



WE THE PEOPLE

Election 2020 Prayer Resources

Let's Pray.

We live in perilous times, but we are not without agency. As Christians, we have the power of prayer. In prayer, we name those things that weigh our hearts and bring to God the needs of our world. There are many ways to pray and you are invited to spend this time however you feel will best bring you into the presence of the Holy. This document includes resources and practices to guide your prayer time.



Silence your devices.

Lower your lights.

Light a candle.

Unclench your jaw.

Stretch your body.

Wake up.

Take three deep breaths.

Begin.



Psalm 33.13-22

From heaven God looks down and sees all humankind;
from God's dwelling place God watches
all who live on earth— God who forms the hearts of all,
who considers everything they do.

No king is saved by the size of the army;
no warrior escapes by great strength.

A horse is a vain hope for deliverance;
despite all its great strength it cannot save.

But the eyes of God are on those who fear God,
on those whose hope is in God's unfailing love,
to deliver them from death and keep them alive in
famine. We wait in hope for our God;

God is our help and our shield.

In God our hearts rejoice,
for we trust in God's holy name.

May your unfailing love be with us, God,
even as we put our hope in you.

Breath Prayer

The Breath Prayer is an ancient form of prayer and it is easily adaptable. Simply choose one or two lines to meditate on and inhale and then exhale through them.

Try this: **Inhale.** Fill your whole self with breath. Feel air in your lungs. And then say the first line. **Exhale** slowly and fully. Then say the last line. Repeat. Start with ten good breaths in and out, with the words. Try to breathe through this prayer for five quiet minutes.

Inhale: Humble and gentle One,
Exhale: you are rest for my soul.

Inhale: True Vine and Gardener,
Exhale: I abide in You.

Inhale: Nothing can separate me,
Exhale: from the love of God.

Inhale: Be still
Exhale: and know you are God.

Inhale: On earth
Exhale: as it is in heaven.

Inhale: Your grace
Exhale: is enough for me.

Inhale: There is no fear
Exhale: in your Love.

Continued on the next page.

Breath Prayer Continued

Inhale: I will not be afraid
Exhale: for You are with me.

Inhale: You are our refuge
Exhale: and our strength.

Inhale: Both day and night
Exhale: belong to You

Inhale: I find rest
Exhale: in Your shelter.

Inhale: You surround me with love
Exhale: and tender mercies.

Inhale: You fill my life
Exhale: with good things.

Inhale: Peace of Christ,
Exhale: guard my heart and mind.



Prayer for Every Human Heart

Grant, O God, that your holy and life-giving Spirit may so move every human heart and especially the hearts of the people of this land, that barriers which divide us may crumble, suspicions disappear, and hatreds cease; that our divisions being healed, we may live in justice and peace; through Jesus Christ. Amen.

Prayer for Times of Conflict

O God, you have bound us together in a common life. Help us, in the midst of our struggles for justice and truth, to confront one another without hatred or bitterness, and to work together with mutual forbearance and respect; through Jesus Christ. Amen.

Prayer for Those Who Influence Public Opinion

O God, you proclaim your truth in every age by many voices: Direct, in our time, we pray, those who speak where many listen and write what many read; that they may do their part in making the heart of this people wise, its mind sound, and its will righteous; to the honor of Jesus Christ. Amen.

Prayer for Voters

Almighty God, to whom we must account for all our powers and privileges: Guide the people of the United States in the election of officials and representatives; that, by faithful administration and wise laws, the rights of all may be protected and our nation be enabled to fulfill your purposes; through Jesus Christ. Amen.

Prayer for Inspiration and Courage

God, today we cry, give us a vision of your world as your love would have it: a world where the weak are protected, and none go hungry or poor; a world where the riches of creation are shared, and everyone can enjoy them; a world where different races and cultures live in harmony and mutual respect; a world where peace is built with justice, and justice is guided by love. Give us the inspiration and courage to build it. Amen

The Serenity Prayer

God grant me the serenity
to accept the things I cannot change;
courage to change the things I can;
and wisdom to know the difference.

Prayer by Martin Luther King, Jr.

God, grant that we will get on board and start marching with you, because we got orders now to break down the bondage and the walls of colonialism, exploitation, and imperialism. To break them down to the point that no person will trample over another person, but that all people will respect the dignity and worth of human personality. And then we will be in Canaan's freedom land. Amen.

A Prayer by Maya Angelou

Father, Mother God,

Thank you for your presence during the hard and mean days.

For then we have you to lean upon. Thank you for your presence during the bright and sunny days, for then we can share that which we have with those who have less.

And thank you for your presence during the Holy Days, for then we are able to celebrate you and our families and our friends.

