

Welcoming prayer is a contemplative approach to prayer that helps us welcome the presence and activity of God's Spirit in all the ordinary moments of daily life. You can practice welcoming prayer either by setting aside some time each day (20 minutes is common) or by keeping this tool in your "back pocket" to use during the day when you feel distracted or overwhelmed.

"The welcoming prayer is a practice of 'letting go' in the present moment in the ordinary routines of daily life. ...Contemplative prayer is aimed at transforming daily life with its never-ending round of ordinary activities." - Fr. Thomas Keating, *Open Mind, Open Heart*

1. **Focus and sink into** the thoughts and emotions that are rising within you. What are you feeling? Where in your body do you sense these emotions? Notice and name your feelings and sensations. Give yourself permission to feel them. Become curious about your emotions. (e.g. What is it like to feel anxious?) Stay in this step for as long as you need to become aware of and really feel what you are experiencing.
2. **Welcome God** into the feeling, emotion, thought, sensation, or inner commentary. Consent to God's presence and activity in your soul. Stay in this step for as long as it takes for you to sense that God is present and that you are genuinely open to God.
3. **Let go** in the presence of God by surrendering your desire to change or fix what you are feeling. Let go of your desperate demands:

I let go of my desire for security and control.

I let go of my desire for esteem and affection.

I let go of my desire for power and control.

I let go of my desire to change a situation, condition, person, or myself.

4. **Allow** God to use the feeling or emotion, thought, or sensation to teach you.

I open to the love and presence of God and the healing action of grace within.

I allow God and my inner disturbances to give me the message I need to receive.

See page 2

The Original "Welcoming Prayer" created by Mary Mrozowski (1925-1993)

Gently become aware of your body and your interior state.

Welcome, welcome, welcome.

I welcome everything that comes to me in this moment
because I know it is for my healing.

I welcome all thoughts, feelings, emotions,
persons, situations and conditions.

I let go of my desire for security.

I let go of my desire for approval.

I let go of my desire for control.

I let go of my desire to change any situation,
condition, person, or myself.

I open to the
love and presence of God
and
the healing action and grace within.