



Current Issues in Prayer

March 2025

Welcome! The Pope invites people of good will to come together and pray **that broken families might discover the cure for their wounds through forgiveness, rediscovering each other's gifts, even in their differences.**



Getting started:

Find a quiet space. Take three deep breaths and enter God's presence. Think about all the broken families and the suffering they are going through because of the void that this leaves in their hearts.



Short story:

As a child John thought he belonged to a 'perfect' family. His father was in business and his mother was a dedicated housewife. John and his two younger sisters lived a happy life and could not wish for anything better. Until things started to spiral down.

The business started to fail. Eventually John's dad got into deep depression and unable to deal with it any longer ended his life. His loss left a devastating effect on the family. They were heartbroken, hurt and confused by all of this and the total upheaval in their life. John could not help but raise so very many questions that remained frustratingly unanswered.

He felt betrayed by his own father, whom he had trusted so deeply. His outlook on life became bleak and pessimistic. How could he ever trust again? Thinking that he needed to take care of himself from now on, John became increasingly self-centred and selfish. There was an emptiness in his heart that was crying out to be filled, but John did not know how to do that.

Through patience, prayer and family support, John gradually began to recover. Together, the family progressively learned once again how to handle life, their relationships and how to take care of their needs, even in the absence of the father. John's mother took up employment and he and his sisters made extra efforts at their schooling and home responsibilities.

When John finally broke the chain that was binding him to the trauma of the past, he began to thrive again. Having forgiven his dad in his heart, John could then move on. The other family members too healed and moved on in their lives. Forgiveness and acceptance were two major elements in this process.



Time to reflect:

How do I react to the differences in my family? Am I angry or bitter because of some family member? Do I accept things I cannot change? Do I forgive?



Let us pray:

Dear Lord, help me to accept my family, accept the differences between us, and always strive to forgive.



Inspiration:

And be you kind to one another, tender-hearted, forgiving one another, even as God, for Christ's sake, has forgiven you.

Ephesians 4:32



Hands on:

I will work hard to be a peacemaker, especially in my family. I will be as helpful as I can and as tolerant and accepting as I can, especially with what cannot realistically be changed.