

## The Way of Perfection

### Part 5: Our Father

“Hallowed be Thy Name,  
Thy Kingdom Come” (Prayer of Quiet)  
Chapter 30 (summary)  
Saint Teresa of Avila

**Chapter 30** The importance of understanding what is being asked for in prayer. Deals with the next words of the Our Father:

*Sancificetur nomen tuum, adveniat regnum tuum* (Hallowed be Thy Name, Thy Kingdom Come). Applies these words to the prayer of quiet and begins to explain this kind of prayer

Is there anyone, however foolish, who when asking for something from an important person doesn't think over how he should go about **asking**?... especially if asking for **something significant**, which is what our good Jesus **teaches** us to **ask for** ...

Couldn't You, my Lord, have concluded the Our Father with the words: “**Give us, Father, what is fitting for us**”? It doesn't seem there would have been need to say anything else to One who understands all so well.

**2.** ... Jesus, between you and Your Father these words would have sufficed. Your petition in the garden was like this. You manifested your own **desire and fear**, but You **abandoned** them to **His will**. Yet, You know that we are not as **surrendered** to Your **Father's will** as You were. You made those **specific requests** to cause us to **pause** to **consider** if what we are seeking is good for us ...

Not given what we want, being what we are, with our **free will**, we might not **accept** what the Lord gives. What He gives is better but we don't see that.

**3.** It is a pity to have so **unawakened** a faith that we never fully understand the **certainty** of **punishment** and **reward**!

Strive to understand daughters what you ask in the Our Father, so that should the Eternal Father offer it to you, you will not scoff at it. ... **Ask His Majesty** to give you **light**, because we are **blind** and despise **food** that will give us **life**. We want the food that will bring us an **everlasting death**!

What are we asking for, daughters, when we ask for this **kingdom**? ... His Majesty saw that we could not **hallow** (or bless), nor **praise**, nor **glorify His holy name** in a fitting way ... so He provided for us by **giving us here on earth His kingdom**. This is why Jesus put these two petitions next to each other ... It is important for us to beg persistently for it and do what we can to please the One who gives it to us ...

**5.** There are many **blessings** in the **kingdom of heaven** : one will no longer take into account earthly things; all will have a **calmness** and **glory** within and **rejoice** that all are rejoicing; one will experience perpetual **peace** and **inner satisfaction** resulting from seeing that everyone **hallows** and **praises** the Lord, and **blesses** His name.

No one offends Him. All love Him there. The soul only thinks of loving Him. It cannot cease loving Him because it now knows Him.

If we could only love Him like that here below, though without perfection. But if we **knew** Him, we would love Him differently from the way we do love Him.

**6.** It seems I am saying we would have to be **angels** to make this petition and recite our **vocal prayers** well.

Our divine Master ... asks us to make this **lofty petition**, and He certainly doesn't tell us to ask for the **impossible**.

By God's favor, the above (Thy kingdom come) is possible for a soul in this exile ... for we are at sea and journeying along the way.

At times, when we **tire** from our travels, the Lord **calms our faculties** and **quiets the soul**.

He gives us a **foretaste** of what will be given those He brings to His kingdom.

To those to whom He gives here below the kingdom we ask for, He gives pledges to give hope of **enjoying perpetually** what on earth is only given in **sips**.

**7.** This petition would provide a good opportunity to speak a little about the **beginnings of pure contemplation**. Those who experience this prayer call it the **prayer of quiet**.

It may seem to some that vocal prayer doesn't go with contemplation; but I know it does. It is possible that while **praying vocally** a person is raised by God to sublime **contemplation** ... It's because of this that I

insist, daughters, upon your reciting vocal prayers well.

I know a person who was only able to pray vocally, but experienced everything else. If she didn't pray vocally her **mind wandered** so much she couldn't bear it...

She once came to me afflicted that she didn't know how to practice **mental prayer** nor could she **contemplate**; she could only pray vocally.

I asked her how she was praying. She was tied to the Our Father, but experienced **pure contemplation**. The Lord was raising her up and joining her with Himself in **union**.

From her behavior, it seemed she was receiving great favors. So I praised the Lord, and envied her for her vocal prayer.

Those who **resist contemplation**, don't think yourself **free** from being a **contemplative** if you recite your **vocal prayers** as they should be recited, with a pure conscience...

Amen