

## **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)

Not only are your surroundings important to pray well, to try to enter into prayer but, so is the way you enter into prayer, the way you prepare yourself to pray. One does not click from one activity to another as you would with a remote control otherwise you risk disaster. The prayer screen will just never light up!

"For questioning to remain questioning, open the door wider to the Presence and witness in a deeper way the mystery of God. Isn't man always so sure of what he knows? Brother Paul-Marie of the Cross

#### **Snippet #4: Preparation for Prayer**

We have looked at the external surroundings where we pray, our prayer corner. Today we are going to consider our preparation for prayer.

We do not come to prayer in a neutral state. We bring with us all that we have done before. We need to incorporate a **break** before attempting to pray in order to calm down and to be available for this time of prayer. It is important not to only allow five minutes to unload everything and expect to be available to pray. It is important to think about our prayer time well in advance.

We have to take care of our front door. Let's take the example of going to a friend's house to visit. We first ring the doorbell, we wipe our feet and take off our coat before going into the living room to sit down. It is the same thing with prayer. We do not flop down on the couch after entering the room through the window.

We need to take care of this entrance; of the preparation for this relationship; of our coming into contact with God. We make ourselves present to God. To begin we make a beautiful sign of the cross. Then we assume a position, either sitting or kneeling, that allows our bodies to enter into prayer. If we mess up our entrance, we risk messing up this opportunity to pray and unfortunately, both will happen. It is as if the plug were never plugged in.

So pay attention that you prepare yourself well.

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