

## **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 of concerns, challenges, intercessions, devotion, or thanksgivings in their life for themselves or others, either silently or out loud, and if silently, to say “Amen” when they are ready to continue. [wait for the other person to respond]*

#### *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, 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 PRAYER*

*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 ready, just slowly open the eyes.*

*The person praying may also end with an “Amen”, the sign of the cross, the doxology, or other closing prayer said out loud or silently.*

*The companion may also say out loud a brief prayer or blessing.*