



The Beloved Prayer

Composed by Arthur LeClair for *Sacred Journey* in 1996 and shared in *Spiritual Direction: Wisdom for the Long Walk of Faith* by Henri Nouwen, pages 36-37.
Adapted by Donald E. Coleman in 2025. www.tcbcl.org

For use alone, with a spiritual director, or in small prayer groups. This prayer can be offered in the quiet of early morning, on the way to work, during your lunch break, in the evening before bed, or while wishing for sleep in the middle of the night. When offered in a group, allow time for people to come slowly from the depths and give sufficient time before speaking again.

Those who have used this prayer speak about a deep healing that takes place within them. If you practice this form of prayer over a period of time, you will begin to awaken and live with a clearer and gentler understanding of your place in the universe.

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Sit relaxed and at ease. Feel your feet on the floor...your bottom... take a couple of Deep breaths... Have confidence that God's love will show itself in some way. Perhaps imagine Jesus beside, behind, or somewhere near. For the first period (3 to 10 minutes), say the following words (from God's voice at Jesus' baptism) in silence with the rhythm of your breath—slowly, simply, and sincerely:

Jesus, you are the Beloved.

(Leader: Repeat the words aloud as desired.) Let your heart fill with nonverbal praise and thanks. Let distractions flow on as you notice them, even when they press upon you. After a while the distractions will seem less and less urgent as you let them go. Be with Jesus, the Beloved, in this moment.

At the end of this period pray: Jesus, you have said (Jn. 14), "As the Father has loved me, so I have loved you; remain in my love." Friends, you and I are also Beloved, so we say now:

Jesus, I am the Beloved.

Breathe these words deep into your body. If they seem jarring, that's ok. Notice the resistance, greet it, and continue with trust in the words (repeat). May this truth settle into us as we repeat the words aloud and breathe them in silence.

At the end of this period pray: Now all the colors of God's Agape (love) shine out. Extend your awareness of God's Agape (love) over all people, all that exists in spiritual and physical reality:

Jesus, we (all) are the Beloved.

As you sit there let people come into your heart and awareness: family, friends, neighbors, strangers, enemies, groups, people or situations you know or read about in the news. Allow your heart to bring to the surface anyone the Holy Spirit moves into your attention; hold them in the Agape (love) of God which most certainly holds us all.

At the end of the prayer: Conclude with a simple word of thanks or the Lord's Prayer; surface gently and slowly. Return to this loving Presence throughout your day.