



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 blessing for yourself or someone you love. Repeat this as you extend the same blessing in an ever widening circle to include gratitude and love for all the people of the world.





Offer this prayer of

gratitude and lovingkindness

first, to someone for which you are thankful

Second, that person repeating it back to you

Third, to yourself

Lastly, to the world

MAY YOU BE AT PEACE



MAY YOU BE SAFE & PROTECTED



MAY YOU BE MADE WHOLE



MAY YOU BE AT EASE



I AM GRATEFUL FOR YOU



ASBURY
UNITED METHODIST CHURCH

