

# Prayer 1 : Yielding to Love



Hosea 2:14, 20

“I have betrothed you  
to myself  
in tenderness

## What is Prayer?

Therese of Lisieux:

“Prayer is a surge of the heart;  
a simple look turned towards God,  
a cry of recognition and love,  
embracing both trial and joy.”

Teresa of Avila:

“Prayer is an intimate sharing between friends ...  
taking time frequently to be alone  
with we One who we know loves us.”

“Look at him. He never takers his eyes off you.”

John of the Cross:

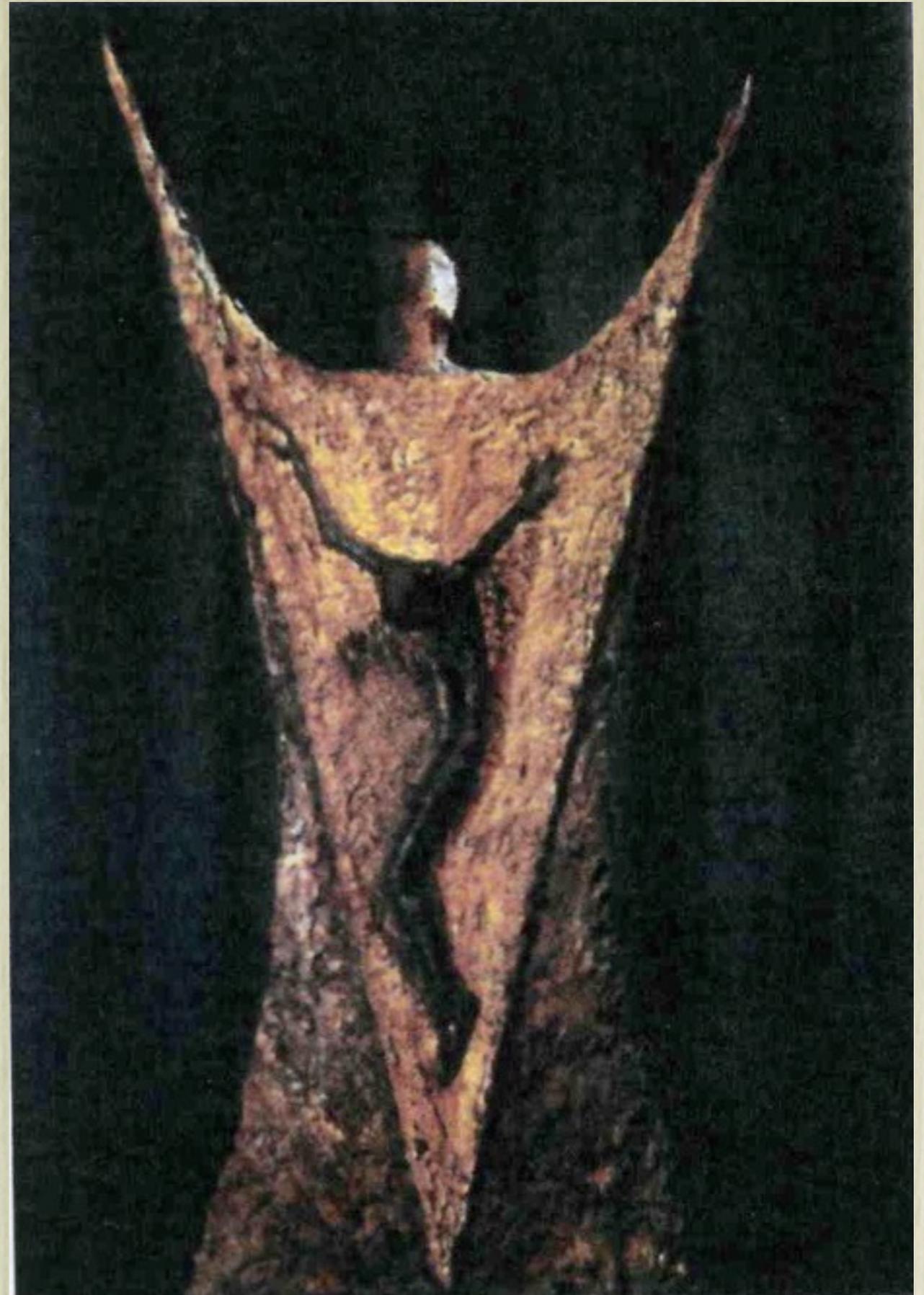
“The language God hears best is silent love.”

## Jesus' prayer

‘In the morning, while it was still very dark, he got up and went out to a deserted place, and there he prayed’(Mark 1:35).

‘Jesus went out to the mountain to pray; and he spent the night in prayer to God’(Luke 6:12).

‘Jesus was praying alone, with only the disciples near him’(Luke 9:18).





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- ‘I am in the Father and you are in me and I in you’(John 14:20).
- ‘I pray that they will be one as we are one, with me in them and you in me’(John 17:21).



- ‘I have revealed you to them and will continue to do so, so that the love with which you loved me may be in them, and so that I may be in them’(John 17:26).

Jesus gives us his heart



Matthew 11:28-29

“I have come to cast fire upon the earth,  
and how I wish it were blazing already.” (Luke 12:49)

Teilhard de Chardin

‘Some day,  
after harnessing space,  
the winds,  
the tides  
and gravitation,

We shall harness for God  
the energies of Love.

And then,  
for the second time in the history of the world,  
we shall have discovered fire.’

- Experience of love is a sacred encounter
- Being attentive to this encounter = prayer
- Beauty of those who are caught up in the divine
  - and express their experience in art
  - especially the art of loving.

James McAuley (1917-1976) on prayer

Incarnate Word, in whom all nature lives,  
Cast flame upon the earth: raise up contemplatives  
Among us, men who walk within the fire  
Of ceaseless prayer, impetuous desire.  
Set pools of silence in this thirsty land:  
Distracted men that sow their hopes in sand  
Will sometimes feel an evanescent sense  
Of questioning, they do not know from whence.  
Prayer has an influence we cannot mark,  
It works unseen like radium in the dark.

(from *A Letter to John Dryden*).

John Henry Newman



Saint Dominic

“Dear Jesus,  
Help me spread Your fragrance  
everywhere I go.  
Flood me with Your Spirit and Life.  
Penetrate and possess my being so utterly  
that all my life  
may be only a radiance of Yours.  
Shine through me and be so in me  
that every person I come in contact with  
may feel Your presence in my soul.”