

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)

So, you have decided to make time to pray! To do this, you will have to prepare a prayer corner, because prayer, forgive me the expression, does not fall out of the sky (actually in fact it does). It starts with our decision to pray; for this habit to become long lasting, nothing works better than paying attention to the place where we pray.

Here is the **bonus** of the day: "God loves his people and grants them what is necessary for their survival and their lives. In return, one must seek his Kingdom; it is the principle of reciprocity. Brother François of Saint Mary

Snippet #3: The Prayer Corner

Here we are in the second day of our school of prayer. Today we are going to look at our **surroundings**. Of course, you tell me that we can prayer anywhere and at any time no matter what the situation. That is true, but once we choose to stop each day, with this repetition that will now recur and become a routine, it is important to consider paying close attention to the place that prayer will take place.

This simplest is that it take place at home. A prayer corner is not only for children, but is a place that is really going to help us concentrate and become centered in order to turn towards our Lord. What better than to use a pretty picture or an icon, perhaps a candle so that this special place becomes beautiful to us; that it become a place where we can settle down; a place where we turn our heart towards the Lord.

This special place of prayer invites us into beauty and greatness. It is not a source of distraction but rather a source of prayer. It is here that we can turn our hearts towards him who is already there and waiting for us. So, take good care of this special place of prayer where we will try to meditate daily.

AMEN

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