

Self-Guided Prayer WEEK 5



One Can Hope

MATERIALS

Paper • Pens, pencils, coloured pencils or markers
One Can Hope by Steve Bell softly playing in the background (optional)

Becoming Still

Begin in silence. Take a slow breath in. Hold. Release. Repeat three times.

Prayer

God of justice and relationship, we come carrying histories, stories and questions. We come to you knowing that justice has often been delayed, denied or distorted. Quiet us to listen—to you, to one another and to creation around us.

Listening to Hope

Read slowly: One can hope when justice feels delayed. One can hope because God hears the cry of the silenced.

Hope here is not passive. It is trust that God's justice is real, relational and still unfolding through truth-telling, repair and responsibility.

REFLECT QUIETLY

- In what areas of today's world does justice feel most out of reach—especially for Indigenous Peoples, lands and communities?

Strong Voices and Free, Prior and Informed Consent

REFLECT AND WRITE

Write freely. Do not edit yourself as you respond to these prompts.

- When have decision been made about me, rather than with me?
- Whose voices are missing in decisions that affect the land, community, future or church?
- How have Indigenous voices been ignored, minimized or consulted too late?
- What does free, prior and informed consent look like through God's eyes?

Prayer

God who listens before acting, teach us to value voice as sacred, consent as necessary and participation as holy.

"Restoring" Right Relations

Using art materials, respond visually by creating an image that shows the movement from broken power to reciprocal relationship.

Ideas: intersecting circles, hands reaching toward each other, a seed breaking open in the soil.

REFLECT QUIETLY

- Where do relationships between people, land and churches need healing?
- Where does power need to shift?
- Where is God already at work restoring dignity?

Reflecting on Justice and Hope

Look at your artwork. Write a few words or a short prayer beginning with:

- “One can hope because....”
- “God’s justice looks like....”
- “I am called to participate by....”

God created the heavens and stretched them out; he fashioned the earth and all that lives there; he gave life and breath to all its people. And now the Lord God says to his servant, “I, the Lord, have called you and given you power to see that justice is done on earth.”—Isaiah 42:5-6 (*GNT*)

Trusting God's Justice

Hold your artwork or place your hand over what you have written.

Prayer

God of justice and right relationship, where voices are silenced, teach us to listen. Where power is hoarded, teach us to share. Where consent is ignored, teach us respect. Restore right relationships around us, not through force, but through dignity, love and truth. Even when the path is unclear, one can hope in you.

