

Self-Guided Prayer for Families

WEEK 2



Forgive Us,
Lord

MATERIALS

Crayons, markers, pencils and paper for everyone • A large sheet of paper

Tips for parents/caregivers

Keep the space safe and open. Some children may want to express sadness, some anger, some hope. Emphasize that feelings are OK and spending time being creative and reflecting is a way of praying and caring.

Gather Together

Sit together on the floor or around a table.

Parent/Caregiver

Today we are spending time thinking about reconciliation. Reconciliation means noticing when relationships have been hurt, telling the truth and choosing to care for one another in better ways.

In Canada we talk about truth and reconciliation, which focuses on reconciliation with Indigenous Peoples and others. Sometimes people don't listen to Indigenous communities and that has caused pain and injustice.

God teaches us a better way of listening, caring and walking humbly together on the land we share.

As we learn and create today, let's remember that everyone matters, every voice is important, and God calls us to love, listen and make things right.

Prayer

God, help us learn, listen and walk gently with others.

Read Scripture

On the large sheet of paper, print or write Micah 6:8.

No, O people, the Lord has told you what is good, and this is what he requires of you: to do what is right, to love mercy, and to walk humbly with your God. — Micah 6:8 (NLT)

Read this verse together a couple of times.

Invite family members to circle, underline or colour a word that stands out to them.

Conversation at the Table

Ask everyone to draw one picture or symbol that shows what helps heal relationships. Examples: hearts for kindness, hands for helping to share, ears for listening.

REFLECT TOGETHER

- What does this word or picture teach us about how God wants us to treat others?
- When people don't listen, what happens to relationships?
- How does listening help bring reconciliation?
- How can we show justice and kindness at home, school or church?

All these pictures show us that reconciliation looks like listening, caring, telling the truth, choosing kindness and [include themes from your family's drawings].

Invite family members to name one small thing they can do this week to help heal relationships.

Prayer

God of justice and mercy, thank you for teaching us how to love and listen. Help us heal what is broken and walk humbly with one another.