

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)

We are beings with deep desires that motivate us, that get us to move. Desire is at the heart of human existence. At the root of our desires is the desire for God who causes us to look for him, to thirst to meet him. Let's not be afraid to express to God our desire to meet with him.

“The soul gives life to the body, what brings life to the letter is the Spirit, it is the immaterial breath by which the Christian is likened to the One who is only Spirit and Life.” Brother Louis of the Trinity

Snippet #8: Desire for God

The theme I would like to take up with you today is desire. The desire for God. We are at our core beings of desire. If we have no desires depression often sets in or a lack of interest in anything. Desire is at the heart of human existence. We need it. And among the desires deep within us is a desire for God; a desire to meet him.

We see this in the Gospel with the Samaritan woman. Jesus brings forth the desire living within her. Then there are the miracles where Jesus asks of those he meets: “What do you want?” It seems strange to ask a blind man: “What do you want me to do for you?” Jesus wants to hear their answer; what's going on within them.

The question that we can ask ourselves is: “What do I desire?” “What am I hoping for in my meeting with God?” “Do I really thirst for God?” Not to worry! The desire is there but it is often covered up by a certain number of things that are preventing it from surging forth. It can be likened to a spring that is clogged up and so water is not able to reach the surface.

So, let's dig down for this desire. Let's bring it into the light in order to accomplish the reason we were made which is to meet with God; to be with him, at his side, to render him present.

Amen

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