For those who have no voice, we ask you to speak.

For those who feel unworthy, we ask you to pour your love out in waterfalls of tenderness. For those who live in pain, we ask you to bathe them in the river of your healing.

For those who are lonely, we ask you to keep them company. For those who are depressed, we ask you to shower upon them the light of hope. Dear Creator, You, the borderless sea of substance, we ask you to give all the world that which we need most -- Peace.



A Prayer for Democracy

Gracious God, we are blessed to live in a democracy where each citizen has the opportunity and the responsibility to participate in our decision-making processes. Our faith belongs in the voting booth as well as in the sanctuary! Justice-Seeking God, we know that our policymakers impact our lives: they have power to ensure that all your children are equally part of this society; they can require that taxes are just and that our nation's income goes to benefit the many; they can help to make all jobs good jobs that pay living wages; they can send us to war or foster peace. Our faith belongs in the voting booth as well as in the sanctuary! Community-Building God we know that questions of public policy are also matters of faith, for they help us to give substance to the Beloved Community which you have called us to shape. You desire each of us to live a life of wholeness; to have the opportunities to fulfill our potential and become the persons you have created us to be; to live secure in the knowledge that if we fall on hard times, a strong, public safety net will be there to support us. Our faith belongs in the voting booth as well as in the sanctuary! But Holy One, This election season has gone on too long! We are turned off by a circus which obscures critical issues, reduces complicated choices to sound bites and encourages personal attacks. We want this election season to be over! Help us to find a way to cut through the confusion and the spin. Give us patience to consider and make wise choices that will lead ever closer to your vision of the Beloved Community. Our faith belongs in the voting booth as well as in the sanctuary!

I Am Pleading for My People *Sojourner Truth, 1878*

I am pleading for my people, a poor downtrodden race
Who dwell in freedom's boasted land with no abiding place
I am pleading that my people may have their rights restored,
For they have long been toiling, and yet had no reward
They are forced the crops to culture, but not for them they
yield, Although both late and early, they labor in the field.
While I bear upon my body, the scores of many a gash,
I'm pleading for my people who groan beneath the lash.
I'm pleading for the mothers who gaze in wild despair
Upon the hated auction block, and see their children there.
I feel for those in bondage—well may I feel for them.
I know how fiendish hearts can be that sell their fellow men.
Yet those oppressors steeped in guilt—I still would have
them live; For I have learned of Jesus, to suffer and forgive!
I want no carnal weapons, no machinery of death.
For I love to not hear the sound of war's tempestuous breath.
I do not ask you to engage in death and bloody strife.
I do not dare insult my God by asking for their life.
But while your kindest sympathies to foreign lands do roam,
I ask you to remember your own oppressed at home.
I plead with you to sympathize with signs and groans and
scars, And note how base the tyranny beneath the stripes
and stars.

Forward Together: A Moral Message for the Nation **William J. Barber II,**

From Moses to Jesus, the Bible tells us that those who fought for justice—those who spoke truth to power, those who refused to accept that injustice and inequality had to exist and that there was no better way—always found themselves hated, hounded, and heaped upon with false accusations simply because they believed in the necessity of speaking and working for the cause of righteousness and building a more just community. This lack of majority support is why the just must live by faith and must know exactly who we are.

Letter to Rev Samson Occum Phillis Wheatley, 1774

In every human Breast, God has implanted a Principle, which we call Love of Freedom; it is impatient of Oppression, and pants for Deliverance; and by the Leave of our modern Egyptians I will assert, that the same Principle lives in us. God grant Deliverance in his own Way and Time, and get him honour upon all those whose Avarice impels them to countenance and help forward the Calamities of their fellow Creatures. This I desire not for their Hurt, but to convince them of the strange Absurdity of their Conduct whose Words and Actions are so diametrically, opposite. How well the Cry for Liberty, and the reverse Disposition for the exercise of oppressive Power over others agree, I humbly think it does not require the Penetration of a Philosopher to determine.

Reflections and Resources

Click on the links to open

[Lament and Live Together:
A Letter to the Church in New England](#)

[Abraham Lincoln's Second Innaugral Address](#)

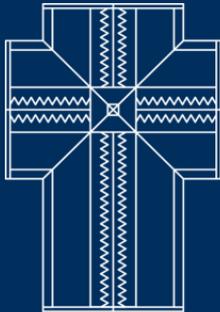
[Willie Sordillo Ensemble SoundCloud Playlist](#)

[Kate Nintcheu's Patriotism, America, Dreams Playlist](#)

[Shawn Fiedler's Hope and Beauty Playlist](#)

[Thoughtful Patriotism 2020 Children's Message](#)





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