

Prayers for a Nation in a Time of Anxiety

When I hear voices of mistrust, I will look to the God who holds my trust, and be grateful.

God be in my head and in my understanding.

When I hear fear being used as a weapon against neighbors, I will look to the One who makes me fearless and be grateful.

God be in my gestures and in my standing.

When I feel the stress of these days lingering in the air around me, I will look to the God who pledges a presence with us today as well as tomorrow.

God be in my sighs and in my deep relaxing.

When I hear many cries of injustice and unfairness, I will not be dismissive but will listen to hear how I can be an instrument of healing.

God be in my shoulders and in my bearing.

When I hear the loneliness of being different or forgotten or injured in this country that works well enough for me, I will listen to stories, sit for a moment with the sullen, and try to feel in me what they are feeling in themselves.

God be in my nerves and in my ability to feel at all.

When I feel captured by the culture's angst, I will ask God to free me to be of service to those who cannot free themselves.

God be in my feet and in my moving.

When I feel like the whole exercise of governing has become less noble and more theatre, I will stop and offer prayers for both these candidates who may bear the weight of governing.

God be in my knees and in my humble kneeling.

When I feel hardened to those who disagree with me, I will remember all the times God hears my disagreeable prayers.

God be in my prayers and let them be for reconciling love that conquers all,

For justice for all people of this land, lovely and unloved alike.

Bring us back to wells of civility and let us drink from relationship and conversation

Give us a will to rebuild the things that matter and to give up those things that keep us from serving one another.

O gracious and loving God, who understands the hearts of all people; Send your healing, hopeful spirit to all of us in the work of electing a president; open our hearts to one another and give us your light; that all may feel included and encouraged to work for the common good. Through Jesus Christ our Lord, who loves us all and insists we do the same. **Amen.**

Written by the Reverend Joseph O. Robinson, Rector of Christ Church, Cambridge, MA, inspired by the text from *Horæ beatæ Mariæ Virginis* London, 1514, possibly of French origin.