SAFE SPACE PRAYER GUIDE

WESTWOOD YOUTH COLLECTIVE
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

God, our world is bent and broken, but this did not stop you from showing your great love for us by sending your Son to empathize with us in our weakness.

Help me to do likewise. Help me to see everyone I interact with in the way you see them. Allow me to be a part of your solution to the world’s brokenness. Show me how to partner with you in creating sustainable change.

I recognize that in order to do that, I need to be willing to share in the pain of others. Give me the courage to do that, and then help me to take action. Let empathy and restoration start with me.

Amen
Creator of all races and ethnicities, help us to see that a diverse community is the way to deepen our lives and to know you more deeply.

Guide us to see that entering into a vital and just relationship with others who are different from us is the way to make ourselves whole.

Guard us from fear of the other, from the fear that our own security is threatened if we become truly willing to make a place at the table for all.

Open us to live out what we profess to believe:
That our true security is in You and your call to justice and peace,
That we are a part of your global family,
That, because of your Incarnation, the human dignity of everyone is sacred, and, that we are constantly called to conversion and inclusive community.

We pray that you help us recognize any form of racism in our hearts and in our social structures.
Forgive us our sins of exclusion.
Heal our souls and spirits.
Ground us in compassion for all through your grace.
Help us take the steps you call us to take to build a more just community, where we can all join hands and rejoice in the common good.

Through the mercy of God, we pray.
Amen.

Sisters of the Order of St. Ursula
A PRAYER FOR JUSTICE

Grant us, Lord God, a vision of your world as your love would have it:

A world where the weak are protected, and none go hungry or poor.
A world where the riches of creation are shared, and everyone can enjoy them.
A world where different races and cultures live in harmony and mutual respect.
A world where peace is built with justice, and justice is guided by love.

Give us the inspiration and courage to build it, through Jesus Christ our Lord.

Amen.

United Church of Christ
A PRAYER FOR LOVE

God of strength and courage, in Jesus Christ you set us free from sin and death, and call us to the risk of faith and service.

Give us grace to follow him who gave himself for others, that, by our service, we may find the life he came to bring.

Amen.

Rev. Kathryn Matthews
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Westwood Youth Collective