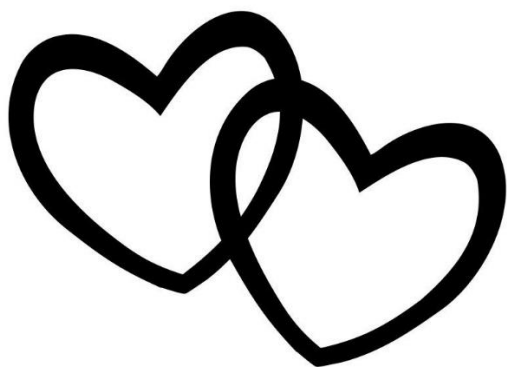


Everyone is Someone  
Loved by God



A prayer journal.

## *Read the Scripture.*

*“For God so loved the world, that he gave his only Son, that whoever believes in him should not perish but have eternal life. For God did not send his Son into the world to condemn the world, but in order that the world might be saved through him.”*

John 3:16-17 ESV

## *Pray: The Beloved Prayer*

Read through the instructions before beginning.

Choose the amount of time you want to spend on each section of prayer: **3 minutes, 5 minutes, 10 minutes.**

### **Sit relaxed and at ease.**

Trust that God’s love will show itself in some way.

### **Set a timer.**

Say the following words out loud or silently.

Slowly. fervently. without fuss.

### ***Jesus, You are the Beloved.***

Repeat the words as necessary.

Let distractions float by.

Simply be with Jesus in this moment.

Let Him speak to you about Himself:

Who He is as the Beloved.

Why He is the Beloved.

When the time is up, move to the next step of the prayer.

### **Restart the timer.**

Trusting God’s love for you. Say the following words out loud or silently.

### ***Jesus, I am the beloved.***

Repeat the words as necessary.

Rest in God’s favor as revealed through Jesus’s life. death. and resurrection.

Let Him speak to you about His love for you.

At the end of the time move to the final step of the prayer.

**Once more, start the timer.**

Say the following, out loud or silently.

***Jesus, we all are the beloved.***

Let people come into your heart: a neighbor, a friend, a relative, someone in the news.

Resist the temptation to exclude anyone who comes to mind.

Place them in the prayer:

***Jesus, \_\_\_\_\_ is the beloved.***

Let God pour the truth of His love for EVERYONE into your heart.

After this third section of prayer, give thanks for what God spoke into your heart.

**Close your time with the Lord's Prayer.**

Take note of the inclusiveness of the prayer Jesus taught His disciples telling them to address God as: ***Our Father...***

Consider all those who came to mind in the Beloved Prayer as ones you are praying for and with as you pray the prayer Jesus taught us.

(Adapted from *Spiritual Direction* by Henri Nouwen.)

*Our Father in heaven, may your name be kept holy.*

*May your Kingdom come soon.*

*May your will be done on earth as it is in heaven.*

*Give us today the food we need,*

*and forgive us our sins,*

*as we have forgiven those who sin against us.*

*And don't let us yield to temptation,*

*but rescue us from the evil one.*

Matthew 6:9-13 NLT

## Reflect.

Take an additional moment to think about what God revealed to you during this time.

Don't hurry. He wants you to remember: ***We are all His beloved.***

## Journal.