

## The Pray More Retreat Study Guide



### **St. Teresa of Avila's Prayer Philosophy**

by Katie Warner

“Prayer is an act of love; words are not needed. Even if sickness distracts from thoughts, all that is needed is the will to love.”

– St. Teresa of Avila

### **Reflective Questions**

- Examine your own prayer life. Do you pray sometimes, or do you pray always?
- What are some small ways you can add prayer into your life -- in just moments throughout the day?
- Are there ever moments throughout the day that your mind wanders off? Think of how you can use those moments to bring your mind and heart back to prayer and back to God.

### **A Prayer by St. Teresa of Avila**

“May today there be peace within.  
May you trust God that you are exactly where you are meant to be.  
May you not forget the infinite possibilities that are born of faith.  
May you use those gifts that you have received, and pass on the love that has been  
given to you.  
May you be content knowing you are a child of God.”

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Let this presence settle into your bones, and allow your soul the freedom to sing,  
dance, praise and love.

It is there for each and every one of us.”