# Prayer and Self-Care in Refugee Ministry

Prayer and prayer support are essential in refugee ministry. Prayer undergirds all we do in refugee ministry. Also essential is to ask prayer partners or groups to hold you in prayer when you are active in working with asylum seekers and refugees.

## Prayer:

God of the journey, God of the traveler,

We pray for those who leave their homes in search of new beginnings and possibilities, may they know your presence with them. We pray that those who seek to make a home in this country may find us welcoming and willing to help them find a path toward citizenship. We pray that our legislators, as they craft new immigration legislation may find the wisdom and courage to enact new policies that do justice for our country and for those who would immigrate here. We pray for those who would fan the flames of fear and discrimination against the undocumented may be touched with your divine compassion. We pray in Jesus’ name. Amen.

(Source: The Archdiocese of Chicago, Interfaith Worker Justice website)

## Prayer:

Blessing God,

As members of Christ’s body we hold two worlds in our hands:

the one holds pain, division, grief, hostility, fear -

that of others,

those things throughout our world,

within ourselves;

The other hand holds faith with its unbounded abilities -

to be part of God’s ongoing creativity, and

to be vehicles for hope and love and understanding

to embrace and share Wonder beyond our imaginings:

(All that is dark … And Wonder beyond comprehension …

In our hands, we hold them both daily.)

We have been given the ability to imagine the real kingdom of this world AND the real kingdom of God - both put in our hands and minds — open, yet rooted deeply in our hearts.

Amazing God, You know the cares that beat most strongly in our hearts.

You know our questions - probably more clearly that we can ask them.

You clearly see where we have placed barriers to new possibilities.

Show us how to let your Spirit continue to create love and hope through us.

It is as members of the living Christ that we pray. Amen

(Scribed by Rev. Larry D. Spenser)