

"O God, I want so to belong; teach me to accept.

I want to be close; teach me to reach out.

I want a place where I am welcome; teach me to open my arms.

I want mercy; teach me to forgive. . . .

I want life; show me how to die."

TED LODER

WELCOMING PRAYER

Desire	to welcome Jesus into every part of my life, body, circumstances and relationships
Definition	Welcoming prayer is a way to detach from my need to be secure, liked and in control, and attach to the presence of Jesus instead.
Scripture	<p>"Your kingdom come. Your will be done on earth as it is in heaven." (Matthew 6:10)</p> <p>"Do not judge, or you too will be judged. For in the same way you judge others, you will be judged, and with the measure you use, it will be measured to you." (Matthew 7:1-2)</p> <p>"Whoever welcomes one of these little children in my name welcomes me; and whoever welcomes me does not welcome me but the one who sent me." (Mark 9:37)</p> <p>"Whoever wants to save his life will lose it, but whoever loses his life for me will find it." (Matthew 16:25)</p>
Practice Includes	<ul style="list-style-type: none">• doing a body scan and inviting Jesus into the tightness, numbness and pain held in the body• practicing three movements of letting go and one movement of acceptance<ol style="list-style-type: none">1. I release my need to please people in this situation. Welcome, Jesus, welcome.2. I release my desire for security in this situation. Welcome, Jesus, welcome.3. I release my need to control this situation. Welcome, Jesus, welcome.4. I receive what is. I let go of my desire to change reality. Welcome, Jesus, welcome.
God-Given Fruit	<ul style="list-style-type: none">• increases awareness of triggers and the things that drive and control you• ability to let go of the agenda and risk on God• surrender of control• growing awareness of the presence of Christ in the events of your life• growing emotional health

“Several times during the day, . . . ask yourself for a moment if you have your soul in your hands or if some passion or fit of anxiety has robbed you of it. . . . Quietly bring your soul back to the presence of God, subjecting all your affections and desires to the obedience and direction of his divine will.”

ST. FRANCIS DE SALES

PRACTICING THE PRESENCE

Desire	to develop a continual openness and awareness of Christ’s presence living in me
Definition	Practicing the presence is an invitation to see and experience every moment as a gift of God. It is to live alive to union with the Trinity.
Scripture	<p>“Your new life, which is your real life—even though invisible to spectators—is with Christ in God. He is your life. When Christ (your real life, remember) shows up again on this earth, you’ll show up, too—the real you, the glorious you. Meanwhile, be content with obscurity, like Christ.” (Colossians 3:3-4 <i>The Message</i>)</p> <p>“The word is very near you; it is in your mouth and in your heart so you may obey it.” (Deuteronomy 30:14)</p> <p>“You have your heads in your Bibles constantly because you think you’ll find eternal life there. But you miss the forest for the trees. These Scriptures are all about me! And here I am, standing right before you, and you aren’t willing to receive from me the life you say you want.” (John 5:39-40 <i>The Message</i>)</p>
Practice Includes	<ul style="list-style-type: none"> • developing a rhythm of living that brings God to mind throughout the day • intentionally recollecting yourself before God as you engage in the activities and duties of life • seeking to see others through the eyes of God • stopping throughout the day to listen to God • carrying or placing symbols in your office and home that remind you of Christ’s presence • using breath prayer, centering prayer
God-Given Fruit	<ul style="list-style-type: none"> • keeping company with Jesus all day long • having a deeper union with Christ • living a new way of <i>being</i> by letting go of your need to manipulate, compete and control • living as though the present moment has no competition • receiving each moment as sacred • abiding in Christ so that you see him in those who drain, irritate and anger • seeing yourself through God’s eyes rather than the eyes of others • finding Christ as your joy, sorrow, emptiness and fullness • remaining open and teachable at all moments • growing in awareness of your constant need of God