Loving and compassionate God,

You know our pain and our brokenness, and you shelter us under the shadow of your wings.

You know every tear that has been shed, and all those unable to be shed. You’ve heard every gut-wrenching cry for healing, and every silent, frightened plea. Healing from shattered childhoods, deep-rooted hurt, doubt and the heart-breaking memories.

You know and understand our frustration, of how we wrestle with lack of belief in our own abilities, value and worth, how we struggle to trust, and resentment for lost years.

The questioning of: ‘Do you love me God?’ ‘Why did this happen?’ ‘Could you not have stepped in? The self-questioning of: ‘What did I do wrong?’ and the self-blame.

Help us, loving God, to see through the platitudes that have been offered by others, the careless words, the: ‘You’re a Christian – just forgive’ or ‘It’s in the past, forget it, get on with life’, minimising of the experience, the weaponising of scripture. Help us not to feel that awful rejection, caused by those who don’t believe.

Bathe us in your light and love, guide us to those who can help heal our wounds and listen to our pain. Help us to accept ourselves as you do and help us and others to see beauty in brokenness.

Thank you, Jesus, that you can empathise with us. You have been broken. You have felt utter desolation. You were rejected, despised, betrayed and wounded by those you came to save, deserted by friends. You carry the scars both externally and internally.

Enable us to turn to you when we are in pain and distress. You too were an innocent victim. Stand with us in our pain and confusion. Enable us to believe you clearly, blocking out the dissenting voices. Help us to hear you in our own innocents. Teach us to accept your peace, your hope, and the sense of intimacy that we yearn for and only you can truly offer.

By the power of the Holy Spirit let us weave our stories of trauma into yours and in doing so know your renewal and resurrection. Enable us to feel that wholeness of body, mind and spirit that only you offer.

When tears flow, thank you that you collect each one, and use them to cultivate your love with us. As we weep, you weep with us, and you stand in the gap praying for us, holding us, encouraging us, loving us and waiting to wipe the tears away.

As we wait for that glorious day, give us the strength and determination we need to face each day before us, no matter how light or dark it seems, knowing that we are not alone, that when we can’t take ourselves you carry us, when we are ready to stand you encourage us. Give us the assurance that you love us fully and unconditionally and that you are willing us on. Healing may be slow and complicated, but each small step is a victory won. Amen