# A Selection of Prayers for Advocacy and Justice

### Prayer for Peace (St Francis of Assisi)

Lord, make me a channel of your peace,

That where there is hatred, I may bring love;

where there is wrong, I may bring the spirit of forgiveness;

where there is discord, I may bring harmony;

where there is error, I may bring truth;

where there is doubt, I may bring faith;

where there is despair, I may bring hope;

where there are shadows, I may bring light;

where there is sadness, I may bring joy.

Lord, grant that I may seek rather to comfort than to be comforted;

to understand rather than to be understood;

to love rather than to be loved;

for it is by forgetting self that one finds,

it is by forgiving that one is forgiven,

it is by dying that one awakens to eternal life.

Matthew 25:34-40

Then the king will say to those at his right hand, “Come, you that are blessed by my Father, inherit the kingdom prepared for you from the foundation of the world; for I was hungry and you gave me food, I was thirsty and you gave me something to drink, I was a stranger and you welcomed me, I was naked and you gave me clothing, I was sick and you took care of me, I was in prison and you visited me.” Then the righteous will answer him, “Lord, when was it that we saw you hungry and gave you food, or thirsty and gave you something to drink? And when was it that we saw you a stranger and welcomed you, or naked and gave you clothing? And when was it that we saw you sick or in prison and visited you?” And the king will answer them, “Truly I tell you, just as you did it to one of the least of these who are members of my family, you did it to me.”

God, may I value and treasure all the people who come in contact with me today and may I always see myself as gift so that I can share from my abundance.

Amen.

God of Compassion and Justice, we pray for those in positions of leadership in our country and our state. May they be guided by principles of compassion and concern for the weakest in our society. We make this prayer through Christ our Lord.

Amen.

**Prayer for Justice**

May God bless you with discomfort at easy answers, half-truths

and superficial relationships,

so that you will live deep within your heart.

May God bless you with anger at injustice, oppression

and exploitation of people,

so that you will work for justice, equality and peace.

May God bless you with tears to shed for those who suffer from pain,

rejection, starvation and war,

so that you will reach out your hand to comfort them and change

their pain into joy.

May God bless you with the foolishness to think you can make a

difference in the world,

so that you will do the things which others tell you cannot be done.

Amen.

**St Mary MacKillop (Mother Mary of the Cross)**

Blessed are you, O God,

In your loving providence:

For you raised up St Mary MacKillop

In our own land Australia

As a blessing for those in need.

By the power of the cross,

May we too embrace

All the works of love.

Through Christ our Lord.

Amen.

**Prayer of Thanks for Blessed Edmund Rice**

O God, we thank you for the life of Edmund Rice.   
He opened his heart to Christ present in those oppressed by poverty and injustice.   
May we follow his example of faith and generosity.   
Grant us the courage and compassion of Edmund as we seek to live lives of love and service.   
We ask this through Christ our Lord.   
Amen.

**The Grail Prayer**

Lord Jesus,

I give you my hands to do your work.

I give you my feet to go your way.

I give you my eyes to see as you do.

I give you my tongue to speak your words.

I give you my mind that you may think in me.

I give you my spirit that you may pray in me.

Above all,

I give you my heart that you may love in me

your Father and all mankind.

I give you my whole self that you may grow in me,

so that it is you, Lord Jesus,

who live and work and pray in me.

Amen.



**Respect for all life**

God our Father,

inspire us with a great respect

for all human life

from the time of the child

growing in the womb

to the point of death.

May that respect lead us

to grow in a sense of responsibility

for all our brothers and sisters

throughout the world,

knowing that, where one person suffers

and is degraded,

all of humanity is belittled and abused.

May we grow in a sense of love and care

for those less fortunate than ourselves,

and lead us to do something

about the troubles in our world.

Amen.

**Injustice and my own attitude**

Lord, it’s good

to be actively concerned

about the abuses of human rights

in other countries,

but I must not lose sight

of the mis-treatment of others closer to me.

Most particularly, Lord,

point out to me my own failings

in lacking respect

for those who come into my daily life.

I readily condemn slavery,

but help me to liberate those I know

who are overburdened.

I condemn torture,

but lead me to discourage the use

of cruel words and actions.

Remind me

that those who degrade others

are themselves diminished.

Enlighten me

so that I do not

jump to conclusions about people,

or be judgmental.

Lead me always to respect individuals

for who they are,

realising that their experiences

may be different from my own,

as each follows paths in life

that are individual to them.

May I grow in appreciation

that those who think differently from me

can hold equally valid views.

In these and other ways, Lord,

may I grow in respect for all people.

This day, may others respect me

as much as I respect them.

Amen.

**Hear my voice, Lord**

**- a Prayer of Pope John Paul II**

**for Justice and Peace**

To you, Creator of nature and humanity,

of truth and beauty, I pray:

Hear my voice,

for it is the voice

of the victims of all wars and violence

among individuals and nations.

Hear my voice,

for it is the voice

of all children who suffer and who will suffer

when people put their faith in weapons and war.

Hear my voice

when I beg you to instil

into the hearts of all human beings

the vision of peace,

the strength of justice

and the joy of fellowship.

Hear my voice,

for I speak for the multitudes

in every country and in every period of history

who do not want war

and are ready to walk the road of peace.

Hear my voice

and grant insight and strength

so that we may always respond

to hatred with love,

to injustice with total dedication to justice,

to need with the sharing of self,

to war with peace.

O God, hear my voice,

and grant to the world your everlasting peace.

Amen.

(Pope John Paul II at

Hiroshima, Japan, 1981)

**Living simply**

Lord, may we who have plenty

live simply

so that others may simply live.

Amen.

**Hunger and justice**

O God,

to those who have hunger, give bread,

and to us who have bread,

give the hunger for justice.

Amen.

**Watch, Lord, with those in need**

Watch, dear Lord,

with those who cannot sleep

and those who weep this night.

Tend the sick,

give rest to the weary

and bless the dying.

Relieve those who are suffering,

have pity on those in great distress,

and shield those who are happy.

Amen.

**A Buddhist Prayer**

May all beings have happiness

And the causes of happiness;

May all be free from sorrow

And the causes of sorrow;

May all never be separated

From the sacred happiness

Which is sorrowless;

And may all live in equaniminity,

Without too much attachment

And too much aversion,

And live believing in the equality

Of all that lives.

Amen.



Live Jesus in our hearts….forever!