

# The Structure of Man

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The **Challenges** we face in **interior prayer** & **what happens** to us in **Prayer**.

In our society today, we have a problem knowing who we are and what goes on inside of us. We tend to **live on the surface of ourselves** and to define ourselves by the **roles we play in society** and/or in **relationship with one another**. We have trouble identifying what happens within ourselves but, there are however **guideposts**, 'maps' to help us navigate within.

## Part 1 **We are Complex Beings**

### 1/ The Human Being is Multi-dimensional:

We are **not** a **solid block**: this is one of the first important things to know about ourselves.

**Example** of cutting the finger, only the part cut hurts not the whole body.

Bringing this idea to our **interior world**, into our **prayer**, something can happen at one level of the soul while the other levels are not affected.

People get discouraged though & give up because of the distractions on one level but we have several realities within us. These different levels have to gradually be discovered. We realize we are complex beings.

**Self-Discovery or Self-Knowledge**: We progressively learn who we are. One of the **first fruits** of prayer is the discovery of **ourselves**. Once we begin to learn to live less at the **surface of ourselves**, we see our poverty, we learn that we are **incapable** of praying as we ought, we yawn, get bored, get distracted, look at our watch.