

*"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

—From *Spiritual Disciplines Handbook*, Adele Ahlberg Calhoun, p. 287