

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)

Saint Teresa of Jesus (of Avila) tells us in the book of her Life: 'Mental (silent) prayer is an intimate business (exchange) of friendship where we speak often one on one with God who we know loves us. (Life 8, 5)

And the **bonus** of the day: 'The Word is waiting for our YES, a bit like he waited for the Virgin's before being made flesh in her womb.' Brother Francois of Saint Mary

Snippet #6: A Friendship

We have seen that we are entering into a relationship with God. But what kind of relationship are we talking about? To respond to this question, I would like to turn to Saint Teresa of Avila who says in the book of her Life:

'Silent prayer is a business (exchange) of friendship where we speak often, one on one, with God who we know loves us. (Life 8:5).

The 'business' of friendship. She is after all the daughter of a merchant and that is what comes to her mind. We can also speak of an exchange of friendship, a friendship. This is what we live with our Lord, this level of friendship. There is a type of equality that is created in prayer as there is with friend. That's right, "as" with a friend, I am not God. He created me but he is offering me his friendship.

We all have friends. We know how that works. We think of them. We can tell them what we have in our hearts. The ties are fortified and unified more and more.

Yes, that is what is offered us in prayer. It is simple. We are asked to let go of what we know to be certain; to truly speak, not with the intellect, but with the heart, as a friend speaks to his friend.

So, this is the path that opens for us today. Enter into this path of friendship, won't you? Amen

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