

Sitting with Jesus Prayer Instructions

Here is an experiment for a group or an individual to do.

For those of you willing, let's join now in an experiment in sitting with Jesus. Many people have found this a powerful way to experience the presence of Jesus. Be gentle with yourself as we go along since it may be new. You may find yourself having doubts, asking questions, or your mind wandering. That's all very normal. You will have lots of time in the coming days if you wish to continue to find out how this works for you. So again, be gentle with yourself.

Since this is a wonderfully diverse group, I will mention that there are other versions of this you may want to do: If you find another form of the Beloved or personal expression of God's presence other than Jesus more meaningful to you, then you may want to go with what you are already accustomed to. Or you may do this simply as an experiment.

Do whatever works for you in this prayer time. For the sake of simplicity, I will use the name Jesus, and you can put whoever's name there that works for you.

If this practice seems entirely foreign or strange to you, then it is quite workable to start there with Jesus. Tell him that very thing. "I don't think you're here, Jesus. This is just silly." Then go with whatever ever else you might say and see what happens.

Let's begin. Become still in whatever way you normally use to center yourself as much as possible right now. Remember, none of this requires total attention or freedom from distractions. I still deal with my mind wandering around for much of the time, and I still quite often fall asleep. That hasn't seemed to prevent me from learning how to sit with Jesus—and it won't keep you from it either.

To the extent that you can, drop your inner attention down from your head space to your heart space in your chest. The more you are coming from your heart focused feelings and sensations the easier this experiment will be. This is not a mind exercise, this is a heart exercise.

Jesus said that he will always be with us. So, we begin by becoming aware of his presence as much as you can. This is not believing something. This is becoming conscious of that which already is. It is connecting person to person, heart to heart.

Begin by recognizing the presence of Jesus by using words, spoken silently and directly to Jesus. Words like, "Thank you, Jesus, for being here with me right now." PAUSE briefly.

Let yourself feel thankful and grateful from your heart for the love God is sending you through Jesus. Feel yourself letting go and sinking into Jesus' presence. Once you sense a heart connection, you may want to simply sit quietly in that mutual awareness. This is why I call this sitting with Jesus.

If you find yourself wanting a deeper heart connection, then ask yourself this very powerful question: "What would I feel if Jesus was really here with me?" PAUSE

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Whenever you are ready, you can express yourself to Jesus in whatever way fits for you. Tell him anything you feel or that comes to mind. As you do, be aware of Jesus' response to you. Listen for words that come to mind, or images or pictures. Or sensations or intuitions that might represent Jesus' response to you. PAUSE

You might ask Jesus for a word for you today. Go with the first word that comes to mind. Don't overthink it. If that word sounds like something Jesus would say to you, then go with it. PAUSE.

If you would like to ask Jesus a question, do so. Listen inside your head, heart, and body for what comes most immediately to your sight, senses, or feelings. If it seems like something Jesus would do or say, go with it. If not, ask another question. PAUSE.

Now sense where in the space around you that you feel or imagine Jesus' presence with you.

Become aware of Jesus and his love for you and your love for him. PAUSE.

Sense the space between you and Jesus filled with love. See Jesus moving toward you and you moving toward Jesus. Let Jesus fill your awareness as you let him slowly dissolve into you. Just let it happen. Jesus' head becomes your head. Jesus' heart becomes your heart on the inside of you. You and Jesus are one. What was Jesus out there is now Jesus in you. What was you sensing Jesus near you becomes sensing yourself as Jesus. Don't overthink it. Just rest in that oneness which is already present. See yourself looking out through the eyes of Jesus, feeling with the heart of Jesus. He is aware of what you are aware of because you two are now one. PAUSE

To end this time, tell Jesus anything you want to. PAUSE

If there is anyone who would be willing to share their experience of this practice, please do so after this benediction:

In the name of the Infinite God Beyond us in whom we live and move and have our being.

In the name of the Intimate God Beside Us who is always with us.

And in the name of the Inner God Being Us, for we are the light of the world.

Amen

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