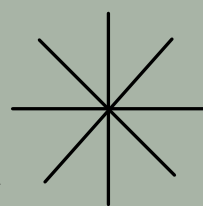


THE GIRLS' FRIENDLY SOCIETY  
A ministry of the Anglican Church



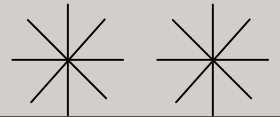
# PRAYERS OF HOPE



For Our Sisters Against Gender-Based Violence

**GFS WORLDWIDE**

Together we can become the voice of the voiceless



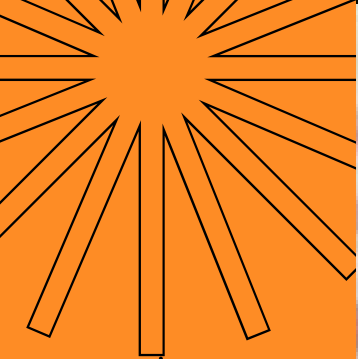
# END Gender-based Violence (GBV)

## *Through our prayers*



1. Gender Based Violence is an age old practice that is even recorded in the Bible (Genesis 34 and 38). Dinah and Tamar were both raped which caused them to be kind of outcast. They had no voice and none were given the opportunity to have a say in the matter. Only God, knew what laid behind their silence. In our times, similar behavior and wickedness continue to be business as usual towards women and girls. So, in order to remove this calamity from our land, **we pray that mortal man, particularly the male figure will have the fear of God in them to stop violence against women and girls and see them as God's creation too and with every right to live in a free society.**
2. Women and girls need a safe place in which they can live. **We therefore pray that Governments and requisite authorities around the world make effective decisions and take appropriate actions that will reduce cases of violence against women and girls, such as bringing redress to their recovery process, prosecuting perpetrators, providing welfare, opening a counseling centers to take traumatized victims in for psychosocial counseling, and empowerment to reduce poverty.**
3. **We pray that in addition to the electronic and print media, GFS members and other women will engage in advocacy through role playing , vernacular, (language-spoken as one's mother tongue) and visual aids because many homes in rural areas in developing and under developed countries do not have access to radio, and Television while many other women are uneducated. We are positive that through these devises, the awareness would also be created.**
4. **We pray for more women representation and participation in Government around the world and for opportunities, so that they can rebuild their lives, self-esteem, skills like their male counterparts.**
5. **We pray that the Lord enlightens the minds of the human race to put an end to arranged early girls marriages; child trafficking and sex slavery; yes, let those who have the tendency of violating women and girls stop themselves from being used as tools of Satan.**
6. **We pray that victims and their relatives will not compromise cases of GBV or protect perpetrators.**
7. Often, women and girls are taken for granted because they are strong to handle distress and carry weighty burdens. They smile and sing when they are hurt and afraid. But on the inside, they are broken and lonely. **It is our pray that the Lord will strengthen abused victims and restore their dignity.**

Faithfully submitted by Georgiana Tucker Williams  
Former President, Diocesan GFS-Liberia  
[couragewilliams@gmail.com](mailto:couragewilliams@gmail.com)



This booklet is being dedicated to the girls and women who have suffered at the hands of others by any form of gender-based violence. The 25th of November (International Day of the Elimination of Violence Against Women) marks the start of our 16 Days of Activism against Gender-based Violence and ends on December 10th International Human Rights Day.

The 16 Days of Activism Against Gender-based Violence is a global campaign to raise awareness about violence against women and girls and its impact on a woman's or girl's physical, psychological, social and spiritual well-being. Human rights cannot be universal without human rights for women and girls.

The Girls' Friendly Society sisters worldwide are proud to be involved with this international campaign, joining with others globally to raise awareness of, and call for an end to, Gender-based Violence and injustice against girls and women.

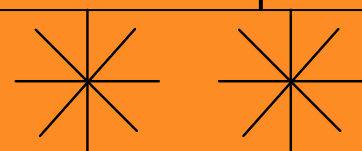
Lord strengthen us to take action to support the 16 days of activism by wearing an ORANGE RIBBON as a symbol of peace and the commitment of wearing my ribbon to never commit or condone violence against women, girls and children. We encourage our GFS members to mark the 16 day period by using these prayers every day during the 16 days of Activism in personal or group worship.



**We link hands with each other as a sign of our solidarity with all who are affected by gender-based violence.**

**We reach out our hands as a sign of our unity with all who campaign for justice across the world.**

**We stretch up our hands as a sign of our prayers for an end to all forms of violence and abuse.  
Amen**



# Day One

November 25th

Hope is a quality we are so accustomed to living with that only in its absence do we truly understand its importance. Hope is what enables us to get out of bed in the morning . Hope is the strength in your backbone that allows us to withstand the storms of trouble and pain. Hope keeps us going.

