

A Prayer to Know God's Presence in our Invisible Suffering

Praying for Peace and Justice on December 15, 2024

Dear God,

There are so many ways to suffer, and so many of them are invisible. I think we each have something that we deal with that isn't obvious or very loud. Chronic pain. Depression. Fear. Uncertainty. Grief.

These things may not be visible to others, and suffering with them alone can be isolating and compound the problem. When we are isolated, we are divided, and vulnerable to the messages of our society that perpetuate inequity.

But the thing about prayer is it makes us not alone. When we pray, you are with us. When we pray, we are together.

I hope that those who have been unseen and alone feel us as we pray right now!

When we ourselves are dealing with something invisible, whether its unseen by our community, our family, our government, or our healthcare, let us feel your presence.

Give us the courage to put words to our own experiences and to listen when others try, until fewer and fewer things are invisible and able to isolate us from each other.

Be with us now and let us be with those among and around us, as well as far away. Amen