Prayers for Election Day
Prayers for those involved, for our community, and for our country.
Mediations, Music, and Practices to stay calm.
Solidarity on a stressful day.

County Clerks, Secretaries of State, & All who Count and Credential Votes
For each person tasked with counting, recounting, and accounting for this election, we bid prayers of clarity and focus.
May your eyes be unwavering and your tally sure.
May you honor the process of our unfolding Democracy with your precision. Amen.

Disenfranchised or Ineligible Voters
For each person stripped of their vote, we bid prayers of patience and endurance.
We vow to uphold your voice while people attempt to silence it, and to work for the restoration of your rights.
For those stopped at the polling place door by age or circumstance, guile or deception, know that we strive to reconcile the ways in which your voice has been minimized.
We will hold your trust and act accordingly. Amen.

City Mayors
God of grace, guide community leaders in partnering with city mayors to implement policies that enhance the livelihood of all.
Open the hearts of mayors in ways that cause them to see/know the needs of the homeless, the unemployed, families living in food deserts, and others who are vulnerable to being ignored/silenced.
Grant mayors the courage to lead as people committed to the health and well-being of all citizens. Amen.

Disrupt Harmful Plans
Jesus said to a dear disciple, “Put your sword back in its place - all who take the sword will perish by the sword.”
For the path of violence as disruption, the use of fear and intimidation, and the choice to harm others is never of God.
Be at peace, all hearts that would lash out.
Know that God calls you away from the cliff’s edge and bids you rest.
May we all be filled with the Spirit’s insight and courage, and quickly respond to any danger or hurt.
Surround your people with protection and wholeness, Lord, as you bid us all put down our swords. Amen.

Election Judges
For each person serving as an Election Judge, we bid prayers of discernment and clarity.
Today you will ensure a smooth election, and serve as the keeper of the law in your community, the verifier of the very purpose - can the person right here, right now vote?
May you be filled with a holy fire that brings you calm, focus, protection, and insight. Amen.

Elected Officials
As we vote this day, we pray for wisdom and courage.
We ask, O God, that you grant our elected officials the courage to create and sustain policies that support the most vulnerable in our communities.
We ask that you give them the wisdom to serve as people of compassion and love. Amen.
<table>
<thead>
<tr>
<th>Governors</th>
<th>Pastoral &amp; Poll Observers</th>
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<tbody>
<tr>
<td>For our Nation’s Governors, we bid prayers of courage, integrity, and compassion.</td>
<td>For each person serving as a poll observer, we pray for a spirit of patience and critical awareness.</td>
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<tr>
<td>Executive office in our states is a sacred trust, a careful balance of oversight and cooperation.</td>
<td>As a poll observer, your thoughtfulness is essential to the election process, guarding the rights and responsibilities of all through electoral procedure.</td>
</tr>
<tr>
<td>Especially in times of Federal Executive failure, our Governors carry enormous power and authority to ensure the health, safety, and general welfare of all residents of each state.</td>
<td>May your spirit be filled with a keen sense of justice and fairness. Amen.</td>
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<tr>
<td>We ask, Lord, that all Governors fully embrace this call to care for the least among us as they are called upon in these tumultuous times to act without fear for the betterment of all. Amen.</td>
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<th>People Protesting</th>
<th>Police &amp; Emergency Workers</th>
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<td>God of justice, we ask that you continue to be with our sisters and brothers protesting the injustices we experience.</td>
<td>For each person tasked with public safety and emergency response, we bid prayers of discernment, clarity, and compassion.</td>
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<tr>
<td>Encourage their spirits.</td>
<td>Chase all shadows of fear, Lord, from the hearts of those who serve on the front lines of crisis and danger.</td>
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<tr>
<td>Give them a song that resounds through the community.</td>
<td>Give them clear insights into creative ways to solve the crises in front of them, and surround them with your protections. Amen.</td>
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<td>Give them peace surpassing understanding.</td>
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<td>Honor their witness with your strength. Amen.</td>
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<th>Polling Places in Communities of Color</th>
<th>Repression of COVID</th>
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<td>To the God who called Moses to liberate the Hebrews from the socio-political oppression of Egypt, we pray that your spirit of liberation falls afresh at polling places in communities of color.</td>
<td>Lord of all healing, be with all who vote, who work the polls and report on them, all who count our votes and tally our results, and all who will be within the workings of our national Election Day. Plague surrounds us, and breath itself contains its toxins.</td>
</tr>
<tr>
<td>As you did at the Red Sea, part the waters of oppression so that all our sisters and brothers will walk on dry land of justice.</td>
<td>We bid the Holy Spirit cleanse our gathering places with Her winds of change and power. We call upon all present to choose health and life for all, and to keep safe distances while being well-masked.</td>
</tr>
<tr>
<td>God, make a way out of no way, creating a path of equity and equality.</td>
<td>We bid prayers for the abundant flowing of air and sunlight into all our places. Halt this virus, Lord, that we might act as a people without fear. Amen.</td>
</tr>
<tr>
<td>Be the source of strength as we vote to positively change our circumstances. Amen.</td>
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</tr>
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</table>
Transportation Infrastructure

Lord of the journey,
we bid prayers of protection and steadfastness
for all who travel, the routes on which they travel,
and the essential pieces of infrastructure
that make it all possible.
Roads, bridges, tunnels, and trains
carry the people with their hope and power, and
access is key to our increased community voice.
Keep our pathways safe,
and guide the steps of all who pilgrim
to the polling place. Amen.