Our Heavenly Father is a source of consolation and hope and by His son's dying and rising, He remains our light in every darkness and our strength in every weakness. Call on God to be the refuge and guardian of all who suffer from abuse and violence. Ask that He comforts these victims and sends healing for their wounds of body, soul and spirit.

God has the power to rescue them from bitterness and shame and refresh them with Your love. He can heal their brokenness and revive the spirits of all who lament this sin. In order to call for justice, we must first deepen our respect for the dignity of every human life.

Call on the giver of peace who has the power to restore.

When we lift up prayers of healing for genderbased violence victims, we are praying for survivors and anybody that has ever been affected by domestic violence and abuse. We are asking the Lord to cover them with Jesus' blood and His wings so that they might find refuge in Him. Pray that God will give them the strength to fight back spiritually and that you deliver them and heal them. Also, pray for peace, strength, hope, wisdom, and love. While we don't always know why situations happen or what we should do regarding them, God reminds us of His love everyday and helps us see that we are wonderfully made.

We pray

Loving Saviour, touch the hearts of those who abuse others. Heal their thinking, so that they may turn to You and seek Your ways. Help them to know that every human being is a treasure to You. Help them to know that You are a forgiving God and can lead them on a path to new life. In Jesus' name. Amen.





# *Day Two*

November 26th

## **GFS WORLD PRESIDENT PRAYER – SUPPORT AGAINST GENDER BASED VIOLENCE**

Lord, we present to you mother's of the world Daughters of the world give their challenges your ear. **Hear our prayer**

Lord, we present to you mothers of the world Daughters of the world be merciful to their rape cry. **Hear our prayer**

Lord, we present to you mothers and daughters of the world deeply caught up in human evil and left downtrodden in spirit. Lift your hand of grace upon them. **Hear our prayers**

Lord, present to you mothers and daughters of the world made to live in relationships. Relationships, make human life human yet relationships, bring pain to them. **Hear Our Prayer**

Lord we present to you Mothers and daughters of the world show them light where night is black, empty and terrible. Turn their every sadness to joy. **Hear Our Prayer**

Lord we present to you Mothers and daughters of the world Stop every rape, abuse and human trafficking. Plan against them on their path. **Hear our prayer**

Lord we present to you Mothers and daughters of the world not safe in their homes and churches not safe in our courts, countries and, communities. **Hear our prayer**

Lord we present to you mothers and daughters of the world .We pray for healing of pain, and suffering caused by sexual abuse, for children who have been affected and witnessed violence that they will receive support services they need. Peace be with you my dear sisters.

### **Blessing**

May the Lord Jesus, bless you with compassion for the vulnerable, grace to stand with them and share His strength. May the Holy Spirit bless you with a prayerful heart, power to bring peace in transforming the world. May the blessing of God Almighty, the Father, the Son, and the Holy Spirit, be among you and remain with you, and those for whom you have prayed always! **Amen**



# Day Three

November 27th

Prayers from Great God we give you thanks that you call us out of silence to name hidden and domestic violence.



Today we pray for all those women who despite suffering from violence, continue to care for family and children, to grow and prepare food, carry water, earn a living and offer support to others.

We pray for women who are trafficked as domestic or sex workers; for women who are raped and do not know how to find words to name their pain or a way into the future.

We pray for transformation of our societies which often find it easier to judge the victims of violence than to solve the problems of injustice.

We pray that women's voices may be heard and taken into account in all peace and reconciliation work.

We pray for a transformation in the violent way many men act towards and think about women.

We pray for right and just relations between women and men that together we may transform and overcome violence in all its forms and learn to celebrate our diversity and interdependence.

We look forward to the age of peace, when violence is banished, both women and men are able to love and to be loved, and the work and wealth of our world is justly shared.

## **BLESSING IN A TIME OF VIOLENCE** By Jan Richardson

Which is to say this blessing is always. Which is to say there is no place this blessing does not long to cry out in lament, to weep its words in sorrow, to scream its lines in sacred rage. Which is to say there is no day this blessing ceases to whisper into the ear of the dying, the despairing, the terrified. Which is to say there is no moment this blessing refuses to sing itself into the heart of the hated and the hateful, the victim and the victimizer, with every last ounce of hope it has. Which is to say there is none that can stop it, none that can halt its course, none that will still its cadence, none that will delay its rising, none that can keep it from springing forth from the mouths of us who hope, from the hands of us who act, from the hearts of us who love, from the feet of us who will not cease our stubborn, aching marching, marching until this blessing has spoken its final word, until this blessing has breathed its benediction in every place, in every tongue:

Peace. Peace. Peace.

May the God of Eve teach you to dance.

May the God of Hagar bring you comfort in the desert.

