

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)

Our spiritual life and our life of prayer both need to be nourished and renewed or else they risk withering away. If it seems obvious to you that we need to eat to live, it is the same thing in the spiritual realm. Our soul needs to be fed. One way to do this is through spiritual reading.

All the joy that overflows from the Heart of Christ spills into the soul of his Mother Mary.
Brother Louis of the Trinity

Snippet #24: Spiritual Reading: Nourishment for Prayer

We have seen the importance of the Our Father and of the Word of God in prayer. Today we will look at the last leg of the Trilogy which is Spiritual Reading. These three tools help us in our relationship with God.

We are well aware that our body needs to eat to survive. It is the same thing in our spiritual life; our soul requires nourishment. Spiritual nourishment is not limited to a single food type. There are a variety of items that nourish our soul: the Sacraments; the Eucharist; confession; individual or group prayer; and, finally spiritual reading. You may enjoy reading about the lives of the Saints or studying their writings. Perhaps you prefer articles that address certain subjects, specific questions or the spiritual life.

As human beings, we need this input otherwise, our spiritual life stagnates either in infancy or adolescence and never reaches adulthood. It is an obligation, if we take our relationship with God seriously, to nourish our soul.

Do not hesitate to use your choice of spiritual writings even having them next to you during prayer where you can take a short passage when you feel yourself in dryness. Amen

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