



## **When Tears are Our Prayers**

Lord and Father of all,  
We ask with the apostles,  
Teach us to pray.  
In our prayers, teach us to listen.  
In times of stress, let our moaning  
and our tears come to you as prayers.  
Let us walk without fear but with great compassion  
in those times of seemingly intractable conflict.  
Deliver us from despair.  
Help us to seek your face.  
Strengthen us to do your will.

Open our hearts and hands  
to receive your blessings,  
to be blessings to others,  
to stand in solidarity with all your children,  
especially those who are overwhelmed  
by turmoil and great loss.

**Amen**