May the God of Miriam bring companions to you when you struggle.

May the God of Deborah teach you courage for your battles.

May the Christ who knew Mary and Martha show you the way of balance.

May the Christ who healed the bent-over woman heal your pain.

May the Christ of Mary Magdalene send you out to proclaim your story.

In the name of Christ who is the memory, hope and authority of the future.

Adapted from a worship created by Jane Stranz for the World Council of Churches

© 2018 Oath Inc. All Rights Reserved

Submitted By: Rev'd Rowena J. Kemp+ GFS/USA Chaplain

# *Day Four*

November 28th

Reading: 2 Samuel 13: 1-22 (NIV)

Meditation: Psalm 116:8-9 (NIV)

For you, LORD, have delivered me from death, my eyes from tears, my feet from stumbling, that I may walk before the LORD in the land of the living.

## **Reflection**

In South Africa, every day we wake up to the news that a girl child has been raped or suffered some form of abuse by a person either within the family, neighborhood or churches. A family home has been petrol bombed and a family of five has been killed because the woman has taken a stand to walk away from a violent relationship. The peace officers do not take the victim seriously until the perpetrator has caused grievous body harm or a life is lost. A protection order is a meaningless piece of paper which seem to give the perpetrator more power to be more physical in his abuse.

The story of Tamar and Amnon reflects what is currently happening in our homes. Rape is a serious issue that doesn't just affect the victim but also hurts all those close to the victim and perpetrator. Women and children find themselves vulnerable in their own homes. Some stay because of financial dependence on the spouse. Depression has become the order of the day amongst children as they witness the violence within their homes and become bullies as a way of protecting themselves from the outside world and society. Suicide and selfdefense have become fashionable as children and woman can no longer tolerate the form of abuse being inflicted upon them. We need healing and reconciliation dealing with family brokenness and how we rebuild the family fabric.

## **Prayer**

God, our Father, redeemer and protector we bring to you our brokenness and heartache. We have sinned and moved away from your grace.

Breakdown the barriers that we have created; end the suspicion and hatred that we practice against each other. You have shown the world your love by giving us your son; to die for us so that our sins may be forgiven.

Our world needs your loving grace and forgiveness, as you have shown it to us many times. Heal our families and protect us from the evil spirits.

We ask all of this in the name of our Lord and Saviour, Jesus Christ.

Amen



Pumeza Magona

GFS World Secretary (2017 – 2020)

gfsworldsec2020@gmail.com GFS South Africa

# Day Five

November 29th

There are so many people who live in darkness as a result of abusive relationships. Abuse can take many forms, not just physical, but mental, verbal and emotional as well. It's important that we ask God to enlighten victims and provide them with wisdom to see when things are not right within their relationships. Even when they feel powerless or fearful, God is in their corner. When you pray for these victims, ask God for the strength to share these convictions, the compassion for the abused, and the wisdom to plant seeds that encourage people to think and ponder these serious issues.

God of endless love, ever caring, ever strong, always present, always just: You gave your only Son to save us by the blood of his cross. Gentle Jesus, shepherd of peace, join to your own suffering the pain of all who have been hurt in body, mind, and spirit by those who betrayed the trust placed in them.

Hear our cries as we agonize over the harm done to our sisters. Breathe wisdom into our prayers, soothe restless hearts with hope, steady shaken spirits with faith: Show us the way to justice and wholeness, enlightened by truth and enfolded in your mercy.

Holy Spirit, comforter of hearts, heal your people's wounds and transform our brokenness. Grant us courage and wisdom, humility and grace, so that we may act with justice and find peace in you. We ask this through Christ, our Lord. Amen.

Heavenly father, I am your humble servant, I come before you today in need of hope for the victims. There are times when I feel helpless, there are times when I feel weak. I pray for hope for my sisters in pain. I need hope for a better future for them. I need hope for a better life. I need hope for love and kindness. Some say that the sky is at it's darkest just before the light. I pray that this is true, for all who see darkness. I need your light, Lord, in every way. I pray to be filled with your light from head to toe. To bask in your glory. To know that all is right in the world, as you have planned, and as you want it to be. Help me to walk in your light, and live my life in faith and glory as we ask to hear our prayers. In your name I pray, Amen.

Praise to you, Father of our Lord Jesus Christ, source of all consolation and hope. By your Son's dying and rising He remains our light in every darkness, our strength in every weakness. Be the refuge and guardian of all who suffer from abuse and violence. Comfort them and send healing for their wounds of body, soul and spirit. Rescue them from bitterness and shame and refresh them with your love. Heal the brokenness in all victims of abuse and revive the spirits of all who lament this sin. Help us to follow Jesus in drawing good from evil, life from death. Make us one with you in your love for justice as we deepen our respect for the dignity of every human life. Giver of peace, make us one in celebrating your praise, both now and forever.



