

If My People Pray...

10 Verses and Prayers for
Hope, Justice, Unity, Grace & Healing



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If My People Pray...

Call to pray...

Then if my people who are called by my name will humble themselves and pray and seek my face and turn from their wicked ways, I will hear from heaven and will forgive their sins and restore their land. -2 Chronicles 7:14

Dear God, we need Your help now more than ever! Forgive us for not turning to You or trusting You before now with our greatest struggles. Please transform our hearts and heal our country. Amen.

Prayer for Guidance...

We do not know what to do, but we are looking to you for help. - 2 Chronicles 20:12b

God, I am grateful that You are in control of all things. I don't need all of the answers or even know what to do next because I can always turn to You for wisdom and help. I will pray to You when I'm not sure what to do. Amen.

Prayer for Patience...

Understand this, my dear brothers and sisters: You must all be quick to listen, slow to speak, and slow to get angry. -James 1:19

God, there's a lot that I don't understand about people who lived differently than me. In all of my conversations, remind me to be quick to listen instead of wanting to be heard. Help me to hold my words until I've taken the time to really hear others. Help me to take the focus off myself so that I can stay calm even when others disagree with me. Amen.



If My People Pray...

Call to Justice...

Speak up for those who cannot speak for themselves; ensure justice for those being crushed. Yes, speak up for the poor and helpless, and see that they get justice.

-Proverbs 31:8-9

God, give me the courage to speak out when I hear people treating others with disrespect or mistreating them. Help me to put aside my fears to stand up for those who don't have the power to help themselves. Amen.

Prayer for Personal Commitment...

O people, the Lord has told you what is good, and this is what he requires of you: to do what is right, to love mercy, and to walk humbly with your God. -Micah 6:8

God, I want to live what is good in your eyes. I am grateful for the mercy that You've given to me. Open my eyes to when and where I need to fight for mercy for others. I can't do this without Your help! Amen.

Jesus' Prayer for His Church...

I am praying not only for these disciples but also for all who will ever believe in me through their message. I pray that they will all be one, just as you and I are one—as you are in me, Father, and I am in you. And may they be in us so that the world will believe you sent me. -John 17:20-21

God, our unity is our best testimony. I want to be a part of making Jesus' prayer come alive here on earth. I pray for unity in the body of Christ so that the world will be convinced of the power of the gospel. Amen..



If My People Pray...

Prayer against Prejudice...

Yes indeed, it is good when you obey the royal law as found in the Scriptures: "Love your neighbor as yourself." But if you favor some people over others, you are committing a sin. You are guilty of breaking the law. -James 2:8

God, this is a hard one. Open my eyes to when I have negative thoughts, attitudes or actions toward others. I want to have Your heart and love toward all. Amen.

Prayer for Strength and Courage...

This is my command—be strong and courageous! Do not be afraid or discouraged. For the Lord your God is with you wherever you go. -Joshua 1:9

God, thank you for opening my eyes to what is happening. It's hard to stand up and speak out, but I believe that is what You are calling me to do. Remind me that You are with me and for me, especially when others speak out against me. I will be strong and courageous in You. Amen.

Prayer for Forgiveness...

Make allowance for each other's faults, and forgive anyone who offends you. Remember, the Lord forgave you, so you must forgive others. -Colossians 3:13

God, it's tough having hard conversations and working through mistakes and misunderstandings. Help me to forgive when I am hurt or offended. I trust that You will make right more than I will ever be wronged.. Amen.



My Prayer for You...

Dear God, I pray that You fill my friend's heart with a passion for Your vision for unity, grace, healing, truth and love. As You've intentionally created humanity with many colors and cultures, You also have lessons for us to learn from each other.

As we all acknowledge that we don't have all of the answers, I pray that my friend seeks Your wisdom for when or how to stand up and speak out.

As we acknowledge that we all have blindspots when it comes to race and our own personal prejudices, give my friend courage to acknowledge them when they are revealed;

As we listen and learn, I pray that my friend has the patience and humility to really hear the life experience of others as well as seek to understand and to avoid unnecessary conflict;

As we wrestle with the injustice, I pray that my friend never loses hope in Your ability to change and transform hearts. Amen.



Barb Roose

Barb Roose is a popular speaker and author who is passionate about equipping women to win at life with Christ-empowered strength and dignity. She enjoys teaching and encouraging women at conferences and retreats in the US and abroad, including national platforms like the Aspire Women's Events, Proverbs 31 She Speaks and the UMC Leadership Institute.

She is the author of multiple books and Bible studies. She writes a regular blog at BarbRoose.com and hosts the "Better Together" FB Live and podcast series. Barb lives in NW Ohio and is proud mother of three adult daughters. Whenever possible, Barb prefers to eat dessert first. Visit Barb's online home at barbroose.com.

