

The Welcoming Prayer Practice

The Welcoming Prayer Practice is a relatively short and easy form of contemplative prayer. This information is taken from a Contemplative Outreach audiotape produced by the organization founded by Thomas Keating. The practice originated with a Benedictine Sister from the organization. The basic premise is that these normal human desires separate us from God, and in that sense can be considered a form of sin. Attempting to let go of these desires allows us to acknowledge our dependence upon God, strengthen and renew our relationship with God.

- 1) Sit quietly and comfortably, back straight with eyes closed. Focus and sink into your feelings, commentaries, emotions, and thoughts.
- 2) Repeat the word “Welcome” either silently or aloud at least three times. You are welcoming and inviting the Holy Spirit into the experience of your life.
- 3) When you feel ready say the following statements of letting go, either silently or aloud:

“I let go my desires for safety and security.” Welcome, welcome, welcome.”

“I let go of my desires for affection and esteem. Welcome, welcome, welcome.”

“I let go my desires for power and control. Welcome, welcome, welcome.”

This can be used as a practice by itself or as a practice that precedes contemplative silence or other forms of prayer. May it be a blessing to you.