



# WELCOMING PRAYER

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## 1. Recognize your feelings

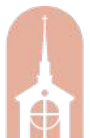
- Sit with your feelings, nonjudgmentally
- Then welcome your feelings

## 2. Recognize God

- Welcome God
- Invite God into the moment
- Admit God's presence in all of your feelings

## 3. Let Go of your feelings

- Release the feelings you named to God
- Let go of the need to control yourself & others
- Be free in the presence of God



# 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.*



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