



THE BELOVED PRAYER

PRAYER PROFILE

Prayer Type: Mantra

Time Required: 15-30 minutes

Source: Modern Spiritual Practice/ Henri Nouwen

Focus Level: Medium

Heart Engagement: Gentle

Body Involvement: Breath-focused

Best Used When: Anxiety, self-doubt, anger

Repeatability: Anytime

Growth Potential: Trust, belovedness, empathy

INSTRUCTIONS

1. With eyes closed and sitting comfortably alert, repeat the mantra "Jesus, you are the beloved" with each breath for 5-10 minutes calling to mind Jesus' presence.
2. Continue with the mantra, "Jesus, I am the beloved" with each breath for 5-10 minutes, being receptive to God's love.
3. Continue with the mantra, "Jesus, we all are the beloved" for 5-10 minutes, calling to mind those in your life and in the world, both friend and foe.



Christ and the Samaritan Woman by
Duccio di Boninsegna, c. 1310.

CHRIST AND THE SAMARITAN WOMAN