# Day Six

November 30th

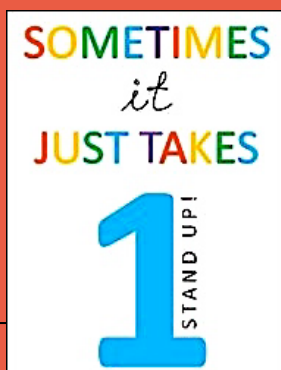
It's important as followers of Christ to stand against all types of domestic violence and abuse not only outside of our homes but also in our homes. Call on God to bind every evil spirit associated with them. We shouldn't advocate for anyone who destroys a person's self-respect, selfworth and confidence and leaves them with feelings of low self-esteem and depression. Pray that God will heal, forgive and show these victims that, as a person, they deserve to be respected, feel safe and valued. Also pray that those being abused to recognize that when they feel dominated, disgraced and even dejected, that they need to stand up and declare that no weapon formed against them shall prosper because they are delivered by the blood of Jesus and are children of the Most High God.

Almighty God, we pray for all victims of abuse. We ask you to surround them with Your care and protect them by Your loving might and permit them to enjoy health and healing, wholeness and strength, calmness and peace and love. Most of all, we pray that they feel Your presence and be confident in You. In Jesus' name. Amen.

God of all creation, no sparrow falls but you take notice, look with compassion upon all who suffer from violence in their homes, in our communities and the world. Open our hearts and awaken our minds to act on behalf of our sisters, that our world might become a haven of peace and safety for all. We ask this in the name of the one who transforms our lives, Jesus Christ.

The Rev'd. Ann Fontaine

O God, you love all your children. Look with special care upon those daughters who suffer physically and emotionally simply because they are women. Surround them with your protecting angels this day, that they might know safety. Give them that measure of your Spirit that they might not lose heart, but entrust their lives wholly to you. Give us the courage to stand steadfast at their side, never wavering to speak the truth of their plight and to put our own lives to the test on behalf of our beloved sisters. Grant these petitions, we pray, in the love of the One, Triune God. Amen.



Christ Episcopal Church  
Cedar Rapids, IA



# Day Seven

December 01

For survivors of violence, abuse and neglect, many are in a state of constant loneliness and pain. Pray that God will be with them in their confusion and pain. God has the ability to give power to the powerless and His fullness to the empty of spirit. He also has the power to heal their wounds, free them from fear and restore them to true health. Jesus was victim of abuse and yet in His resurrection, He triumphed over oppression. Likewise, we should pray for those who abuse and mistreat others. We should also pray to turn the hearts of the exploiters from the way of evil so that He may open their eyes to the truth of their conduct and the damage they are causing. Hopefully, this prayer will bring them to repentance and amendment of their lives.

Dear Lord, as we women of the world, you made us not to be undermined but to have peace in this world. We surrender to you all the women and girls who are being violated to grant them their right, in Jesus name. Amen.

Gertrude Nakintu  
GFS coordinator - Uganda.



Almighty God our heavenly Father, God of all justice and love and mercy. We thank you for the gift of life, and for the love and care you provide for every human being. We thank you that in the midst of all our trials you are ever aware of our situation. Help us to be mindful of those who suffer and victimized around us. May we humble ourselves to feel and experience with them, sharing hope and love to bring about healing and peace. Please instill in us the urgency to be mindful of others and be agents of love always. In the Name of Jesus our Lord and Saviour we pray. Amen.



# *Day Eight*

December 2nd

As we offer up our prayers around the globe we remember all those affected by genderbased violence and pray for a world where violence against women and girls no longer exists. As we offer up our prayers around the globe we remember all those affected by gender-based violence and pray for a world where violence against women and girls no longer exists.

Gender based violence knows no religion, age, nationality, culture, or socioeconomic class. Lord open our eyes and hearts to this reality. Create within our structures that will stimulate discussion, provoke thought, and workshops to educate us and raise awareness around this human rights violation on earth.

We offer up these prayers as a sign of our mutual support with all who are affected by gender-based violence and as a sign of our unity with all who campaign for justice across the world.

Lord, hear our prayers for an end to all forms of violence and abuse. Amen

Give strength, O Lord, to those who work with survivors of gender violence. Keep watch over them as they comfort, advise and weep with those who have been helpless victims. Protect their psyche, grant them restful sleep, nourish their daily hope, and provide them with clarity of purpose. We ask this of You, who walks with us through every valley, so that we all will see the joy of your kingdom here on Earth and in Heaven. Amen

Submitted by Margaret Nolde GFS/USA

Loving Lord, who came to proclaim justice, make us bold to speak out truth and break the power of silence.

