



① CENTERING YOUR BREATH

Find a comfortable position and close your eyes

Bring your attention to your breath

Gently begin to lengthen your exhales, moving towards a pattern of breathing out twice as long as you breathe in

Welcome the sense of rest and release that each exhale brings

Continue to breathe in this way until you feel present to yourself and to God

② EMBRACING COMPASSION

Gently notice what is alive in you right now, pleasant and unpleasant

Notice where these feelings and sensations live in your body

Now invite all of these things into your heart

Place the palms of your hands on your heart

Take a few moments in silence embracing compassion for all that is within you - and all that you are carrying in your heart

③ OFFERING INTERCESSION

Bring to your mind any people or situations that needs special prayer

Hold them here in the presence of God

Begin to talk with God about everything that you are holding right now

Speak as if you are speaking with your best friend

Talk with God until you feel like there is nothing else that needs to be said, knowing that this kind of conversation can heal all that is broken

④ ENTERING RECEPTIVE SILENCE

Imagine Christ standing in front of you. Gazing at Christ's face, breathing in God's holy presence, silently say "Jesus"

Breathing out, gently bowing your head, silently say "I trust you"

Repeat it slowly, connecting it to your breath

When you are ready, let go of your prayer phrase and simply rest in silence

Imagine that just as you held all of those bits and pieces of your life with gentleness and care, Christ is now coming to hold you with even greater love and care

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