

LOVING-KINDNESS



Why cultivate this Habit?

When we cultivate the habit of praying a **Loving Kindness Meditation**, we train ourselves to bring those in our lives before God in prayer. This form of prayer helps us shift from focusing only on ourselves to others and to the world. This prayer form can easily be memorized and recited whenever you're wanting to shift your focus from self to others and the world.



This is a simple but powerful way to pray oneself, others, and the world.

Find a comfortable place and settle in. Begin with a breath practice to slow your sympathetic nervous system down and allow you to be focused and awake.

Repeat the following words until they sink in:

Oh God,
May I forgive myself for hurting others.
May others forgive me for hurting them.
May you forgive us for hurting one another.

Repeat the following words until you are ready to move on:

Oh God, I pray...
May I be safe
May I be healthy
May I be at peace
May I experience your love today

Offer a loving-kindness prayer for various people in your life. Insert their name in the blank space below. Pray for as many people in this way as you have time for.

Oh God, I pray...
May _____ be safe
May _____ be healthy
May _____ be at peace
May _____ experience your love today

End in a way that feels honoring to God and to your time together. Or end with this final blessing:

May those who are suffering today, experience relief.
May those who are fearful, experience peace.
May those who are grieving, experience comfort.
May all people be blessed with an experience of love today.