Loving Lord, who came to expose the darkness, make us bold to reach into the shadows and release the oppressed from fear.

Merciful and loving God, forgive us when we have closed our eyes to the sufferings of others; when we have stayed silent in the face of abuse and oppression; when we have declined to challenge unacceptable actions and attitudes.

Take away our selfishness and fill us with new resolve to proclaim the cause of righteousness in the name of Christ. Amen

Loving Lord, This candle is lit to remember all who have been affected by gender-based violence, and as a symbol of hope as we pray for a world which is free from all forms of violence and abuse. Amen



# Day Nine

December 3rd

As we offer up our prayers around the globe we remember all those affected by gender-based violence and pray for a world where violence against women and girls no longer exists.

We offer up these prayers as a sign of our solidarity with all who are affected by genderbased violence and as a sign of our unity with all who campaign for justice across the world. Lord, hear our prayers for an end to all forms of violence and abuse. Amen

Loving Lord, who came to proclaim justice, make us bold to speak out truth and break the power of silence.

Loving Lord, who came to expose the darkness, make us bold to reach into the shadows and release the oppressed from fear.

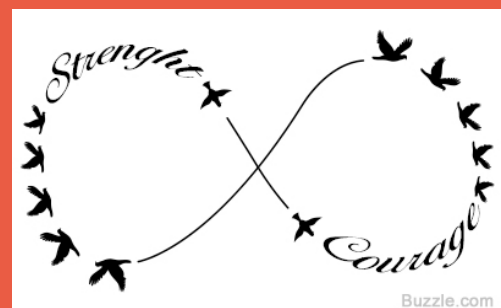
Merciful and loving God, forgive us when we have closed our eyes to the sufferings of others; when we have stayed silent in the face of abuse and oppression; when we have declined to challenge unacceptable actions and attitudes.

Take away our selfishness and fill us with new resolve to proclaim the cause of righteousness in the name of Christ. Amen

Unknown

## "Prayer for Protection"

The Light of God surrounds me.  
The Love of God enfolds me.  
The Power of God protects me.  
The Presence of God watches over me.  
The Mind of God guides me.  
The Life of God flows through me.  
The Laws of God direct me.  
The Power of God abides within me.  
The Joy of God uplifts me.  
The Strength of God renews me.  
The Beauty of God inspires me.  
Wherever I am, God is!



Buzzie.com

# Day Ten

December 4th

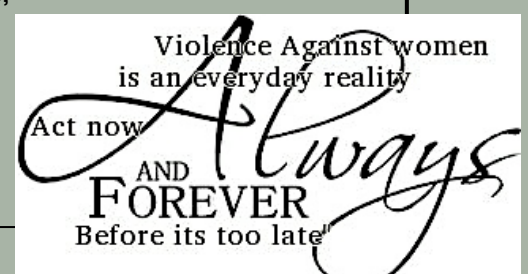
Creator God, when you made us, you made us in your image. Help me to honor that image and remember that no one has the right to hurt the image of you that is in me. Redeemer God, out of love you gave your life to save us from sin. Help me to learn to accept your redemption and remember that I am worthy of loving relationships. Sustainer God, you move through the world giving us the strength to do your work. Help me to have the strength to deny the destruction of my self that abuse and violence creates and remember that you love me as I am. Trinity God, in you we find all things. Help me to find the hope of your creation, the love of your redemption, the strength of your sustenance, and the abundance of the Triune God in all my life and work. In your name I pray. Amen



Dios creador, cuando nos hiciste, nos hiciste a tu imagen. Ayúdame a honrar esa imagen y recuerda que nadie tiene derecho a dañar la imagen tuya que está en mí. Dios redentor, por amor diste tu vida para salvarnos del pecado. Ayúdame a aprender a aceptar tu redención y recuerda que soy digno de relaciones amorosas. Dios sustentador, te mueves por el mundo dándonos la fuerza para hacer tu trabajo. Ayúdame a tener la fuerza para negar la destrucción de mí yo que crea el abuso y la violencia y recuerda que me amas como soy. Dios de la Trinidad, en ti encontramos todas las cosas. Ayúdame a encontrar la esperanza de tu creación, el amor de tu redención, la fuerza de tu sustento y la abundancia del Dios Triuno en toda mi vida y obra. En tu nombre rezo. Amén

Written by Jennifer Allen, Episcopal Diocese of Kansas, Overland Park, Kansas USA  
Seminararian at General Theological Seminary, New York, New York. USA  
United Nations Commission on the Status of Women (UNCSW)  
Representative for the Episcopal Church USA

God our Creator, you make all people in your image. We give thanks for the growing contribution of women in church and society; for the insights and changes they bring; for their love and creativity, courage and strength: Use them to transform your world. Christ our Companion, you walk with us wherever the road leads. Hear our prayers for women who are ignored, ridiculed, silenced, mutilated and killed. Give them the knowledge of your unfailing love. Spirit of truth, inflame us with your passion for justice to challenge and confront sexism, that we may support our sisters who are victims of domestic violence wherever they struggle; and that we might dare to be ourselves, reflecting your glory, now and forever. Amen.



