



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: *"Your kingdom come. Your will be done, on earth as it is in heaven." (Matthew 6:10)*

God-given fruit:

- *surrender of control, learning to let go with God*
- *growing awareness of the presence of Christ in the events of your life.*

Reflection Questions:

1. *When are you most likely to want to control an event or person? What happens to you when you want to control?*
2. *What happens when you start to judge reality, yourself and others?*

Spiritual Exercises:

1. *This week make a point to notice when you are triggered by a person or event. Invite Jesus into the event with the words "Welcome, Jesus, welcome."*
2. *In the morning scan through your day. Anticipate the events and what will be good or hard. Welcome Jesus into these events before you enter your day and in the midst of the day.*

For more information on the welcoming prayer visit:
www.contemplativeoutreach.org/welcoming-prayer