

## Reflective Prayer

### OPENING PRAYER

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

### AS WE ARE

Coming before God as we are, let us take a few minutes to notice how we physically feel. *[pause]* 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]*

### ASKING GOD

Staying with how this feels inside, and being open to God's loving presence; notice if anything 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?" *[pause for about a minute]*

### 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. *[pause for one to two minutes]*

### RESTING IN GOD'S PRESENCE

Let's nurture this special place we'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. *[pause for about two minutes]*

### ENDING

*Softly strike a chime, or say:* In God we give thanks, Amen.