

Self-Guided Prayer

WEEK 1



Come and Tear Down the Walls

MATERIALS

A candle • Two empty bowls • Small stones or pieces of torn paper

Becoming Still

Find a quiet place. Sit comfortably. Take a few slow breaths and become aware of God's presence.

Prayer

*God of mercy, meet me in this quiet moment.
Give me courage to see clearly and grace to respond faithfully.*

Acknowledging Broken Relationships

Hold a stone or a piece of torn paper in your hand.

REFLECT QUIETLY

- How have the relationships between Indigenous and non-Indigenous people been broken?
- How has injustice, displacement or silence shaped the world I live in?
- Where have human dignity and equality been denied?
- Where have I benefited from systems that harmed others, even without intending to?

Respond to these honestly before God.

Place the stones or pieces of torn paper in one of the bowls.

Prayer

God of truth, I acknowledge the brokenness within me and around me. I name the harm done to Indigenous Peoples, their ignored voices and the wounded relationships.

Lament and Confession

Allow space for sorrow without rushing to resolve it. If it's helpful, speak or write one word that names this brokenness, for example, fear, silence, prejudice, indifference.

Prayer

God who hears the cry of the wounded, receive my lament. Hold the pain of what has been broken and the trust that has been lost. Teach me to honestly grieve.

Commitment to Restored Relationship

Now turn your attention toward hope and responsibility.

REFLECT QUIETLY

- What does reconciliation ask of me?
- How am I being called to listen more deeply to Indigenous voices?

Name a word of commitment silently or in writing, for example, listening, learning, humility, justice, respect, truth-telling.

Place a stone or torn piece of paper into the second bowl to signify your commitment.

Light a candle or imagine God's light around you.

Prayer

God of reconciliation, shape my repentance into action. Teach me to walk gently, listen deeply and seek right relationship.