

"BEING WITH THE ONE WE KNOW LOVES US



REFLECTION

Praying, said Saint Teresa, is **"being with the one we know loves us."** A simple definition, but at the same time profound and demanding. It is entering into a living relationship of friendship with the One who never takes his gaze off us. Prayer is encounter, it is trust, it is letting our hearts rest in Jesus.

The Gospel reminds us that He calls us friends, not servants (Jn 15:15). This friendship is neither theoretical nor sentimental: it is expressed by remaining in His love, by letting Him dwell in us, when we live in joy and the new commandment: "Love one another as I have loved you" (Jn 15:12).

Prayer is the place where we learn to love as Jesus loves: by giving our lives, forgiving, and serving. Jesus himself teaches us the way in the Lord's Prayer (Mt 6). To pray is to enter into intimacy with the Father, without pretense or empty words, with the confidence of children. Prayer frees us from excessive words and invites us to the truth of the heart.

St. Teresa advises us to imagine the Lord as our Teacher and Friend, to have him at our side, to look at him, to talk to him with simplicity, as we talk to those we love. She does not ask for complicated ideas, but for loving attention: **"I ask nothing more than that you look at him."**

Saint Henry de Ossó, her disciple, insists that prayer must bear fruit: to love more, to work better, and to cultivate virtues: **"The purpose of prayer, however lofty it may be, is to do works that show our love for God"** (Quarter Hour of Prayer. Dialogue 1 with Saint Teresa). Prayer does not end in itself: it is a school of life and dedication.

To pray is to stop looking outside ourselves and recognize that God dwells within us, that Christ is always with us, that his love is faithful. It is learning to live, not only with beautiful words, but with concrete deeds.

The power of Teresian prayer lies in making us aware that we are always in God's loving presence, and that this certainty transforms our lives.



TEXT OF THE WORD JOHN 15:9-17

As the Father loves me, so I love you. Remain in my love. But you will only remain in my love if you keep my commandments, just as I have kept my Father's commandments and remain in his love. I have told you this so that you may share in my joy and your joy may be complete. My command is this: Love each other as I have loved you.

Greater love has no one than this: to lay down one's life for one's friends. You are my friends if you do what I command. I no longer call you servants, because a servant does not know his master's business. I call you friends, because I have made known to you everything I have heard from my Father.

You did not choose me; I chose you. And I have appointed you to go and bear fruit—fruit that will last. Then the Father will give you whatever you ask in my name. What I command you is to love one another.”



CHARISMATIC TEXT BY ST. TERESA OF JESUS. THE WAY OF PERFECTION, CHAPTER 26, 1-10

*Try, then, my daughter, since you are alone, to have company. Imagine the Lord himself with you and see with what love and humility he is teaching you. And believe me, as long as you can, do not be without such a good friend. If you get used to bringing him to you and he sees that you do so with love and that you are trying to please him, you will not be able to send him away, as they say; he will never leave you; he will help you in all your work; you will have him everywhere: do you think that such a friend at your side is not enough? **I am not asking you now to think about Him or to form many concepts or to make great and delicate considerations with your understanding; I am only asking you to look at Him...***

For your Spouse never takes His eyes off you, daughters... and is it too much to ask that, taking your eyes off these external things, you look at Him sometimes? See that He is waiting for nothing else, as He says to His spouse, but that we look at Him. As you love Him, you will find Him. He is waiting for us to look at Him again, and He will not fail in His diligence

QUESTIONS FOR PRAYER

Do I experience prayer as an encounter of friendship?

Do I allow myself to be loved by Jesus in prayer?

How can I love more and serve better in the concrete realities of each day?



FINAL PRAYER

Lord Jesus,
faithful Friend and Teacher of prayer,
here we are to be with you,
knowing that your gaze envelops us with love.

Teach us to gather ourselves in your presence,
to speak to you with simplicity, to listen to you with our
hearts,
to remain in your love.

May our prayer not remain mere words,
but become life in works of love,
in gestures of forgiveness, in generous service to our
brothers and sisters.

Make us your disciples,
capable of living with confidence, humility, and joy,
because You live in us and we live in You.

Amen