

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)

Prayer is free. It is important that we do not practice prayer just to ask God for something, either a favor or a grace. We can compare it to a friendship or to a relationship with someone we love. If it is not free, it is not love or friendship. God gives how and as he wishes to give. It is up to us to adopt a receptive and welcoming attitude and not one of continually placing demands on Our Heavenly Father.

God is found in his Law, which puts us in a stable, firm and objective relationship with God that the majority of men need to avoid fantasy and subjectivity. Brother Paul-Marie of the Cross

Snippet #25: Prayer: A Free Gift

Why should we pray you ask? What can we expect from prayer? We could answer that we pray because we hope for something; we want something good to happen in our lives; we have a special intention; or something that is important to us.

We tend to forget that prayer is a gift that is freely given. It is a relationship of love. It is said that when we love, we do not keep score. If prayer is about tit for tat, I will do this if you do that, it is destined to fail.

It is important to have the attitude of freely giving a gift. I am giving God my time without expecting anything in return. I do this simply because I love him and he has given me everything. We need to discover that it is God, himself, who directs our prayer. God gives because he is not stingy. Yet he gives on his terms. He gives when and how he chooses to give. We are not to demand anything of him.

My attitude is a welcoming one so that when God gives me a grace or an answer to prayer, I can simply thank him and not tell myself that I deserved the gift. I strive to adopt an attitude of gratitude. It is only then that I am able to receive; otherwise the relationship is weighed down and on the wrong track. Amen

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