

Self-Guided Prayer for Families

WEEK 4



Weep with Me

MATERIALS

Tea light or candle • Paper or journal and pen • Crayons or markers

*This is not a practice to fix or explain. This is a time to listen, grieve and be together.

Gather Together

Find a quiet place to sit together. Light the candle.

Say: "This light reminds us that God is with us. Creator God, please sit with us."

Take four slow breaths together as one person leads with "Breathe in ... breathe out..."

Prayer

Jesus, you know what it feels like to be sad. You cried when people you loved were hurting. Please help us when we feel sad, too.

Learning Gently

Parent/Caregiver

Long before we were here, Indigenous Peoples lived on this land. They loved their families, languages, songs and creation. Some people did not listen or show respect. Indigenous Peoples were hurt. Their stories, languages and ways of life were taken or treated as unimportant. That makes many people sad, even today. It is important to listen to these stories with care and respect.

Listening Together

REFLECT TOGETHER

- How does your heart feel right now?
- Does your body feel heavy, quiet or unsure? Can you show me with your face or hands?
- Do you want to say something, or would you rather be quiet?

Sometimes we draw when words are hard. Drawing helps our hearts speak.

REFLECT AND DRAW

Invite everyone to draw. There is no right or wrong picture.

- How sadness looks
- What makes you feel safe
- The land, animals or people caring for one another

Learning to Understand Grief

Parent/Caregiver

Grief is what we feel when something important is hurt or lost. Many Indigenous communities feel grief because they have lost places they call home, their sense of safety, and their words, languages and traditions.

Grief means our hearts care. It means something mattered. God cares, too.

Being Quiet With Jesus

Invite children to close their eyes or look at the candle.

Read slowly: Jesus is sitting with us. He is kind, he is quiet, he is not made, he is not in a hurry. Pause for a short moment.

Whisper together: Jesus stay with me.

REFLECT AND DRAW

Invite everyone to draw what it looks like to be cared for.

Ideas: holding hands, people sitting together, a hug, light in the dark.

Being together helps our sadness feel less lonely.

Walk Gently Forward

How can we be kind listeners this week?

Examples: Learning from/about Indigenous Peoples, being gentle and respectful.

Prayer

Creator God, we bring our sad and honest hearts to you. We remember the people and stories who were hurt and silenced. Thank you for staying with us in our grief. Help us listen with care. Help us walk gently with Indigenous Peoples. Teach us kindness, truth and respect. Stay with us.

