

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)

When we pray, we can ask ourselves how this practice is benefitting us. This unusual question can reveal our need to know if our prayer is in line with God's will. Instead of focusing on what we are getting from prayer, we could talk about the fruits of prayer. If following a time of prayer, we are feeling more loving towards others we are surely moving in the right direction.

Our frailties, our weaknesses, our lack of energy, the Kingdom of God is for the fragile.

Brother Bruno of Jesus-Marie

Snippet #26: Fruit of Prayer

What are the fruits of prayer? How can we know if we are on the right path? How can we know if we are on the wrong path? ... if we are making any progress? ... if we are stagnating? ... or even if we are turning our backs on God?

Often, we attempt to evaluate our time of prayer by telling ourselves that: "It was great!" "It was not so great!" "My heart was on fire!" This judgmental approach is like taking the temperature of our prayer time. This method goes nowhere. It is a dead end.

No, it is more complicated than that. It is more subtle. We need to determine if our relationship with God is good. We need to ask ourselves if we were listening attentively. We evaluate if we were in a conversion dynamic. In other words, we ask ourselves if our love for those around us is increasing? If we are more prone to love others around us, it is certainly a sign that our prayer is going well. If on other hand, we emerge from prayer disgruntled and in a bad mood, there is certainly something in both in our prayer and in our relationship with God that needs attention. These are little signs that can help us to develop a long lasting life of prayer. Amen

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