



THE
LUTHERAN
WORLD
FEDERATION

A Communion
of Churches

A prayer for those who suffer from rape and assault

God of love, hear my prayer. I come to you bruised and weary, angry and sad. Hold me and wipe away my tears. Help me to see that this insanity was not my doing. Walk with me through this long valley of darkness.

Stay with me when I feel lonely. Sit with my heart for at this moment your gift of life to me is beyond my own feeling—even my own knowing. Show me how to accept the care of those who love me and who pray for me, especially when I cannot find the words to pray for myself. Pour out your healing spirit upon me, Gentle God, so that my spirit may again breathe and even revive to feel hope and love once more.

All this and all that you see I need. I ask you. Amen.

Anonymous.