

As We Are, Held in the Loving Arms of Jesus

This exercise is designed to familiarize us with just letting go into how we physically feel when held in the loving arms of Jesus.

Do you know how it feels to be held tenderly in the arms of someone who loves you? Perhaps your mother when you were young, or someone else very special. In those moments you can feel the tenderness being gifted to you as you are held; you can feel this grace in your body as you let go and are just held in love.

Similarly, you may be aware of how you physically feel as you are tenderly held in the loving arms of our Lord. Can you notice how your body is responding? Can you simply let go into the grace felt deeply in your body? Can you notice how your back feels? Your shoulders? Your neck...? Coming before God as we are, held in his love even as we may be tense, hurting, upset, tired, broken, carrying our desires, hopes, burdens, challenges, and relationships – can we let go into how we actually physically feel right now?

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 say: Coming before God as we are, take a few minutes to notice how you physically feel, held tenderly in the loving arms of our Lord. [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 held in Jesus' love. [pause]

Take a minute to open your eyes.

Sharing:

What was that like? What did you notice? Did your mind quiet down a little?