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PRAYER OF RECOLLECTION

Affirm that you are loved by God

Who God says I am--I am His beloved. He loves me. I am loved.

Begin by affirming God's love for you. Remember that your identity in Christ is rooted in God's love. Read over the passages. Soak your heart in them.

Deuteronomy 33:12

"Let the beloved of the Lord rest secure in him,
for he shields him all day long,
and the one the Lord loves rests between his shoulders."

1 John 3:1

See what great love the Father has lavished on us, that we should be called children of God!
And that is what we are! The reason the world does not know us is that it did not know Him.

John 1:12-13

Yet to all who did receive him, to those who believed in his name, he gave the right to become children of God— children born not of natural descent, nor of human decision or a husband's will, but born of God.

Gal 4:5-7

...to redeem those under the law, that we might receive adoption to sonship. Because you are his sons, God sent the Spirit of his Son into our hearts, the Spirit who calls out, "*Abba, Father.*" So you are no longer a slave, but God's child; and since you are his child, God has made you also an heir.

Affirm that you have limitations--a finite body

Identify barriers to God's love as you reflect on your physical limitations.

Take a moment and notice what is going on with your body. Is your body feeling tired, exhausted, hungry, anxious, sore, irritated, relaxed? Are there any ways you are not taking care of your body?

Acknowledge with God that your body needs rest and care.

Notice the demands on your time, energy, and emotions, especially in these COVID—19 days. Are you pushing yourself with work, school, or relationships in order to meet someone's expectations? Are there any areas where you are people pleasing?

Acknowledge with God that you cannot meet everyone's wishes.

Reflect over your ambitions and desires. We have limits and can only do so many tasks at once. Are there ways you are holding on to control?
Acknowledge with God that only He can meet all the needs that surround you.

Affirm the reality of your soul's true identity

Identify any barriers to God's love in your false identities

Confess your attachments and name whatever you may use to define yourself other than being God's beloved child:

- Abilities and success
- Failures and faults
- Qualities you value such as kindness, beauty, strength or whatever it might be that you want others to notice about you.
- Emotions that dictate your identity

Affirm your true identity in Christ. Revisit the passages at the beginning that you felt drawn to and open yourself to be loved by God as He sees you, His beloved child.

Examine how you approach God

We are busy people. Our time and energy revolves around activities, work, deadlines, social demands, or family obligations. We try creative ways to fit in time with God. Or when we feel desperate, in need, or frustrated we will turn to God. Our view of God and how we approach Him may be one of the biggest barriers to being loved by God.

Prayer of confession:

I have not been praying to you as if you were really here holding me in love all day. I have not prayed to you as if you really love me as I am, your beloved. I have not sought your will or relied on you; I have relied on myself again all day. Please forgive me for my idolatry. Help me to hide in your loving embrace and seek your will and direction throughout the day. Help me become secure, abiding in that loved place with you, that I may go out from here to love and serve others without confusion about who I am or what you would have me do.

Close by sitting quietly in God's love. As thoughts try to distract you, gently "re-collect" yourself to the inward reality of God's abundant and endless love at the center of who you are, with the word *Beloved*.

Source: Sojourners prayer of recollection