excuse to encounter the Christ.

Amen

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