

Spiritual Practice: Meeting Jesus

Picture Jesus walking toward you, looking at you with deep compassion and stretching out his hands. Imagine Jesus taking both your hands in his. Feel the warmth; the love; the sense of security, come what may. There is a Celtic encircling prayer you can say as you picture yourself in Jesus' presence (you might pray one or two lines, or all of them):

I place my hands in yours, Lord.
I place my will in yours, Lord.
I place my days in yours, Lord.
I place my thoughts in yours, Lord.
I place my heart in yours, Lord.
I place my hands in yours, Lord.