

Prayer Tips from St. Teresa of Avila

If you have been struggling with prayer, start with this advice from Saint Teresa of Avila:

Pay attention// Saint Teresa warns against mindless prayer. She insists that attention on the Beloved is necessary for productive prayer. Teresa definitely understands the distractions we endure as humans and speaks to those as well, but she encourages us to always bring our minds back to the Lord. How can we draw our attention to Him again and again [today](#)”

Treat Him with intimacy// Saint Teresa emphasized true intimacy with Jesus in prayer. She spoke to Him as a dearest friend, a spouse, and shared that level of commitment and communion with Him. She spoke with Him about everything, knowing that He cares about the smallest details of our lives. How can we bring everything to Jesus, even what we deem silly or inconsequential?

Be authentic // To this end, Saint Teresa was always authentic with Our Lord. She held nothing back. Part of the reason she was able to reach such heights of mysticism was because she was willing to be vulnerable and allow the Lord into every part of her heart. She was honest with Him and faithful to Him no matter the cost. How can we be more honest in prayer?

Let nothing disturb you,
Let nothing frighten you,
All things are passing away:
God never changes.
Patience obtains all things
Whoever has God lacks nothing;
God alone suffices.

-- St. Teresa of Avila