

Self-Guided Prayer

WEEK 2



Forgive Us, Lord

Becoming Still

Create a quiet and cozy space, perhaps with a cup of tea or the added warmth of a blanket. Consider lighting a candle or placing a symbol of the land nearby, such as a stone or plant. Begin with a moment of silence.

Ask God to open your heart to truth and transformation.

Listen to the Scriptures

Slowly read through Micah 6:8 a couple of times, either aloud or silently.

He has shown you, O mortal, what is good. And what does the Lord require of you? To act justly and to love mercy and to walk humbly with your God.

— Micah 6:8 (NIV)

Write down any word or phrase that grabs your attention. Do not analyze, simply receive. Pause for a moment. Hold the word or phrase in your heart.

Sit With the Scriptures

REFLECT QUIETLY

- How does this word or phrase speak to the church's relationship with Indigenous Peoples?
- Where has humility been overlooked in favour of control?
- How does God want us to act differently?

Notice what stirs within you—resistance, grief, sorrow, longing or something else. Remain in the silence.

Naming What is True

REFLECT QUIETLY

- In what ways has colonization shaped our theology, leadership and practices?
- How have we, knowingly or unknowingly, benefited from these systems?

Prayer

Forgive us, Lord, for the harm done through power and silence.

Pray from the Heart

You may choose to pray silently or aloud:

- A prayer of confession
- A prayer of grief
- A prayer of courage

Allow your prayer to be honest before God.

A Call to Faithful Action

As you prepare to leave this time of prayer, consider:

- What is God inviting me to unlearn?
- How can I support Indigenous self-determination in my community or church?

Name one small, faithful step you can take.

Prayer

God of justice and mercy, receive our listening, our repentance and our longing for right relationship. Guide us towards humility, truth and faithful action. May our hands bring justice and our works bring peace.