

Forty Days of Prayer as Our Nation Prepares for an Election

September 24 through November 2

Monday

The prophet Micah tells us that God's desire for us is that we do justice, love kindness, and walk humbly with our God. As our nation prepares to go the polls, pray that our collective deliberating and decision-making might reflect God's dreams for us as a people. Pray God's blessing upon every ballot and polling place.

God has told you, O mortal, what is good;
and what does the LORD require of you
but to do justice, and to love kindness,
and to walk humbly with your God? Micah 6:8

Tuesday

Pray the Lord's Prayer, pausing to place extra emphasis on the line "on earth as it is in heaven." Using your spiritual imagination, picture God at work within each voter, that their choices as they vote might help us all become the answer to Jesus' prayer.

Our Father, who art in heaven,
hallowed be thy name;
thy kingdom come;
thy will be done;
on earth as it is in heaven.
Give us this day our daily bread.
And forgive us our trespasses,
as we forgive those who trespass against us.
And lead us not into temptation;
but deliver us from evil.
For thine is the kingdom,
the power and the glory,
for ever and ever.
Amen.

Our Father in heaven,
hallowed be your name,
your kingdom come,
your will be done,
on earth as in heaven.
Give us today our daily bread.
Forgive us our sins
as we forgive those who sin against us.
Save us from the time of trial
and deliver us from evil.
For the kingdom, the power, and the glory are
yours
now and forever.
Amen

Wednesday

"If we have no peace, it is because we have forgotten that we belong to each other" Mother Teresa observed. Pray for those candidates and voters with values and visions that differ from yours. Ask that God might heal our divisions and enable us to see one another as family.

Thursday

Read Psalm 46 and hear it as a prayer that is at this very moment being lifted up on behalf of all who are feeling uncertain or fearful today (including you, if you're feeling that today.) Let your attention fall on any phrase you find especially helpful. Spend a few extra minutes with the verse "Be still and know that I am God."

¹ God is our refuge and strength,
a very present help in trouble.

² Therefore we will not fear, though the earth should change,
though the mountains shake in the heart of the sea;

- ³ though its waters roar and foam,
though the mountains tremble with its tumult.
- ⁴ There is a river whose streams make glad the city of God,
the holy habitation of the Most High.
- ⁵ God is in the midst of the city; it shall not be moved;
God will help it when the morning dawns.
- ⁶ The nations are in an uproar, the kingdoms totter;
he utters his voice, the earth melts.
- ⁷ The LORD of hosts is with us;
the God of Jacob is our refuge.
- ⁸ Come, behold the works of the LORD;
see what desolations he has brought on the earth.
- ⁹ He makes wars cease to the end of the earth;
he breaks the bow, and shatters the spear;
he burns the shields with fire.
- ¹⁰ “Be still, and know that I am God!
I am exalted among the nations,
I am exalted in the earth.”
- ¹¹ The LORD of hosts is with us;
the God of Jacob is our refuge.

Friday

Our sacred story begins with God creating out of chaos. At the end of each day, God was pleased with what God had made. With this in mind, offer to God anything on the local, regional, or national level that feels chaotic today. As you do, ask God to plant deep within you the certainty that even now in the midst of hard headlines and concerning realities, God is at work. For a few moments, or even longer, let God’s peace fill you.

God saw everything that he had made, and indeed, it was very good. Genesis 1:31

Saturday

Jesus wants to carry our weariness. Offer Jesus whatever burdened thoughts or feelings you have about our nation and its future; as you entrust these to Jesus, notice where in your body you feel lighter or more spacious. (Or point Jesus to those places in your body needful of lightness and spaciousness.) Give thanks for Jesus’ steady companionship.

“Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest. ²⁹ Take my yoke upon you, and learn from me; for I am gentle and humble in heart, and you will find rest for your souls. ³⁰ For my yoke is easy, and my burden is light.” Matthew 11: 28-30

Sunday

Spend time with the following prayer. If a specific line speaks to you, repeat it as many times as feels right. Let the truth sink deep into your being that God’s love for you and for every person is eternal, regardless of any differences there may be. God’s love is not dependent upon you or upon anyone or anyone’s beliefs or actions. God loves because God IS love. Let your God love you!

Let Your God Love You

Be silent.
Be still.
Alone.
Empty before your God.

Say nothing.
Be silent.
Be still.

Let your God look upon you.
That is all.

God knows.
God understands.
God loves you
With an enormous love.
God only wants
To look upon you
With love.

Quiet.
Still.
Be.

Let your God
Love you.

--Edwina Gateley