

REMORSE

Lament is the most widespread type of Psalm in the bible.
Biblical lament brings our anger, protest, grief & longing before God.

When we skip lament & go straight to fight, flight or fixing, we fail to mourn with those who mourn, we can fail to rightly connect with God's heart over the issue, & often prevent God from helping our souls process it in ways that lead to godly sensitivity, right responses, & healing.

You're invited to make space to lament over the brutality inflicted on blacks during the Tulsa Race Massacre & also make space to mourn with people of color who are still experiencing various kinds of racial violence, prejudice & discrimination. If you're a person of color, you're invited to protest racism in God's presence - To pour out before God the anger & grief over racism that often gets stuffed down. You're invited to let it out in an uncensored way & allow God to respond to your pain.

*lament
lament
lament
lament*

Kneel: Take the posture of humility. Settle your soul. Notice the art on the floor.

Reflect: Slowly imagine the series of events occurring during the Tulsa Race Massacre. Imagine the mobs, the slurs, the murders, the buildings of fire, people burned alive & bodies buried in mass graves. What other past or recent racially-motivated violence against blacks comes to mind?

1. Allow your heart to soften & ache over the brutality inflicted during these events.
2. Allow your emotions to connect & grieve over the generational trauma & distress racism has inflicted on blacks from the beginning of America to the present.
3. Express wordless longing to God for a more just world, free of racism.

Pray: Cut on a candle & pray for healing.

1. Pray for the hearts & emotions of those in your city still affected by racism.
2. Pray for those who continue to harm people of color by practicing prejudice, discrimination & racist behavior.
3. Pray for those who downplay or refuse to acknowledge the reality of racism.

Oh.
Lord.
Help
Us.

Lord, hear our prayer.

...for those who think that black lives do not matter, that they would understand & empathize with the struggles of the African-American community.

...for those who think that all lives do not matter, that they would gain respect for those not like themselves.

...for those affected by police brutality, that they would be healed.

...for those who pull the trigger, that truth & justice may be well served.

...for our men & women in blue, that they can perform their duties effectively, safely, and with dignity.

...for those who mourn, that they would be comforted & rightly vindicated.

...for those who are angry, that they would sin not.

...for those who are apathetic, that they would learn to care.

...for those who downplay & deny racism, that they would open their eyes.

...for our country, that social justice will prevail, that we can remain in solidarity together, under God, indivisible.

Kyrie Eleison.

Christ have mercy.

Amen.

Interactive Element:

Outline of bodies in chalk on floor.

Pillows placed in front of body outlines.

Provide real or battery-operated candles.



For More Resources Go To
24-7Prayer.com & 24-7PrayerUSA.com