



## 02 FORMATION MATERIAL (February 2026) INTERNATIONAL COMMISSION FOR THE REVISION OF THE CONSTITUTIONS OF 1991

### VIDEO BY FR. EMILIO MARTÍNEZ

Dear sisters, in this second video, we address the topic of "TERESIAN LIFE," which is present in the draft constitutional table of contents (see Part I, Chapter 3).

We know from our own experience what it means to follow Jesus in the manner of Teresa, and the need to *always to advance from good to better*. Therefore, at this historic moment, as we face our constitutional revision, we want to address this topic that is so essential for us.

To help us on this journey, Fr. Emilio, drawing also on the wisdom with which Frs. Tomás Álvarez and Maximiliano Herráiz reread Teresa, offers us a profound and concise reflection on some points of the Teresian charism in the context of the constitutional revision process. Here are some key points from the video:

- **A story:** the four major works of the Holy Mother can be approached as a story about our life from the image of building a *home*.
- **“Being such:”** a *home* where one learns *to be such*; to be prayerful, rather than to make prayer.
- **A Relational key:** *relationships* are the foundation of being prayerful. That is why Teresa speaks of love for one another, detachment, and humility as the basic dispositions for an authentic life of prayer.
- **A Way of proceeding:** internalizing the *style of sisterhood and recreation*, of community life, is the teaching that Teresa of Jesus offers to Fray Juan (and to us) in order to build the *home* of the Discalced friars in the image of that of the Discalced nuns.
- **The Teresian community:** a close bond of mutual association between the *relationship between the sisters* and the *relationship with Jesus*, which is projected as an ecclesial mission.
- **Mission:** *to draw souls* and please Jesus. To fall in love is the ecclesial service of a life of prayer in freedom, self-giving, and responsibility.

What other points developed by Fr. Emilio are important for re-reading and living our charism today?

Why does the process of constitutional renewal lead us to Fray Juan's visit to Valladolid? What does this mean specifically for my personal and community life?

Faced with the challenge of constitutional revision, to what extent does our search focus on "*what we should be*" rather than "*what we have to do*"?

The image of *home* and *relationships* is the foundation of a prayerful life. How are we building our "*home*" today through the quality of our relationships with each other and with God?

The constitutional index seeks to translate that *home* into legal language, as a space to grow in love. How can we ensure that our laws are not just structures, but the "foundations of the house" that allow us to live today the "style of sisterhood and recreation" that Teresa wanted?

Given that the index presents detachment and humility as virtues that link fraternal life with prayer, can the constitutional text help to balance "personal projects" so that our community life is truly a "treasured treasure" that we wish to communicate to the world as a community ecclesial mission in "creative fidelity"?

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These questions are only meant to encourage community dialogue about our life.

## **IT IS NOT NECESSARY TO SEND RESPONSES**

*The International Commission*