

# Reflective Prayer

## Praying for people in times of crisis

### Introduction to the prayer:

Christians believe that prayer is an important part of a relationship with God. For Christians prayer can be a space to share anxiety and worries and to express our hurt at the bad things in the world. When we face things in our lives and the world around us it can be helpful to give ourselves and each other space to feel our feelings, to express and share them with one another and, if you believe in God, to share them with God too.

Christians also believe that prayer is a powerful space to once again share our visions of hope. To reaffirm our hope and beliefs that the world can and will be a better place. To commit to ourselves, to each other, and if we believe in God then to God too, that we have amazing ideas – big and small – that can make the world a better place for everyone.

Today we are reflecting together in sadness for the communities in Morocco affected by earthquakes and for the communities in Libya that have been affected by flooding. We mourn the lives lost, and for the people who have lost loved ones, their homes, their livelihoods, and their feelings of security. We should allow ourselves to feel the sorrow.

But we must not lose sight of our hope and commitment to make the world a fairer, safer, more loving place for all we share it with.

We are going to spend a moment of quiet together. Whatever your religious beliefs, take this moment to think and feel together. Take this moment to acknowledge your emotions. Take this moment to hold on to hope, no matter how big or small.

## The Prayer:

**Creator God, you created this wonderful planet we call home. You made it out of love, and it is good. You created the world and all who call it home. You love each and every human being, animal and plant.**



Take a moment to remember the importance of every single person. Each person unique and wonderful.

**Creator God, you created those who have lost their lives, lost their loved ones, and lost their homes. We pray that the communities affected feel loved by the wider world, that they are nurtured and cared for. We pray that in this time of crisis their basic needs are met.**

Take a moment to reflect on the people affected by the crisis.

**God who restores, we pray for your peace for those affected. We pray that those affected will be able to find happiness again in the future, that they can restore their communities and homes.**

**Help us to know how and when we can help those who are in need.**

Take a moment to allow those present to reflect on how we can all play a role in supporting those in crisis – it doesn't have to be big things. You may wish to invite one or two people to share their ideas.

**God who promises, you have promised us that a better world is possible. That through you we can do all things. Give us the courage to dare to hope for a better world. Give us the courage to take part in making the world a fairer and more loving place for everyone.**

Take a moment to reflect on reasons to be hopeful – you may wish to share your reasons – things like people working together to overcome the challenges. The international community responding positively to help. Ordinary people welcoming refugees. Vital work done by charities internationally to help communities recover.

**God take the offering of our hopes and thoughts of how we can help others in crisis. Give us the courage to do the small things we can to make the world a more loving place.  
Amen.**

