

# Self-Guided Prayer WEEK 4



## Weep with Me

### MATERIALS

Tea light or candle • Paper or journal and pen  
Coloured pencils, markers or paint • Collage items (optional)

\*This is not a practice to fix or explain. This is a practice to listen, grieve and remain.

### Becoming Still

Find a quiet place where you can sit comfortably. Light a candle and take four deep breaths. Place one hand over your heart and one on the earth or table.

Silently pray: God of truth and compassion, sit with me.

### Prayer

*Jesus, you wept with those who grieved. Teach me how to stay present.  
Teach me how to listen. Teach me how to lament.*

Pause for a moment of silence.

### Listening Without Defense

Stories have power. They can inspire and transform if we choose to listen.

### REFLECT AND WRITE

Write without editing or correcting yourself.

- What emotions arise in me when I hear stories of colonization and Indigenous sufferings?
- Where do I feel discomfort, grief, confusion or resistance in my body?
- What have I been taught, directly or indirectly, to do to avoid, minimize or explain away this pain?

# Making Space for Grief

What does grief look like when it is given permission?

Create an image that represents sorrow, mourning or loss with shapes, lines, colours or symbols. Do not aim for beauty or clarity. Let your hands move slower than your thoughts. As you create, repeat quietly: "I do not need to fix this."

Sit with your artwork for a moment.

# Lamenting the Misrepresentation of the Gospel

Read slowly: Instead of good news, Indigenous Peoples were given bad news. The gospel was used to harm rather than to heal.

## REFLECT AND WRITE

Write honestly. Let grief be named.

- How has the gospel been used as power rather than love in history?
- How do I grieve the church's role in cultural destruction and exclusion?
- What does it mean to love the church while acknowledging its harm?

# Naming What Was Lost

What has been taken, silenced or broken?

On a new page, write, draw or create a collage of words, symbols or images that represent loss. Consider the loss of language, land, safety, dignity, spirituality and education.

When you are done, you may choose to tear the page, layer over it or leave it unfinished.

This is a prayer of acknowledgment.

## Weeping With God

Close your eyes and imagine Jesus sitting beside you, not speaking, not teaching, not correcting—only being present.

Breathe slowly and pray silently: Jesus weep with me. Hold what I cannot carry. Stay with me.

Remain in silence for two to three minutes.

## Sacred Presence

What does it look like to be held in grief?

Imagine what it would look like to:

- Be in community
- Share sorrow
- Practise presence without words

## Moving Forward Slowly

Write a short response to each question:

- What did I notice in myself during this practice?
- What shifted, even slightly?
- How might listening look in my life beyond this moment?

Finish with this prayer or one in your own words:

### **Prayer**

*Lord, you know the weight of grief and the cost of truth. Teach me to listen without defense. Teach me to love without control. Teach me to walk gently on sacred ground. Stay with me. Weep with me. And let this sorry lead me toward justice, humility and right relationship.*