# Day Eleven

December 5th

Perhaps no evil or indignity is worse than sexual assault. It's often a crime kept secret — unspoken of by the victims, by the perpetrators and even family members.

It's important as followers of Christ to stand against all types of domestic violence and abuse not only outside of our homes but also in our homes. Call on God to bind every evil spirit associated with them. We shouldn't advocate for anyone who destroys a person's self-respect, selfworth and confidence and leaves them with feelings of low self-esteem and depression. Pray that God will heal, forgive and show these victims that, as a person, they deserve to be respected, feel safe and valued. Also pray that those being abused to recognize that when they feel dominated, disgraced and even dejected, that they need to stand up and declare that no weapon formed against them shall prosper because they are delivered by the blood of Jesus and are children of the Most High God.

## A Prayer for the End of Human Trafficking

God of freedom, beauty and truth we believe that your deepest desire, your most powerful energy, is that all creation might know abundant life.

We raise our voices in anguished prayer for our sisters and brothers, women and girls, men and boys, who are modern day slaves; They are your beloved daughters and sons, exploited sexually or forced to work because of human violence and greed.



Fill us with your holy anger and your sacred passion that those who are trafficked might know healing and justice; that traffickers will come to repentance and conversion; that all of us might live in such a way that others are not made to pay the price for our comfort and convenience.

Hasten the coming of the day when all people and our precious Earth itself will be treated, not as a commodity, but as radiant images of your freedom, beauty and truth  
Amen.

# Day Twelve

December 6th

Violence against women and girls manifests itself in many ways. On one side of the spectrum, there is rape, domestic violence, and human trafficking. On the other, less physical but more insidious are pornography, girls forced into prostitution, and harmful assaults on girls' body image. Whether done by physical force, or words and pictures, violence against women and girls robs women of their souls and self esteem.



## PRAYER IN TIMES OF CHANGE

Almighty, everlasting Father, everything is changing around us, our life, our circumstances and even the world.

Thank you for the changes that are happening in our lives and the challenges.

Help us not to fear this change that is happening in our lives, we pray for grace to cope with the change taking place among our youth and in family relationship with our children. Allow us to embrace it as we embrace You daily. Give us strength to rise above every situation and overcome darkness. Amen

## A PRAYER FOR MY NEIGHBOURS

Lord God, thank you for our neighbors and bless them and thank you for their love to our family.. Forgive us when we complain and whimper over small things that we are not happy about. Help us to understand and to be sensitive to people's needs. Give us the love to work together to ensure all of us understand our purpose and give us the strength to cope, so that your peace is shared with us knowing that you are our God. Amen.

Our lives begin to end when we become silent  
about things that matter  
-Martin Luther King jnr...



and all forms of  
gender based violence  
and injustice

# Day Thirteen

December 7th

Almighty god, creator of heaven and earth, we thank you for your kindness and mercy. Lord remember all the girls and women who have been raped, we beg you to comfort their hearts. Lord, remember our country, the DRC, give peace especially during this period of elections because you are the Master and circumstances, we ask you in the name of the father of the son and the Holy Spirit Amen.

URSULE TSHAMA  
GFS KATANGA DRC

Democratic Republic of the Congo bordering on Zambia.

The Anglican Church in Aotearoa, New Zealand and Polynesia published its Prayer Book in 1989. Its liturgies are written in English, Maori, Tongan, and Fijian. New Zealand's indigenous language is Maori.

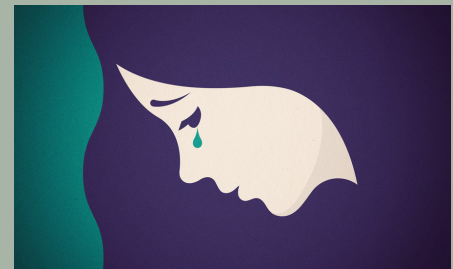
God of Hagar

God of Tamar

God of the women who's names we do not know

God of the women who's names we do know

God that I worship



“Grace and peace to you from God”, the people pray.

“Kia tau ki a koutou, te atawhai me te rangimarie o te Atua.”

Peace in the midst of violence? “Were is God?”, the people cry.

We pray:

“Rangimarie fill this land” And still fists are thrown.

We pray:

“Spirit of God fill this land.” And still women are beaten

We pray:

For those whose experience is hidden violence

For those whose wounds are obvious

We pray:

Heal the bruises and broken bones    Heal the spirits crushed

Heal the minds invaded by words spoken with venom

We pray:

For the survivor and the perpetrator For the woman who did not survive

Bring atawhai, aroha and rangimarie    To our hearts, our homes, our world.

