

An Introduction to the Loving Heart of Jesus
A Companioned Prayer™ for the season of Ordinary Time

OPENING PRAYERS

Begin by saying, In the name of the Father, of the Son, and of the Holy Spirit, we open our hearts to you, O Lord. Amen.

Then on behalf of the person you are praying with and yourself, say a personal prayer out loud.

Then invite the other person to also say a personal prayer silently or out loud and to say “Amen” when they are ready to continue. [wait for the person to say “Amen”]

AS WE ARE

Then say: Coming before God as we are, take a few minutes to notice how you physically feel. [briefly pause, and then continue] For example, let your attention go to your back and notice what that feels like. [pause] Notice your shoulders [pause], your neck [pause], your head [pause], your arms [pause], your hands [pause], your feet [pause], your legs [pause], your stomach [pause], your heart [pause], and your breathing. [longer pause] Notice the body sense of how you feel right now [pause]; and then let me know when we are ready to go on. [wait for a response, and then go to ASKING GOD]

ASKING GOD

When they are ready, say: Staying with how this feels inside, and being open to God’s loving presence; let me know if something comes when you ask yourself, “Of everything going on in my life right now, what feels like God is calling me to listen to, inside me right now?” [wait for a response]

GOD’S LOVE AND ACCEPTANCE

Notice how all this feels inside, and how you carry it. [pause] With tenderness and faith, notice how it feels to take all this to the loving heart of Jesus, and to feel his gentle love and acceptance in all of this. Take your time, and then let me know when we are ready to go on. [wait for a response]

RESTING IN GOD’S PRESENCE

Okay; let’s nurture this special place you’ve come to inside. Pause here and let go into God’s presence within all of this, resting in the quiet tenderness of his Spirit for a while. And then let me know when we are ready to go on. [wait for a response]

CLOSING PRAYERS

When they are ready to end, say: As you savor all of this, let yourself know that this is God’s personal love and grace, experienced and felt inside us. [pause] Staying in this holy and precious gift, you may wish to silently offer a prayer in response; and then when you are finished, just say “Amen.” [wait]

When they are finished, say out loud a brief prayer or blessing, also ending with “Amen.”