

## **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)

The Bible is not just another book. It is the Word of God. It has a special place in the Church as God is present to us through his Word. God speaks to us personally through his Word. How then can we use it during prayer should the need arise?

The mystical experience is in its origins, the sovereign liberty of God giving himself to his creature.            Brother Lucien-Marie of Saint Joseph

#### **Snippet #23: The Role of God's Word**

Yesterday we saw the important place the Our Father has in prayer as it was given us by Jesus Himself. We discovered how the Our Father can help us in silent prayer when we find ourselves in dryness or struggling to pray. In such cases we learned that we can slowly recite the Our Father as did Saint Teresa of the Little Flower in times of trouble.

The Bible is another prayer support that can be used daily and in a general way. It is God speaking to us through his Word as he spoke to the prophets, as he speaks today and as he will continue to speak over time.

We begin by choosing a Bible text. The easiest is to simply take the readings of the day. We can choose between the first reading, the psalm or the Gospel. It is not about reading everything but rather about nourishing our soul through God's Word.

We begin by meditating on the chosen passage to enter into prayer. Prayer is not automatic. It is about entering into a relationship. It needs to be nourished and renewed. What better way to do this than through Scripture where God speaks to us?

Do not hesitate then to have the Word of God next to you during prayer to help you both enter into prayer and continue to pray overtime.        Amen

Prepared by the Discalced Carmelite Friars, Paris, France (translated from French)