



WELCOMING PRAYER

1. Recognize your emotions

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

2. Recognize God

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

3. Let Go of your emotion

- Release the emotion 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.