Hear our prayer, we pray. Amen

Translations: Kia tau ki a koutou, te atawhai me te rangimarie o te Atua.

Grace and peace to you from God.

Atawhai - grace/care    Aroha - love    Rangimarie - peace

Submitted by Helen Allen, GFS New Zealand  
Written by Rev Kay Webster,  
Wellington New Zealand

# *Day Fourteen*

December 8

Prayer Against Violence to Girls and Women.

Good and Merciful Father we come before you today to put in your presence the girls and women of our Latin American communities who suffer the violence that gallops right and left in our countries. We humbly ask you to keep them Oh Lord under the shadows of your wings, protect them from pain, protect each one of them from the violence that takes their lives away, the violence that takes away their dreams, their hopes. Blessed God, Our Father, may your angels encamp around these creatures, who are your creatures! Empower them, open doors of blessing so that our girls and children have access to middle school, and because they do not have higher education, send angels that give them a helping hand and give them an opportunity to have a better future. Bless our places of worship to be safe places of love where our girls and women always find a warm welcome, where we can teach them about you dear Lord, where they can be embraced by your love and your faithful company, where by our example we are able to show them that in this world there are people who love them want a better world for all. Help us Lord to raise our voices, to open the eyes and ears of our authorities to the clamor of our people who only ask what theirs is rightfully: respect for a dignified life, physical integrity, emotional and intellectual, outside the violence of our lives!. In the name of Jesus Christ our Lord and redeemer we ask and thank you.

Oración contra la violencia a niñas y mujeres. Padre bueno y misericordioso, hoy estamos ante ustedes para poner en su presencia a las niñas y mujeres de nuestras comunidades latinoamericanas que sufren la violencia que galopan a la derecha y la izquierda en nuestros países, mantenerlas en la sombra de sus alas, protegerlas del dolor, de la violencia que quita sus vidas, que quita sus sueños, sus esperanzas, Oh Dios bendito, Padre Nuestro, que tu ángel acampe alrededor de estas criaturas, ¡quiénes son tus criaturas!, dales poder, abre puertas de bendición para que nuestros las niñas y los niños tienen acceso a la escuela intermedia y, como no tienen educación superior, envíen ángeles que les ayuden y les den la oportunidad de tener un mejor destino. Bendice a nuestros templos para que sean lugares seguros de amor donde nuestras niñas y mujeres siempre reciben una cálida bienvenida y podemos enseñarles sobre usted, su amor y su compañía fiel, donde podemos demostrar con nuestro ejemplo que en este mundo tenemos personas. que los amemos y que queramos un mundo mejor para todos, ayudarnos a alzar nuestra voz, abrir los ojos y oídos de nuestras autoridades al clamor de nuestra gente que solo pregunta lo que es legítimamente suyo: respeto por una vida digna, su condición física. Integridad, emocional, intelectual, fuera de la violencia de nuestras vidas. En el nombre de Jesucristo nuestro Señor y redentor te pedimos y te damos gracias.

Rev Canon Connie Sanchez+

Diocese of Honduras GFS Advisor Province IX



# *Day Fifteen*

December 9th

O God, we pray for those today who are not being treated in a loving and caring way. We pray that in their pain and distress that they will find the comfort, courage and strength to face this day and that they will be encouraged to find help. We pray in particular for their safety as you bring them to a place where they can start to be healed and restored. We pray that their self esteem will be developed and grown and that they will know that they are precious in your sight. Give us the hearts to help and befriend them as they come to a point of healing and restoration. Amen

O God, we pray for those today who for a variety of reasons do not respect the rights of those around them. We pray that you will bind their hands, feet and mouths so that they cannot bring distress and pain to those that they come into contact with. We pray God, that you will touch their hardened hearts so that they will learn again and rediscover the way of peace, love and respect that we see in your word, the Bible. We pray for a break in the violence and the cycle of violence. We pray that they will cease all of their bullying and victimising ways and that they seek the forgiveness of those that they have hurt in any way. We pray that you will stop all those who would try and promote such violent behaviour within the media. O God, this is not what you had intended for your world. O God, show us the ways that we can help those facing and enduring violence in any way this day. Amen

O God, we pray this day for those in positions of authority and with the power to create legislation that you will give them the courage and desire to stand up and represent those in our society who are often ignored and whose voice is never heard. In particular, we pray for those living in danger and threat of abuse in any form this day. O God, we know that there is much in the world which must grieve you, help us to be those who help bring about change by demanding that our national and international representatives enact the laws that will help protect the most vulnerable in society. Amen.



