

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 I pray, if I take the time to put myself in a position of prayer, it is to listen to God. He is there. He is waiting for me. Take the time to pray. It is about making myself available to God with my whole being. Prayer is not about doing but about being.

All the joy that overflows from God's heart into a created soul overflowed from the heart of God into the soul of Christ. Brother Louis de la Trinity

Snippet #19: God speaks, Listen

One of the fundamental attitudes in prayer is to listen. Very often, we feel the need to speak to the Lord. This is secondary. The first thing in prayer is to listen. Listen to the Lord because he speaks to us.

This is why the first prayer the Jewish people say in the morning is: "Listen, Israel." "Shema Yisrael." This welcoming attitude is one of opening our heart to God's message.

One of the great rules of Saint Benedict in the monastic life is to listen to our center.

If we want to advance in our life with Christ and be more united to him, we need to have a heart that listens. We need to strive to put aside all that preoccupies us or that we want to ask God, to be able to listen to him.

One of our primary convictions should be that God speaks. God is not silent. Perhaps he does not speak audibly but rather in the depths of our hearts, through encounters, intuitions and his Word. All of this works within us to discover his presence. Amen

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