

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)

There is an excellent prayer that Jesus taught: The Our Father. Do you remember in the Gospel when the disciples asked Jesus to teach them to pray? He responds with the Our Father. It is a real treasure that we have the actual words spoken by Our Lord.

Mary confides her secrets to her children. Without realizing it, they resemble her by their freshness and their simplicity. This is very pleasing to Mary. Brother Francois of Saint Marie.

Snippet #22: The Our Father

The Our Father is the most excellent of prayers. You may ask yourself however what it has to do with silent prayer. Well, resorting to the Our Father could be of help to you when you are experiencing dryness and are having trouble making progress.

Jesus taught this prayer to his disciples. Perhaps you remember the episode when they told Jesus what John the Baptist was doing for his disciples. They wondered what Jesus could do for them. Jesus opened his heart and taught them the Our Father. It is a prayer of thanksgiving, a series of requests to the Father. It is the perfect Christian prayer. We are invited to bring it into our hearts, to meditate on it and to make it our own.

In speaking of the Our Father, we are led to remember what Saint Teresa of the Little Flower said in her Manuscript C: "At times, when my soul is in great dryness, it is impossible for me to think a thought that unites me with God. It is then that I recite the Our Father followed by the Angelic Salvation (the Hail Mary). This delights me and nourishes my soul more than if I had recited them hurriedly one hundred times."

Return then to the Our Father when you find yourself in dryness and need to reinvigorate your prayer. Amen

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