Alison Jackson  
GFS All Ireland President  
[Alisonjackson@girlsfriendlysociety.ie](mailto:Alisonjackson@girlsfriendlysociety.ie)



# Day Sixteen

December 10th

During the Christmas season may I be blessed with the spirit of the season which is PEACE. The gladness of the season which is HOPE and the heart of the season which is LOVE May your wrap LOVE and JOY and PEACE around your heart and those you love the Christmas season.

Teaching God, we pray that You open our ears, our eyes, and our hearts to be more aware, outreaching, and supportive to people in abusive situations, so that they won't feel alone and know that someone cares. Let us love them as You have loved us. In Jesus' name. Amen.

I wrote this prayer after deep reflection and prayer around times when I have been asked to support those who have been, are currently or are concerned that they will become, involved with domestic violence. I hope it is prayer that all may be able to pray, to bring hope and comfort.

## PRAYER FOR ALL RELATED TO DOMESTIC VIOLENCE

Your gracious promise Oh Lord, is that you will never leave us:

Help us to remember this in times of doubt and celebration.

Your gracious promise Oh Lord, is that you neither slumber nor sleep:

Keep us in your watch even when we forget or can not pray.

Your gracious promise Oh Lord, is that you sent your Son to know our suffering:

Grant us relief and release from our worldly sufferings.

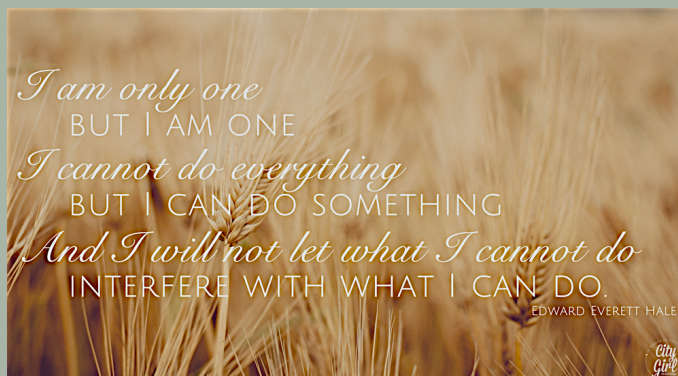
Your gracious promise Oh Lord, is to send your Spirit to be our advocate:

Fill us today, we pray with your healing calm.

Your gracious promise Oh Lord, is the inheritance of eternal life:

Support us all the days of our earthly lives, as we give thanks for you.

Amen.



Today I'm putting on **the full armor of God** so that when the day of evil comes – when I'm under attack, when I face trials or temptations – I will be able to stand my ground.

I stand firm with the **belt of truth** buckled around my waist, with the **breastplate of righteousness** guarding my heart, with my **feet ready** to take the gospel of peace wherever God sends me. I also take up the **shield of faith** with which I can extinguish all the flaming arrows of the evil one. On my head I place the **helmet of salvation**. I grab hold of the **sword of the Spirit** – the Word of God, sharp and true.

Lord, be with me in the heat of the battle and grant me victory I pray, in Jesus' mighty Name.

Christin Ditchfield, Praying Ephesians ~ Ephesians 6:14-17 ~ [www.ChristinDitchfield.com](http://www.ChristinDitchfield.com)

The Rev'd Canon Cheryl Selvage  
President GFS Australia

As we end our SIXTEEN DAYS of prayers for girls and women who suffer from genderbased violence may we continue to pray for them each month.

Also, Let's challenge ourselves to purposefully set aside time to show our gratitude for all our Lord has done and will do in our lives but, never forgetting those that continue to suffer by the hands and actions of others.

Let us connect with each other through our Prayers of Hope and continue praying these prayers not only for the 16 days in November but to use these prayers during the year on the 25th of each month.

Dear Lord,

I lift up a special prayer to You today. I pray that women, myself included, would stop comparing ourselves to each other. Help us to embrace our differences. Help us to appreciate our differences. Help us to be confident in the body, mind, heart, and talent that You gifted to each of us. I pray that we wouldn't judge our own success or attractiveness by standards skewed by jealousy. I pray we would value ourselves individually, knowing that You created us unique. Help us to stop comparing and let contentment fill our hearts in Jesus' name  
AMEN!

*Unveiled Wife*

*Domestic violence and abuse is about control and enslavement, but the Lord is all about deliverance, freedom and peace. Never doubt the power of prayer and God's ability to protect and heal those who are suffering as a result of violence, both silently and out loud.*

I DECLARE I am grateful for who God is in my life and for what He's done. I will not take for granted the people, the opportunities, and the favor He has blessed me with. I will look at what is right and not what is wrong. I will thank Him for what I have and not complain about what I don't have. I will see each day as a gift from God. My heart will overflow with praise and gratitude for all of His goodness. This is my declaration.