Surrendering into God's Love in Companioned Prayer™

Companioned Prayer is a prayer of surrendering into God's love. In each movement of the prayer, we progressively allow ourselves to be drawn into God's loving presence, into the arms of his personal love for us. Let's look at this within how the prayer is laid out.

OPENING PRAYERS

We begin by opening our hearts to the Father, the Son, and the Holy Spirit. It is in our heart that we receive his love; so we begin with this intention, purpose, and action. This is our first prayer movement, and what we are doing in Companioned Prayer. But we don't do it only in the abstract. We come to God with open hearts with our own personal prayers. We bring our prayers to him because we know that he loves us in how we actually are, and in our needs. This makes our relationship one of trust and love, both personal and authentic.

AS WE ARE

After the opening prayers, we continue to surrender into Jesus' love by noticing how we physically feel as we settle in to our time of prayer, held tenderly in the loving arms of our Lord. Again, this is not simply a conceptual letting go, but we take the time to intentionally notice how this really feels in our body, letting go into how we actually are as we come before God. To slow down within this quiet noticing, to really let go into it and into his presence in us, we let our attention be with parts of our body, so that we come to him in humility and authenticity held in his love in this present moment of prayer.

ASKING GOD

Then within this total surrender of ourselves and continuing to be open to his loving presence, we give ourself to him as we inwardly ask ourselves what does he want us to be with in prayer? Of everything going on in our lives, what does it feel like he is calling us to listen to, inside us right now? Is there something special that he would like us to be with in prayer, something he wishes us to be aware of, or to bring to him? Here we are really turning our prayer over to God in trust, knowing that he loves us completely.

GOD'S LOVE AND ACCEPTANCE

When something comes, we pause to notice more about it, and then we take it and ourselves right into the loving heart of Jesus. This is a deeper surrendering into his divine love within us. We slow down and take the time to feel his gentle love and acceptance of us and the special prayer subject that he has brought to our attention. We stop and notice all this within his loving heart.

LETTING GO IN THE LOVING HEART OF JESUS

When it feels right to continue, we are again reminded to let go into how all this feels inside, to inwardly stay within the gift of his presence and our prayer subject held in his love. And then within his gentle loving heart, we wait to see if there is anything else that God may wish us to know, to be aware of, as we continue to surrender into him.

BEING OPEN TO GOD'S SPIRIT

Perhaps there is nothing else, or perhaps we might find God calling us deeper into our prayer journey with him. We are unhurried here; we wait to see if he wishes us to be drawn into something more as he gently enfolds us in his love; and in this, we allow ourselves to follow where he leads us, until it feels like his personal grace and gift in us is completed, at least for now.

RESTING IN GOD'S PRESENCE

In this sense of gifted grace felt and known within us, we now pause simply to be with God and to let go into his presence. We rest in the quiet tenderness of his Spirit, nurtured by his love.

CLOSING PRAYERS

Before we finish, we take time to acknowledge his personal love and grace felt within us, and we offer an interior personal prayer to him in response to his gift of love.

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While these prayer movements are presented as distinct steps, the interior experience of praying in faith is natural, intimate, and dynamic as we find ourself surrendering into God's love.