

Praying for Others

Show me the suffering of the most miserable
So I will know my people's plight.

Free me to pray for others
For you are present in every person.

Help me to take responsibility for my own life
So that I can be free at last.

Give me honesty and patience,
So that I can work with other workers.

Bring forth song and celebration
So that the Spirit will be alive among us.

Let the Spirit flourish and grow
So that we will never tire of the struggle.

Let us remember those who have died for justice
For they have given us life.

Help us love even those who hate us
So we can change the world.

Amen.

~ Cesar Chavez

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“For me, the labyrinth is like a spiritual tuning fork – it creates a lot of energy. The more people who are walking it at one time, the more energy there is which is very tangible in terms of the warm, tingling feeling I get from it. And even when I come off the [labyrinth] and sit near it, I can feel the energy pulsating off the labyrinth in waves, a clear demonstration of spiritual energy.”

~ Nicholas Halpin, Dundee University, Scotland

Need a prayer to get you started?

A Prayer for the Poor and the Neglected

Almighty and most merciful God,
we remember before you all poor and neglected persons whom it would be easy for us to forget:
the homeless and the destitute,
the old and the sick,
and all who have none to care for them.
Help us to heal those who are broken in body or spirit,
and to turn their sorrow into joy.
Grant this, Father, for the love of your Son, who for our sake became poor,
Jesus Christ our Lord.
Amen.

- Book of Common Prayer

Prayers of Intercession are those we pray for others and their needs.

Other forms of prayer include:

Petitions ~ prayers for ourselves, including confession and asking for forgiveness.

Thanksgiving, in which we express our thanks to God for anything and everything.

Praise, as we express our love for God and Creation.

Adoration and Blessing, in which we worship the One who brought all into being, who redeems and sustains us.