

# Election Day Prayer

November 3, 2020

These are some suggestions for ways you might pray today...

Begin by noticing the thoughts and anxieties running through your mind. Don't judge them. Simply notice.

- What is repeated over and over?
- What rises to the top?
- What seems most urgent to you?

Take several deep breaths. Let the thoughts in your mind recede for a moment. Give yourself permission to rest in the presence of God. Take several more deep breaths.

As you breathe, you might hold a word that symbolizes your prayer for the day.

As you continue to pray, you might hold the following people and situations in your heart:

- Those who have already voted...
- Those who are standing in line to vote today...
- Those who are disenfranchised and unable to vote...
- Those who fear the outcome of the election...
- Those who are already marginalized because of race, sexual orientation, gender identity, or poverty who fear further oppression...
- Those who are counting ballots...
- Those with whom you vehemently disagree...

Consider: are you being called to an action or response?

You might close your time of prayer with the Lord's Prayer or with, "Lord, have mercy. Christ, have mercy. Lord, have mercy."