Let us lament for Sudan.

Your goodness sees each and every one of us.

You know the words and thoughts before each of us has even spoken.

You see the tears and wipe them dry, even though we pretend that we are okay.

We hear the news about Sudan, the number of those who are hungry, and we are frozen.

It is too much and too many. We are stuck about what to do and say.

So, like the world news, we hide from reality, ignore the suffering, hoping it will go away with some magic. We flee from the hurts we see around us.

Hoping that if we silence the voices, we are not disturbed.

It is numbers, yes millions of numbers and it is easier to pretend that large numbers are people and not all the world that you love.

If we can minimize the suffering, we do not need to do anything.

The suffering is too much and too big.

For two years, the war has ripped people apart, halted schooling, and displaced millions.

We try the tricks of the world to put blame onto the innocent, it's their problem, they started the war and fighting.

If we can refuse the suffering of others, we feel better about ourselves.

> Forgive us Loving God for all of our ways and defenses that see suffering as not belonging to and separate from us.
>
> Forgive us for the systems that we have created that exclude those most vulnerable.
>
> Forgive us Loving God, for we do not know what we are doing.

We cry for our own brokenness and those who are suffering in Sudan.

We pray for all those in Sudan.

Comfort the children who are abused and raped and are hungry.

Enfold and grace the parents struggling to keep their children safe and give them food and shelter.

Open the eyes of those in power to see reason and stop their evil ways.

Accompany the tears that sit at the edge of eyes and then flow into the rivers and oceans.

Remind each of us of and those suffering in Sudan that you see their faces of grief and despair.

May Love fill the buckets with water and quench thirst.

May Love fill and satisfy empty stomachs so that hunger is no more.

May Love cease the ways of separation, war, and violence.

May Love turn ashes of destruction and pain into beauty of new life and resurrection.

May Love embrace us with sacred tears for those who suffer and at the same time hold our fragile hearts safe.

Remind us to call upon You, the God of Hope and Love

Give us grace that we can trust in the power of Love, the Beloved unconditional and everlasting arms of Love for each individual and all in this big world.

Amen.