



Praying With St Teresa of Avila

Teresa advised self awareness when beginning prayer. Spend a few moments with these three focus thoughts before beginning prayer. It will be helpful to write your response to these prayer exercises.

When I pray:

Who am I talking to? Who is making this prayer?

What is the object of this prayer?

Write a one page "love letter" to the One to whom you pray.

†

Teresa taught us that we should begin and end prayer with an examination of our conduct, our motivation, and our relationship with God. Consider:

What part of my life have I withheld from God ?

What do I need to forgive?

To whom must I show mercy?

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In "The Way of Perfection" Teresa encourages us to begin prayer time each day with these steps:

- 1.) vocal prayer.... The Lord's Prayer
- 2.) Imaginative prayer ; focus on an image of Jesus, imagine his presence.
- 3.)spiritual reading- scripture, inspirational texts.

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Praying with St. Teresa of Avila
Prayers and meditations compiled by Monica Armstrong

Pray with Teresa's words-

Let nothing disturb me,
Let nothing affright me,
All things pass.
God is unchanging,
Patience obtains all:
Whoever has God
Needs nothing else,
God alone suffices.
Amen

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Rest, my sister. Invite God in for a cup of tea and a chat.
“Sacred Spouse, my love, come, sit with me.
Share with me your sorrows and abundant joy, and I will give you mine.”

†

Dear one,
Know that in God’s heart, your soul is perfection.
In prayer, our temptation is for self doubt, not to believe in the wonder of it
all. Lift up your spirit and those of others, in word and action. Pray:

“Lord, strengthen me to live and speak my truth.
Help me to accept my limitations with self compassion. Let me neither
dominate nor live in servitude. Show me the way to nourish my gifts, for my
good and the good of others. “

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Go into silence, imagine the most inner room of your soul. With each
breath spiral into your center, to meet your soul. Brightness and peace fill
you. Rest there, in gratitude for divine Presence.