



Pearls from Day 3: How We Learn About Mental Prayer – Catholic Spiritual Tradition

Our goal is not just Heaven but holiness (and thus happiness) in this life. Everything else in life is secondary to this goal, because this goal encompasses our entire life.

Mental prayer is an indispensable element of achieving this goal because it is key to our relationship with God (and neighbor).

Therefore, we need the best guide available for our journey through mental prayer, and all of life. Catholic spiritual tradition (CST) is that guide (note, we will typically use Catholic and Christian interchangeably). Four, out of many, reasons are that it is Divine, Ancient, Complete and Universal.

Divine: God created the Church (Christ says to Peter, “on this rock I will build my Church”). And, Christ is the Church (Christ says to Paul, “why are you persecuting *Me*”). The Church has continuously explored and shepherded this tradition since Christ’s ascension.

Ancient: CST’s roots go back to Creation itself. God’s initiative to grow His relationship with man traced through Old Testament covenants, patriarchs and prophets. Spiritual truths in the OT predate all other world religions by centuries. Jesus perfects this tradition and the Church has expanded proclaimed it for the next two millennia.

Complete: CST has the fullness of God’s revelation, there is no need to look elsewhere. Any other spiritual tradition has at best only small rays of truth and much that can be harmful.

Universal: Catholic means “universal”. CST is for all peoples, in all places and all times. Christ sent His disciples to all the nations. The Saints come from all corners of the globe and all facets of life. And we will find CST applies perfectly to our life whatever our circumstances and wherever we are in our relationship with God.

These four considerations are similar and related to the 4 marks of the Catholic Church – One, Holy, Apostolic and Catholic.

It must be said, that the fulness of the Christian faith is in the Catholic Church. Not only that – but the fulness of supernatural life as well. It is through the Sacraments of the Church that we are able to sustain the indwelling presence of the Holy Spirit.