

PRAYER

"... prayer in my opinion is nothing else than an intimate sharing between friends; it means taking time frequently to be alone with Him who we know loves us."

+ St. Teresa of Jesus

Life

MEDITATION- the ordinary use of our mental powers in searching for God, under the guidance of divine grace

"By meditation I mean much discursive reflection with the intellect in the following way: we begin to think about the favor God granted us in giving us His only Son, and we do not stop there, but go on to the mysteries of His whole glorious life; or we begin to think about the prayer in the garden, but the intellect doesn't stop until He is on the cross; or we take a phase of the Passion like, let us say, the arrest, and we proceed with this mystery considering in detail the things there are to think of and feel about the betrayal of Judas, the flight of the apostles, and all the rest; this kind of reflection is an admirable and very meritorious prayer."

+ St. Teresa

The Interior Castle

Meditation aids

Introduction to the Devout Life by St. Francis de Sales

Spiritual Exercises of St. Ignatius Loyola

Sadhana: A Way to God by Anthony de Mello

ATTITUDES:

1. Attention- why it's called "mental prayer"

2. Affection- "the important thing is not to think much but to love much" (St. Teresa, The Interior Castle)

3. Christ-centered

Methods

1. Reading

"I have always been fond of the words of the Gospels...and found more recollection in them than in very cleverly written books."

+ St. Teresa

The Way of Perfection

Lectio Divina

Employing the lips

The mind

The heart

The spirit

2. *Images*

3. *Intuition*

When you looked at me
your eyes imprinted your grace in me;
for this you loved me ardently;
and thus my eyes deserved
to adore what they beheld in you.

Do not despise me;
for if, before, you found me dark,
now truly you can look at me
since you have looked
and left in me grace and beauty.

+ St. John of the Cross
The Spiritual Cantic

4. *Existential reflection*

5. *Affective prayer*

6. *Recollection*

"...the soul collects its faculties together and enters within itself to be with its God."

+ St. Teresa
The Way of Perfection

"...let us live with God as with a friend, let us make our faith a living faith in order to be in communion with Him through everything, for that is what makes saints. We possess our Heaven within us, since He who satisfies the hunger of the glorified in the light of vision gives Himself to us in faith and mystery, it is the Same One! It seems to me that I have found my Heaven on earth, since Heaven is God, and God is in my soul."

+ Blessed Elizabeth of the Trinity

Food for thought & prayer

Deuteronomy 4:29

Jeremiah 29:13-14

II Chronicles 15:2

Matthew 7:7

Exodus 33:11

Psalms 25:5; 27:14; 37:7; 123:2

Luke 10:38-42

"Acquire inward peace, and a multitude around you will find their salvation."

+ St. Seraphim

"...especially in these times...staunch friends of God are necessary to sustain the weak."

+ St. Teresa

Life