

Praying in Challenging Times

If we pay attention to our emotions and reactions as we listen for God, we may ask ourselves a few questions that can unlock prayer in places we might not expect.

As you witness something that angers or frustrates you

- In your anger, how might you pray for justice in this situation?
- What will you pray for the unintended victims?
- Allowing room for compassion, how might you pray for those who have angered you?

What things are you most passionate about in the midst of this political process?

- How might you pray for all those affected by decisions in this area?
- What might a grace filled conversation with someone equally as passionate from another view point look like?

What grieves you or causes you pain?

- How might you pray for healing in the midst of your pain?
- Who else may be in pain that you would not normally pay attention to or care about?
- How might you pray for their healing?
- What action might you take to help alleviate their pain?

What voices are missing in the conversations/debates/times of prayer that you are part of?

- Who might you invite into the conversation?
- Who in your community are thought of as 'insiders' or 'outsiders'?
- How might you be more intentional about praying with others?

Where are you noticing signs of joy or peace or healing in the midst of division?

- How might you turn your reflections into actions?