

The Beloved Prayer

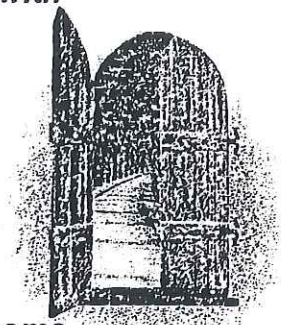
"After Jesus was baptized , he came up from the water and behold, the heavens were opened, and he saw the Spirit of God descending like a dove and coming upon him. And a voice came from the heavens, saying, "You are my beloved, and I am very pleased with you."

Matthew 3: 16—17

- *Find a place and settle in... Now relax.... Feel your breath, the rhythm of inhaling and exhaling gently... Become attuned to the God within you and all around you.... Allow God's love to show itself to you in some way.... Then pray the following words slowly, fervently ... Repeat the words, allowing them to echo in your heart.... Simply be present with Jesus in this precious moment....*



Jesus you are my beloved.



- *St. Paul reminds us in Romans 9:25 that we too are destined to become the Beloved. Now let your core-being soak up God's favor, recognizing yourself as the beloved. Let this truth settle into each cell of your being....*

Jesus, I am the beloved.

- *Now let your heart be filled with people: family, relatives, neighbors, friends, perhaps someone you read about in the morning paper. The important thing is not to exclude anyone. Your heart will bring to the surface the ones you need to give attention to. Then pray these words embracing all of them....*

Jesus, we all are the beloved.

Now conclude your prayer with a word of thanksgiving and praise.

Deepening Our Relationship with Jesus through Scripture

Go back to some Scripture passages that have touched you deeply in the past. Perhaps there are some Scripture passages that have been very significant for you or gave you great solace in a time of challenge and need. Spend time with one of these and talk to and listen to God in the quiet.

What is the desire of your heart regarding God's Word in Scripture and its place in your life?

Some additional Scripture passages for your prayer:

Jeremiah 18: 3-6 Matthew 4:18-22 & 6:25-34 John 15: 1 – 17,
Ephesians 6: 10 - 17 Colossians 3: 12 - 17

Lectio Divina: 1) listen with a “ears” of your *heart* for a word or phrase that attracts your attention 2) how does this word or phrase *connect* with your life right now? 3) as a result of this word/phrase what is God asking you to *do* or *be* today?) 4) simply “rest” with the word/phrase as God's special message for you.

Praying with Scripture Using your Imagination:

Take one of your favorite scenes in the Gospels and, with the use of your imagination, picture it in your mind and heart. See the placement of people and objects. Which character in the scene do you identify with? Be with Jesus in the scene. Listen to the words or gestures he might use and accept them as directed at you personally. Let your heart be touched. End by dialoguing with Jesus about your feelings and/concerns and listen further to what he might want to say to you in the quiet of your heart.

Some possible Scriptural scenes for your prayer:

Luke 1: 26-38 (Annunciation)

Luke 2:1 – 20 (Birth of Jesus)

Luke 7: 36- 50 (Pardon of the Sinful Woman) Luke 8: 22 – 25 (Storm on the Sea)

Luke 10: 29 – 37 (Good Samaritan)

Luke 15: 11 - 32 (Prodigal Son)