In this prayer guide, we will focus our hearts and minds on the values of empathy, inclusion, justice, and love. Before each prayer, try to find a place to sit comfortably for 7 - 10 minutes. You may wish to light a candle or play some soothing music in the background (this song is the perfect length for a time of meditation).

Once you have settled, close your eyes and take five deep, calming breaths. Let your mind relax. Once you are ready, open your eyes and read the prayer you have chosen for the day. Read it slowly, intentionally. Take another deep breath.

Once you have finished reading, close your eyes once more and try to visualize how your life and the world around you would look if this prayer became reality. Take your time.

When you are finished, conclude by taking another deep breath, blow out your candle, and gently resume your day.
A PRAYER FOR EMPATHY

Dear God,

I believe that You always listen to me lovingly, and for this I praise You.

Teach me to be like You, to listen with my ears and my heart, so that I may understand others.

Help me to understand that all people are my neighbors, and to commit myself to resolve the suffering of others.

Help me to walk in the Spirit of Christ, as I learn about and respond to the many needs of our world.

Amen

A Catholic prayer
A PRAYER FOR INCLUSION

My spirit is one with you, Great Spirit.

You strengthen me day and night to share my very best with my brothers and sisters.

You, whom my people see in all of creation and in all people, show your love for us.

Help me to know, like the soaring eagle, the heights of knowledge.

From the Four Directions, fill me with the four virtues of fortitude, generosity, respect, and wisdom; so that I will help my people walk in the path of understanding and peace.

Amen

Lakota prayer
The New Century Hymnal, 891
A PRAYER FOR JUSTICE

Make us worthy, Blessed One, to serve those throughout the world who live and die in poverty and hunger.

Give them, through our hands, this day their daily bread; and by our understanding love, give peace and joy.

Amen

Mother Teresa of Calcutta
A PRAYER FOR LOVE

O God,

You made us in your own image and redeemed us through Jesus your Son.

Look with compassion on the whole human family.

Take away the arrogance and hatred which infect our hearts.

Break down the walls that separate us.

Unite us in bonds of love.

Work through our struggle and confusion to accomplish your purposes on earth, that all nations and races may serve you in harmony.

Through Jesus Christ our Lord,

Amen.

A Prayer for the Human Family,
The Book of Common Prayer, 815
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