



# A NEW CITY INTRODUCTION TO WELCOMING PRAYER

1

## **WELCOME, BY NAME, AN EMOTION YOU FEEL**

By welcoming our emotions, we make a commitment to no longer avoid them or let them run our lives without our consent.

2

## **INVITE THAT EMOTION TO SPEAK**

Trust that you feel emotions for a reason. Thank your emotions for being here and, in some way, seeking to protect you. If this becomes too intense, stop and practice self-compassion. If you find yourself zoning out/distracted, it is possible that you are not naming the most underlying/deepest feeling you are experiencing.

3

## **ASK: WHAT DO YOU THINK, GOD?**

Offer your emotions to God, then wait. Listen for divine wisdom, and compare it to the "Wesleyan Quadrilateral": the witness of Scripture, the wisdom of people in our tradition (our spiritual ancestors), reason/logic, and your personal experience of God.

*This prayer is a loose adaptation of the Welcoming Prayer originated by  
Contemplative Outreach ([contemplativeoutreach.org](http://contemplativeoutreach.org))*