



Session 2: Praying with the Saints / St. Teresa of Avila

Speaker: Dr. Josephine Lombardi

1. In discussing the Universal Call to Holiness, Dr Lombardi suggests that God will reveal to each of us aspects of our personality and our life in need of healing and restoration, in need of understanding and forgiveness. Reflect upon this statement as it applies to you.
2. Dr. Lombardi suggests that the Saints model for us the humility that we cannot achieve holiness on our own – that “we’re going to struggle, we’re going to have moments of doubt, that we’re going to be challenged to trust God when a very difficult situation comes our way.” Reflect upon a time when God’s healing grace brought light into your life during a challenging time.
3. In her book The Interior Castle, St. Teresa uses the analogy of a castle to describe the journey that the human spirit passes through over a lifetime dedicated to prayer. She proposes seven levels or “mansions”, each one bringing us closer to the heart of God. Situate yourself in that journey. Where are you in your own journey of faith at this time? What goals do you have in your own faith development?