

Prayers

Prayers for Before a Demonstration

In the Name of the God of Peace, the nonviolent Christ, and the liberating Spirit, Amen.

God of peace, as I prepare to participate in this demonstration, stir up in me the gifts I need to cooperate with you in establishing the beloved community, here and now. Through the witness of my sibling, Jesus, may I incarnate the grace of nonviolence which calls me to envision a wider circle of authentic welcome. May I never shy away from my prophetic vocation by declaring your radical truth of justice, even when it is inconvenient to my career, unpopular to my social circles, or disturbing to those in power. By the power of the liberating spirit, may I always step forward into the fray and birth the solidarity that will save this world.

In the name of all that is good, holy, and beautiful, Amen.

Or this

Creator, you made us in your image, each of us, Brown bodies, Black bodies, White bodies, trans bodies, and differently-abled bodies—all holy, all beloved, all yours. You formed us from the same sacred earth, breathed your Spirit into us, and call us to walk toward right relationship together. In this moment, we stand with ready hands and fierce hearts—not to destroy, but to heal; not to hate, but to love boldly, even when it's hard...especially when it's hard. Give us the courage to protest with peace. Let our resistance be rooted in dignity. Let our anger be baptized in love—not to make us quiet, but to make our cause clear. Remind us that even those we struggle to understand are still our relative; are still made in your image; and are not beyond redemption. Help us remember that nonviolence is not weakness; it is sacred strength; loving our neighbors, especially the difficult ones, is not surrender, it is the Gospel in action. Walk with us, Creator. Be the rhythm in our feet, the strength in

our lungs, and the truth in our voices. Let justice roll down like waters, righteousness like a mighty stream, and let it begin with us. Amen.

Or this

Creator, you have called us together, from many traditions, many languages, many ways of knowing the Sacred. You have called us with one heart, one purpose: to rise for justice, to move with compassion, and to honor the dignity woven into every life. We do not stand here alone. Our ancestors walk beside us—those who marched before, who prayed and protested, who sang songs of freedom through trembling lips and tear-filled eyes. Their wisdom rises in our bones. Their courage beats in our chests and their prayers carry us forward. We are here not to destroy, but to heal; not to condemn, but to awaken; not to hate, but to love; even those we struggle to understand, because they too were shaped by the Holy. Make us brave enough to choose nonviolence in a vengeful world; brave enough to speak the truth when silence feels safer; brave enough to keep our hearts tender even when the world tries to make them stone. Let our protest be a prayer and our marching a song of hope. Walk with us, o Holy One, as the ancestors do, whispering wisdom in the wind, guiding our feet on the paths of justice. Sing through our voices, move through our bodies, and journey with us in every step. May we remember that we are not alone. We belong to one another, to the ancestors, and to the Sacred that holds us all. Amen.

Prayers for After a Demonstration

God of Justice, you have called us to be a people who stand for justice and peace. As this day comes to a close and this action ends, may all that began today be the catalyst of freedom. May our words, thoughts, and deeds lessen the likelihood of harm and empower others to take up the mantle of the prophet. May all that has happened be pleasing to those who have stomped these streets in the past and who continue to tread down the way with us. Bring rest to our bodies and spirits so that this evening we may be refreshed for the next day's trials.

Keep guard over those in prison and those in the shadows. Protect those in harm's way and liberate those who cry out.

We make this prayer in the name of all that is good, holy, and beautiful. Amen.

Or this

Creator, we give thanks for this day; for every footstep that marched, every voice that rose, and every drumbeat that called your justice into being. We showed up, tired, angry, and hopeful. We showed up with signs in our hands and fire in our bones. And you were there: in the songs we sang, in the steps we took, and in the courage that held us upright when fear tried to make us small. Now we lay it down, for just a while. Now we rest, not as surrender, but as a holy act of resistance. Wrap us in your blanket of love. Let our bodies recover. Let our hearts be tended by your Spirit. Let us sleep knowing that although the work is not finished, we are not alone in doing it. Watch over our siblings behind bars tonight, our relatives facing judges, court dates, or retaliation; surround them with protection, wrap them in your justice, and send your angels to guard and them. Liberate those still living under the boot of empire: the oppressed, the silenced, and the targeted. Let your power rise not in domination, but in healing, in truth, and in freedom. Help us wake tomorrow with love still burning, with courage still stirring, and with the ancestors whispering, "Keep going.

We've been walking with you the whole way." Amen.

Or this

Spirit of justice, today we rose up. We disrupted. We marched. We spoke truth, even when it shook in our throats. Thank you for meeting us in the movement. Thank you for the ones who brought water, who walked with us, who sang the songs, and dreamed the new world. Guard our siblings still in the fray: those sitting in jail cells, those being surveilled, and those being threatened for daring to speak. Surround them with your power; unshackle every bound body; and free every silenced voice. Now, we breathe. We trust you to hold what we cannot. Now, we rest—not to forget, but to renew. Let our bodies find stillness. Let our hearts unclench. Let us lie down in your peace and rise again when it is time, because even warriors need sleep; even prophets need soft places to land. Let peace cradle us this night and justice rise with the dawn. Amen.

Or this

Creator of rest and righteousness, tonight we lay down what we carried all day: the signs, the chants, the marches, and the conflict. We lay it in your hands. Thank you for walking with us in the streets; for the courage, for the community, and for every breath that made space for love. Be near to those who cannot rest tonight: those in jail, those in danger, those still fighting to be free. Protect, uplift, and deliver them; Holy One. Let our sleep be holy, let our dreams be wide, and let our spirits rise again tomorrow, ready to keep building the world you long to see. Amen.

PRAYER FOR THE WORLD

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; and work through our struggle and confusion to accomplish your purposes on earth; that, in your good time, all nations and races may serve you in harmony around your heavenly throne; through Jesus Christ our Lord. Amen.

PRAYER FOR SOCIAL JUSTICE

Grant, O God, that your holy and life-giving Spirit may so move every human heart (and especially the hearts of the people of this land), that barriers which divide us may crumble, suspicions disappear, and hatreds cease; that our divisions being healed, we may live in justice and peace; through Jesus Christ our Lord. Amen.

PRAYER IN TIMES OF CONFLICT

O God, you have bound us together in a common life. Help us, in the midst of our struggles for justice and truth, to confront one another without hatred or bitterness, and to work together with mutual forbearance and respect; through Jesus Christ our Lord. Amen.

PRAYER FOR THE POOR AND THE NEGLECTED

Almighty and most merciful God, we remember before you all poor and neglected persons whom it would be easy for us to forget: the homeless and the destitute, the old and the sick, and all who have none to care for them. Help us to heal those who are broken in body or spirit, and to turn their sorrow into joy. Grant this, Creator, for the love of your Son, who for our sake became poor, Jesus Christ our Lord. Amen.

PRAYER FOR THE OPPRESSED

Look with compassion, O heavenly Creator, upon the people in this land who live with injustice, terror, disease, and death as their constant companions. Have mercy upon us. Help us to eliminate our cruelty to our neighbors. Strengthen those who spend their lives establishing equal protection of the law and equal opportunities for all; through Jesus Christ our Lord. Amen.

A PRAYER ATTRIBUTED TO ST. FRANCIS

Lord, make us instruments of your peace. Where there is hatred, let us sow love; where there is injury, pardon; where there is discord, union; where there is doubt, faith; where there is despair, hope; where there is darkness, light; where there is sadness, joy. Grant that we may not so much seek to be consoled as to console; to be understood as to understand; to be loved as to love. For it is in giving that we receive; it is in pardoning that we are pardoned; and it is in dying that we are born to eternal life. Amen.