

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)

Advent is upon us. It is a favorable time of year. It is a time of waiting. It is a time conducive to preparing our hearts to welcome the coming of the Lord among us.

So why not take advantage of this time to learn to pray, to learn to stand before the Lord and to grow in relationship with Him?

"It is enough to humbly accept being a fragile child, to surrender to the Almighty in order to know what Love is, in order to know the Good One." Brother Bruno of Jesus Mary

Snippet #2: Make a Decision to Pray

So here we are in Advent. It is a rich time offered to us. It is a call to conversion. We are all called to follow this path.

What better way to follow it than through a school of prayer?

A teaching of less than 2 minutes is provided to better discover what prayer is by exploring the basics. Some practical suggestions will be given to help you stick with it.

Saint Teresa of Avila tells us we have to have a 'determined determination' or in other words an energetic determination. We make an act of the will. We make a decision. We recognize that we are ready during this time to pray, to put ourselves in God's presence, to put ourselves in our Lord's school in order to get closer to Him, to live a time of personal conversion that will lead us to His coming.

There is the liturgy, but there is also our personal undertaking that is carried out in prayer. As the saying goes, it is in working with iron that one becomes a blacksmith. It is by praying that one becomes an agent of prayer.

So slow down. Sit down. Take the time to stop and listen to the Lord. Amen.

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