

# Self-Guided Prayer for Families WEEK 5



## One Can Hope

### MATERIALS

Paper • Pens, pencils, coloured pencils, markers or paint

### Gather Together

Find a comfortable place to sit together. You might want to sit on the floor, on a couch or outside if you are able.

Take a slow breath in together. Hold it for a moment. Let it out slowly. Do this three more times.

### Prayer

*Creator God, thank you for being with us. We come with open hearts, ready to listen to you, to one another and to the world you made.*

### Listening to Hope

### Parent/Caregiver

We can hope even when things feel unfair. We can hope because God hears people who are not listened to. We can hope because God cares about Indigenous Peoples, about the land, and about every family and community.

Hope is not pretending everything is okay. Hope means trusting that God wants things to be made right.

### REFLECT TOGETHER

(Let children answer freely; there are no wrong answers.)

- Where do we see unfairness in the world today?
- Who do you think God wants us to listen to more carefully?

# Listening, Voice and Consent

## Parent/Caregiver

Sometimes grown-ups, leaders or governments make choices without asking the people who will be affected, especially Indigenous communities. God invites us to listen first.

### REFLECT TOGETHER

- When have you felt left out of a decision?
- Where have you felt really listened to?
- How can we make sure everyone gets a say, especially about land, water and community?

## Prayer

*God who listens, help us to listen to each other, to ask before deciding, and to respect people's voices and choices.*

## "Restoring" Right Relations

Create a picture together that shows:

- People caring for one another
- People caring for the land
- Broken relationships being healed

Ideas: holding hands, a tree with deep roots, a seed growing in the soil.

### REFLECT TOGETHER

- What helps relationships heal?
- Where do we see God helping things grow again?

# Hope and Justice

Look at your artwork. Finish these sentences together:

- “We can hope because...”
- “God’s justice looks like...”
- “Our family shares love and respect by...”

Hold hands and read together:

“Instead, let justice flow like a stream, and righteousness like a river that never goes dry.”—Amos 5:24 (GNT)

## **Prayer**

*God of justice and love, help us to listen when others are not heard. Help us to care for the land and for one another. Help us to share, ask and act with kindness. When things feel hard or confusing, help our family to remember that we can hope in you.*

