

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)

Even if adoration and silent prayer are two different ways of approaching prayer, they are above all two ways of praying, both having the same goal: union with God. It is not about putting them in opposition with one another but about trying to understand on which internal movements they rely.

God has not reserved contemplation for exceptional beings, he only looks for beings willing to pay the price. Brother Lucien-Marie of Saint Joseph

Snippet #18: Adoration vs. Silent Prayer

Today we are going to look at two different ways of praying that unfortunately are often set in opposition to one another. A discussion often transpires about which one of the two forms of prayer is better, superior over the other. It is a false debate because both adoration and silent prayer have a single and unique goal: union with God.

It depends on each one of us to determine which of these two paths attracts us and will help us the most. The choice is made based on our personal history and spiritual journey. It is important that we do not oppose an individual's choice but rather that we respect the path of each person. In adoration, Christ is present in the Eucharist. The Holy Sacrament is exposed on the altar of a church, a chapel or another dedicated place at specific times of the day or even all day. Here we fix our gaze externally; it then moves towards the interior. We welcome Christ's gaze upon us. His gaze is one of love for us that strips us down, that transpierces us, that allows us to grasp how much we are truly loved by the Father. We strive to respond to him by gazing upon him and loving him.

On the other hand, silent or interior prayer is an inward gaze. We gaze within through the eyes of our hearts. We make ourselves present to the Lord who resides within.

Two different ways of proceeding that have but one unique goal, which is to love Jesus. Amen

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