

What One Can Do – Pray

Why Pray?

“History belongs to the intercessors, who believe the future into being.” – Walter Wink

Prayer is the way we join our work with God’s work, our hope with God’s hope. It is the way we connect our actions and love with the mission of God. Without prayer, all we have is the limits of our own imagination, efforts and stamina. With prayer, we are joined to and supported by something much greater – the movement of God’s Spirit, continually luring the whole creation forward more deeply into the heart of the divine.

Prayer is not a laundry list we bring to God asking God to do something about. Prayer is active and vulnerable ... it’s us going to God with the world on our hearts and asking God to use us to make the world whole. True prayer is a radical act – a scary act – and the most meaningful act we can commit.

Holding these goals – and really, our whole lives – in prayer also grounds us in humility, which is one of the most critical and transforming of virtues. Prayer reminds us that we need more than ourselves .. we need God and all those to whom God draws us. Prayer opens our ears to listen to one another, opens our eyes to see Christ in one another, opens our hearts to love those whom we would otherwise find it impossible to love. Prayer gives us the perspective in those inevitable times we fall short that God’s grace is bigger than our shortcomings. Prayer gives us the perspective in those times we succeed that the triumph is not of our generation, but only our participation – by the grace of God.

What One Person Can Pray (Individual Prayer)

Even the smallest daily devotions can transform us over time. You’re also more likely to stick to a routine of prayer when you start small (hint: Don’t go from no prayer life to expecting to do morning, noonday and evening prayer every day!). Consider these ideas for praying the MDGs in daily life:

-“The Counting Prayer” – www.countingprayers.org – a simple, one-line prayer for the MDGs: “The world now has the means to end extreme poverty, we pray we will have the will.” Download and print off the prayer card from the website and stick it in your wallet. Whenever you open your wallet and see it, take 4 seconds and pray it.

-Table Grace – it doesn’t even have to be out loud. Just get in the habit of pausing before every meal, giving thanks for the gift of food, remembering the 1.2 billion people who live on less than \$1 a day, and asking God to use you to bring life to them.

-Breath Prayer – At a stoplight. In line at the store. As you lie in bed at night. Even in the bathroom! Take a moment to close your eyes and practice gratitude for all God has given you and to ask God to use you to heal the world God loves.

-Screen Prayer – Tape the MDGs to the side of your computer and pray one of them every time you sit down. Also, go to www.micahchallenge.org/english/pray/signup/ and receive a weekly email with prayers and foci for meditation on the MDGs and global poverty.

What One Congregation Can Pray (Corporate Prayer)

- include the MDGs in your prayers of the people
- using resources from the EGR website -- www.e4gr.org/news/prayers/index.html -- incorporate the MDGs into regular and seasonal liturgies.
- open vestry and other meetings with meditations on scripture and the MDGs
- incorporate prayers from other parts of the Communion into your liturgy
- have your youth group write prayers for global poverty and lead them in the liturgy

Episcopalians for Global Reconciliation + www.e4gr.org

“That all might have life, and have it abundantly.” John 10:10

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Prayers for Global Reconciliation/MDGs

The EGR Prayer

*Most loving God, your concern for the poor is unrelenting, draw our concern into yours;
Your compassion for the poor is limitless, draw our compassion into yours;
As you long for justice, may we also strive for it.
Forgive our doubt, forgive our neglect.
Open our eyes to structures of oppression and free us from apathy and indifference.
Give us courage to accept our responsibility, wisdom to chart a sound course amid complexity,
perseverance to finish our work, and the gift of your Spirit to do what alone we cannot do.
So may we serve to the honor and glory of your name
and the wellbeing of your beloved people throughout the world. AMEN*

The “Counting Prayer”

The world now has the means to end extreme poverty, we pray we will have the will.

Litany of Commitment to the Millennium Development Goals

Leader 1: That by the year 2015 we may eradicate extreme hunger and poverty;

Men: Send your Spirit upon us, O Lord.

Women: And renew the face of the earth.

Leader 2: That by the year 2015 we may achieve universal primary education;

(Response as above)

Leader 3: That beginning today we may promote gender equality and empower women;

(Response as above)

Leader 4: That beginning today we may reduce child mortality;

(Response as above)

Leader 5: That beginning today we may improve maternal health;

Women: Send your Spirit upon us, O Lord.

Men: And renew the face of the earth.

Leader 6: That we may continue to combat HIV/AIDS, malaria and other diseases;

(Response as above)

Leader 7: That beginning today we may ensure environmental sustainability;

(Response as above)

Leader 8: That beginning today we may develop a global partnership for development;

(Response as above)

All in unison: In your mercy, God and Father of all, hear these our prayers which we pray in the Spirit of your Son, Jesus Christ our Lord. Amen.

***You can find more prayer resources on the Episcopalians for Global Reconciliation website
www.e4gr.org/news/prayers/index.html***

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