

## **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)**

Time is precious! There never seems to be enough of it. We even say in our consumer-driven society that **'time is money'**! Time is the mark of our human existence. Time passes. I am going to give God a gift of time; a time for him; a time to pray; a time to be at his side.

And today's **Bonus**:

God's greatest promises are for everyone. Is it not in loyalty to him, during trials, when we see his promises come to pass in our lives? Brother Lucien-Marie of Saint Joseph

#### **Snippet #7 : Set a Time & Hold to It**

There is a subject, which needs to be discussed. It certainly is not an easy one. It concerns setting a time to pray.

When we pray we need to set aside a reasonable amount of time. We are going to be in prayer, remain in prayer and give thanks at the end of the time of prayer. It is up to you to decide on an amount of time that will be beneficial to you –ten minutes, fifteen minutes or more for those who are used to it. Once this time is set, we have to hold to it.

This time is a gift I offer to God. He created me. He gave me life. He gave me his Son, the Christ. He has given me the biggest gift. Therefore, humbly and simply, I offer him the gift of time even if I am bored, the time seems long or I have a ton of things to do. We are all in the same situation.

Therefore, I give God this time. Consider this time like a visit to someone. Maybe nothing happened or I have the impression that nothing happened, but this time belongs to God. It is the most beautiful thing I can do for God. He will be there by my side. He will listen to me. He is there. Amen

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