

## **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)**

God is here. He came to live among men. He came to make his home here. We do not only consider him as a child in a manger because he is born within us. He is born in our hearts. Angelus Silesius, a German priest from the 17<sup>th</sup> century, has a beautiful expression that will not leave us indifferent: “Christ could be born a thousand times in Bethlehem, but if he is not born within you, it is your eternal loss!”

« The absolute starkness of Bethlehem shows us the free and all-powerful intervention of God.”  
Brother Lucien-Marie of Saint Joseph

#### **Snippet #28: God is Born within Us**

We have arrived at the conclusion of this school of prayer. Today is Christmas. God is born. Today a Savior is born. He is not only our Savior but our Hope as well. He comes to illuminate our hearts and shows us the path to follow. We can now follow in his footsteps. Let's take a closer look at his birth. Let us contemplate this newborn who was born into the humblest of all possible conditions. He was born in a stable and laid in a manger. We are not to remain on the periphery of this scene that took place two thousand years ago. It concerns us directly today. His birth touches the deepest part of us. For not only was he born into our humanity but he was also born within us. We welcome his birth in our hearts. His birth meets us in our humanity where God is born within us. I leave you then to meditate on these words during the week of Christmas: God who is born within us. Amen

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