

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)

I thought of the prayer corner and of the entry into prayer. However, have I thought who am I with, who I am I in a relationship with? Do I truly understand who I am speaking to?

Not so much that I become afraid or intimidated but simply to realize the truth and to enter into a relationship with God, my Creator.

"You prove your love as best you can. A pure eye along with evangelical goodwill, is above all what God asks of man.» Brother Bruno of Jesus Mary

Snippet #5: A Relationship with God

Now that everything in our external surroundings is in order and our preparation is complete, it is important to talk about the relationship.

When I enter into prayer, it is obviously to enter into relationship with God. It is important to realize that it is with him that I am entering into relationship.

Do I do this automatically without realizing the One in whose presence I am? If I do not take my partner, in this case God, into consideration is it because I do not see, hear or feel him?

But he is there and he is waiting for me. I am nothing less than with God. I am baptized. I have the Presence within me. God made me his son (or daughter). I am a child of God. I am therefore entering into a privileged relationship with God.

Become aware of him with whom I am entering into prayer. It is not just anyone, someone I would pass on the street. It is really God, the One who created me. The One who gave me life. The One from whom I receive everything.

I need to take this into consideration during the preparation of putting myself in God's presence.

The One who created us all. Amen