

# The Soul Care Place

*Grow Your Spiritual Life*

## Welcoming Prayer

Inviting the Presence of God into every moment

Jesus' invitation is  
to come as  
you are

Anxiety / distress

Fear

Sadness

Anger

Bitterness

Stress /overwhelmed



The Welcoming Prayer is a powerful prayer practice of **inner work** useful in many life circumstances. It can be particularly helpful when you catch yourself in the midst of a rising emotional storm.

## 3 Step Process



### Focus and Sink In

In step one, be present to what you are feeling and all the places in your body that feel the emotion: a clenching in the jaw; an ache in your heart, the twitching in your eye.

There is no analysis of why you feel this way. This prayer practice is about **being present** to the emotion and all the ways it is expressing its energy in your body, thoughts and physical sensations.

You are not trying to talk yourself out of the emotion or brush it aside. You simply want to be present to the emotion and all of its energy in your body.

### Welcome

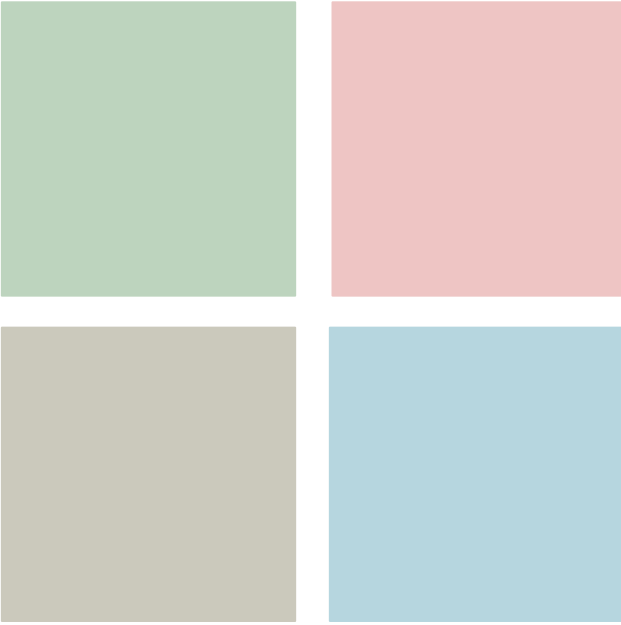
In step 2, gently welcome your emotion.

Simply whisper or speak in your heart a gentle welcome.

“Welcome ‘insert emotion.’”

“Welcome ‘insert physical sensation.’”





## Welcome, continued

If I were experiencing anger, I might say something like, “Welcome anger.

Welcome anger towards John Doe (whomever you are angry with).

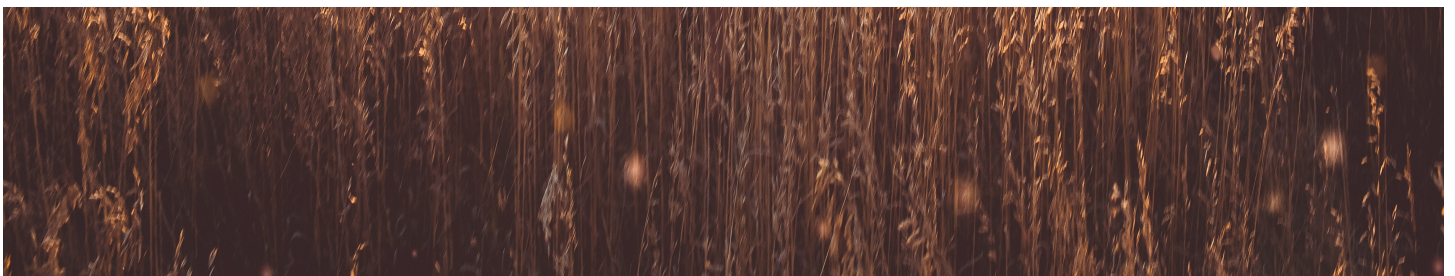
Welcome desire to tell John off.

Welcome rapidly beating heart.”

This is a place of both awareness of where we are, in our thoughts and emotions, and **surrender**. We can't, but He can. We can't turn off our anger, but He can transform us. This is a practice of bringing all of ourselves, just as we are, in all of our humanity, before Jesus.

This surrender is an interior act. It does not mean that whatever initiated the emotional storm doesn't require a response. There may be actions that need to be taken. The welcoming prayer is a prayer of being present to the emotions and then rather than trying to beat them down, welcoming them so the emotional storm can be calmed by Jesus.

Keep noticing and staying present to what you are feeling in your body, and continue to welcome these things. Steps one and two are nearly simultaneous, welcoming as you notice. Continue to welcome until you begin to feel the storm pass. (And if it does not, it is ok to simply acknowledge that as well.)



## Let Go

When you and your body feel ready, and only when you feel ready, simply say, “I release my “insert emotion” to the Holy Spirit who transforms me.”

Or even more simply, “I let go of my “insert emotion.”



Or, if your spirit needs something more, Mary Mrozowski, the creator of the Welcoming Prayer wrote these words of releasing . . .

I let go of my desire for security and survival.

I let go of my desire for esteem and affection.

I let go of my desire for power and control.

I let go of my desire to change the situation.

In letting go, recognize that this is a letting go in this moment. You are letting go of the tide of emotional energy that gripped you and is now being calmed.

You may find yourself returning to this welcoming prayer multiple times in a day, for the same situation or person. This is perfectly welcome. Jesus is always interested in keeping company with you. Recognize these moments as an opportunity to turn again to Jesus. Continue to welcome the storm for Jesus to calm, as many times as is needed.