

## **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)

Our existence is filled with a thousand things to do, activities that enslave us. We run here and there. We worry about external things in our lives while God awaits us within. God is present within us. Let's stop and pay attention to his presence within.

'Isn't there already in acceptance of a situation that our will demonstrates an authentic humility of spirit.' Brother Paul-Marie of the Cross

#### **Snippet #9: Inner Life- God present within all**

Yesterday we spoke of the desire that lives within us. Today I want to continue along the same lines by talking to you about the inner life or interiority.

We have lives that are busy often very busy. The restrictions imposed in our current lives have allowed us to center ourselves; to move from the exterior to the interior. One of the great actions in prayer, when we stop and put ourselves in his presence, is that we move from the outside where there is often a lot going on causing us to flit around, to the inside.

From the moment of our Baptism, God is present within us. He makes us children of God, Sons of God. If I look within there is the presence of God. Know that we are inhabited by God. It is a marvelous treasure. It is what happens during silent prayer, I make myself present to the One who is already present, who lives within me and who waits for me in the deepest part of myself. So, let's center ourselves, concentrate and be attentive to the presence of God within us. He waits for this. He waits for us to look within. This is why we often close our eyes when we pray to not be scattered so that we can be more attentive, to open another look within. Amen

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