

## **12 Step Approach to developing a prayer and contemplative prayer life**

### Loving Kindness Reflection before Step Work and Prayer Practices

*To be able to do the Step Work and Prayer Practices we need to reaffirm the love of God and to reduce any heightened sense of emotions, to find the stillness necessary for such activity. This short reflection gives space for us to find that sense of calm necessary for such work.*

May you now receive the love of God in this present moment.

May you now be safe

*pause to receive God's love to be safe*

May you now be healthy

*pause to receive God's love to be healthy*

May you now be free from fear

*pause to receive God's love to be free from fear*

May you now find peace

*pause to receive God's love to have peace*

May you be brave now to be who you really are

*pause to receive God's love to be who you really are*

*Amen*

*Note if you still feel emotional or in pain, then it would be good to practice the Welcoming Prayer*