

Colorado WWWC Weekend  
Friday Spiritual Preparation  
January 25-27, 2019

In our preparation for this WWWC weekend we were encouraged to be **faithful prayer warriors** and women who serve and love others in **humility**.

Humility often requires that we die to ourselves in order to be able to love unconditionally. As we begin this weekend, it will be important to be aware serving our sisters *in love and in mission*.

Today we will have time to pray with our prayer partners, and we will learn how to ground ourselves when we are slipping out of mission through praying the Welcoming Prayer.

### Welcoming Prayer

The Welcoming Prayer is a way of inviting God into the ordinary events and relationships of life – a way of becoming attentive to God in what is happening right now. It addresses how to respond in freedom to three basic needs we all have for:

- 1) affirmation and approval
- 2) security and safety
- 3) a sense of power or control

When we don't have enough of one of these three basic needs, we fall out of freedom and become reactive or defensive. We may fall into a compulsive habit or become triggered. This prayer releases these feelings and allows us to accept the situation through dying to ourselves. This gives Jesus room to work, rather than responding out of our own reactive ego or false self. Sometimes our mind does not fully inform us as to what is happening. Awareness of our body's reactions and its feelings can lead us into a welcoming prayer. When we feel triggered (or notice our heart racing, shoulders tight, jaw clenching or holding your breath), this is a clue to lean into the prayer: "Welcome Jesus welcome."

When you are triggered, start by checking-in with your body. Slowly scan from the top of your head down to your toes. Notice if you are feeling any tension, tightness, aches or pains? As you begin to name the place and that feeling, invite Jesus into the experience saying "Welcome Jesus, Welcome" and release the tightness or pain to Him. Breathe deeply. Release.

As the feeling begins to subside, pray the following prayer:

Lord, I give up my need (desire) for affirmation/approval (Welcome Jesus, Welcome)

Lord, I give up my need (desire) for security and safety (Welcome Jesus, Welcome)

Lord, I give up my need (desire) for power and control (Welcome Jesus, Welcome)

Lord I give up my need to **change any situation, condition, or person** (Welcome Jesus, Welcome)

Welcoming Prayer does NOT include justifying your feelings, trying to work out what is going on, analyzing yourself or others, or having a commentary in your head about it. **Don't try to fix anything or change your reaction.**

It is normal to want to defend ourselves from unpleasant feelings, to push them away, avoid them and deny them. But what we resist, we energize and strengthen. If we push something from our consciousness, we drive it into our unconscious.

There it is more powerful as it is outside of our awareness. By embracing the feelings we once defended ourselves from, we are disarming them, removing their power to hurt us, and their ability to chase us out of presence.

### **Afterwards**

When the upset has quietened down and you can think clearly again, you can decide what you are going to do about the situation. Welcoming Prayer is not about accepting wrong behavior, condoning a situation, or becoming a victim.

The WWWC Staff was led through the steps of the Welcoming Prayer – each woman using their own recent triggers.

The WWWC Staff was then directed to partner with their Prayer partner and pray for each other's healing, the details of the weekend, the staff and missionaries.