




LOVINGKINDNESS PRAYER

Lovingkindness Meditation is a form of prayer in which one gradually extends compassion to the world. The intent of this type of prayer is to increase our love and connection with ourselves and all people.

Begin with a simple prayer for yourself. Next, pray the same prayer for someone you love. Repeat this as you extend the prayer to someone in your community that is struggling, then for a difficult person in your life, and finally, for all the people of the world.





Offer this prayer of

lovingkindness

first, to yourself

second, to someone you love

next, to someone in your community

finally, to all the world

MAY YOU EXPERIENCE GOD'S MERCY



MAY YOU EXPERIENCE GOD'S PEACE



MAY YOU EXPERIENCE GOD'S LOVE



You can repeat this prayer,
spending as long as you would
like on each person, for anyone
past, present, future.



ASBURY
UNITED METHODIST CHURCH

