

Welcoming Prayer

1. **Be Present** — *Feel the feeling.* Don't run away from it or fight it.

Stay with this until you really experience a connection to the feeling or emotion on not just an emotional but also a physical level.

2. **Welcome** — Affirm the rightness of where you are and acknowledge God's presence in the moment by saying: "Welcome, [fear/anger/etc]."

Don't just say this and move on. Repeat it and sit with the feeling until you experience a genuine sense that you welcome it, that you are not fighting against it.

3. **Let go** — Say "Jesus, I give you my [fear/anger/etc]." or the following lines, no matter the specific issue.

"Jesus, I let go of my desire for security and survival.

I let go of my desire for esteem and affection.

I let go of my desire for power and control.

I let go of my desire to change the situation."

At this point, you can turn the feeling or emotion over to God and let it go. If you haven't truly felt it and welcomed it in, you may still experience resistance here. Stay in the letting go, or turn back to the focus or welcome stages as appropriate.