



***A Time of Prayer for the Healing of Our Nation***  
**Centering Prayers by Bishop Gary Mueller**

The prayers on the following pages come from a series of *Sunday Prayers* that have been regularly posted on Facebook by Bishop Gary Mueller, bishop of the Arkansas Conference of the United Methodist Church. Bishop Mueller has graciously allowed them to be reprinted or adapted here as a resource for this *Time of Prayer for the Healing of Our Nation* prayer initiative as we continue to pray for God to:

- heal the pain caused by Covid-19
- heal the hurt caused by systemic racism
- heal the deep divides caused by the polarization in our nation and church
- use us to help bring that healing to our world.

Here are some ways these prayers might be used. No doubt you will think of others:

- For individual use, intentionally set aside a specific time of five minutes daily or fifteen minutes weekly to pray for the healing of our nation. Begin each time by using one of these prayers to still your heart and center your thoughts as you enter into a time of prayer and conversation with God.
- For small groups (Sunday School classes, Bible Studies, Prayer Circles, etc) designate five minutes at the beginning or end of each meeting to have the group read aloud one of these centering prayers as a way to enter into prayer with God.
- For congregations, consider using one of these prayers during the Sunday worship services, inviting all to pray together. Encourage people weekly to continue praying for God to heal our nation and to empower us to be God's healing agents.

The words of 2 Chronicles 7:14 ring as loud and true as ever they did long ago when first spoken: *"If my people who are called by my name humble themselves, pray, seek my face, and turn from their wicked ways, then I will hear from heaven, and will forgive their sin and heal their land. Now my eyes will be open and my ears attentive to the prayer that is made in this place."*

Let us join together in prayer for the healing of our nation!