

Prayer for Peace, Hope and Justice

God loves us all so deeply.

God holds all of us in loving tenderness.

The Heart of our heart holds us deeply, our heart is held by the expansiveness and wide love of God. Let us open our hearts to Infinite love.

Infinite Love sees the hearts and suffering of the children in our country.

It is easier for us to keep our hearts closed to this suffering. As a way of keeping ourselves safe and protected from the pain around us.

Forgive us big Heart for our defences to protect ourselves by hardening our hearts.

Forgive us for holding the pain of others at a distance.

Forgive us for not embracing our own kin, for separating ourselves from those you love, your daughters, sons, sisters and brothers, mothers and fathers.

You showed us a different way to be with those who are the least and vulnerable in society.

Forgive us for being so fearful to love those who cannot love us back.

You say that we are to love our enemies, how will we ever get to that? Unless by Your grace.

Tender Father, we ask for grace to soften and open our hearts to those around us.

Compassionate Mother, we ask for grace when we need to protect our hearts and those of others.

Gracious Friend, we ask for grace to hold our own hurts and woundedness.

May we know that each moment we are able to resist the urge to harden our heart to our own pain and those of others, we resist oppression.

May we know that each and every time we able to act with compassion and not anger we step outside of violence.

May we know that every time we decide to not be ruled by fear we loosen the bonds of slavery.

May we know that each moment we pause to embrace each other and the world, our hearts open to the expansive love of God.

May we be welcomed into Your everlasting Love and Let Love be our Guide.

Amen