



Spiritual Practice: The Welcoming Prayer

Materials needed: Copies of prayer

If you are using this guide for a group gathering your preparation may include the following - Take time to read through this prayer before participating in the prayer as a group. Print out copies for each person, or email it to everyone ahead of time.

This week's Spiritual Practice is a prayer by Father Thomas Keating meant to help us surrender to God the many feelings that inevitably surface in the midst of our daily lives. It is a reminder that all of life is invitation to explore the narratives we live by and to orient our lives to Divine Love.

Before reading the prayer we invite you/everyone in the group to sit comfortably, with your palms open and eyes closed – notice what words or parts of the prayer seem to stick out more than any other. Read through the prayer the first time slowly. When finished, consider on your own or ask the group to spend a few minutes in silent conversation with God about the words or parts that stuck out and why.

After a few minutes in silent prayer, say the prayer aloud or invite the group to say the prayer aloud together.

THE WELCOMING PRAYER
BY FATHER THOMAS KEATING

Welcome, welcome, welcome.
I welcome everything that comes to me today
because I know it's for my healing.
I welcome all thoughts, feelings, emotions, persons,
situations, and conditions.
I let go of my desire for power and control.
I let go of my desire for affection, esteem,
approval and pleasure.
I let go of my desire for survival and security.
I let go of my desire to change any situation,
condition, person or myself.
I open to the love and presence of God and
God's action within. Amen.