

Welcoming Prayer

The Welcoming Prayer is something that we can turn to when what is happening around us feels unsettled or confusing. We can also use it in times of grief or times of great joy. It is an invitation to welcome everything, knowing that everything that happens to us is something we can learn and grow from. The Welcoming Prayer is a method of consenting to God's presence and action in our physical and emotional reactions to anything that happens to us and around us.

While the Welcoming Prayer can be used throughout our day, we would encourage you to practice this at the very beginning of your day before anything else happens. Discern if it helps you maintain a posture of abiding and being present with God in the everyday stuff of life.

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

-Mary Mrozowski