Poll Workers

For each person working to facilitate Election Day,
we bid prayers of encouragement and protection.
Today you will smooth the ways for those in need,
serve as the mechanics of movement
through the process,
and reduce the confusion
of those who are lost.
We are grateful. Amen.

Voters

For each person voting,
we bid prayers of protection and empowerment.
Voting is a sacred trust, and we will not be deterred.
Bring focus and calm
to the hearts of all voters today,
that they might know they are
acting for the common good. Amen.

Vulnerable Polling Places

Lord, not all places are safe for all people,
yet we know that you yearn for our common good,
and for our safety and health.
Cast protection upon all places where your people
will gather to exercise their right to vote.
Make all ways of safety clear,
and sweep away any obstructions or dangers.
Be with all who come in and out of these sites, Lord.
Amen.

Community Prayers

For our Community

Please keep our communities safe.
May those who live here,
make decisions to benefit everyone.
May those that try to stir up trouble,
be faced with peaceful resistance to violence.
May the children who play
and go to school in this place
feel safe and loved.
May we practice caring for our neighbor.
Amen.

For our Country

We believe that you can see
the brightest future.
Guide our hearts, minds, and spirits to make
wise and loving decisions.
Help us to consider our sisters,
Brothers and siblings before ourselves,
for we are all family.
Help us to be an example to others.
May we bring hope into the future.
Amen.
For our Faith Community

Please be with our faith communities as they make decisions about our collective future and the country in which we reside.
Please protect our houses of faith as they host voting areas and provide hospitality during this stressful election.
Provide comfort and care for our leaders as they navigate this difficult environment.
Amen.

For our Family & Friends

Please be with my family and friends today.
Protect them and keep them safe.
Provide for all of their needs.
Keep them safe from illness and violence.
Watch over them in your grace and mercy.
Amen

General Prayers

Calming Anxiety
God, thank you for watching over us.
I know you are here through whatever comes my way.
Please help my mind find peace and help me put my trust in your ever-present love, mercy and grace.
Help me breathe deeply, and trust that your presence will never leave.
Bring me peace and justice in this moment.
And in the next moment.
Even when I don’t feel it myself.
I put my hope in you. Amen

Protection
God, I’m feeling exposed and scared.
Today is frightening because we don’t know what’s going to happen.
Please draw near to me.
Protect me with your love and strength.
Surround me with your power and might.
Keep me safe from harm.
Help me to think clearly and act quickly.
Help me to trust you for my well being.
Thank you for loving me. Amen

Prayer for Peace & Calm
God, I know you are watching over us.
I know you will be with us, no matter what happens.
Please help me calm my heart and put my trust in your ever present love and grace.
Help me trust the workers and officials to do their jobs with precision, and trust that Your arms are holding it all together.
Bring me peace in this moment as we wait for the outcome, confident that you are working all things together for good.
Remind us that You are the one that defeats evil and brings new creation.
I put my hope in you. Amen
Meditative Practices

Centering Prayer

Centering Prayer is an ancient practice. The general idea is to clear the mind and make space for God to speak. The recommended time frame is 20 minutes. But if this is your first time, 5 minutes will feel like 20 minutes. It is a challenging practice. Even making it through moments of clarity is considered a great start.

Get in a comfortable posture, either sitting on the floor or on a chair or couch. Remove any distractions. Think of a word that you can use to get you back on track during the meditation. This can be “peace” or “God” or “love” etc. Once you are seated and comfortable, close your eyes. Centering prayer is not about breathing or visualization, though those things can be helpful for getting started.

Once your eyes are closed, think about sinking to the bottom of a river. Once you’re there, you’ll notice things floating past overhead; this is a metaphor for centering prayer. Your mind should remain open, without grabbing on to any thoughts (much like the things overhead in the river metaphor). Let your mind continue to stay open. If you catch yourself thinking, use the word you chose at the beginning to bring you back to a place of openness. Stay in this state of prayer for 5-20 minutes. As you end your time, gradually open your eyes and continue on with your day.

Grounding When You Feel Overwhelmed

Go outside (if you can.) But you can do this exercise indoors as well. If it’s warm enough, take your shoes and socks off. Stand on the bare ground or grass. Close your eyes, if you feel safe. Take a deep breathe all the way to your toes. Take another deep breath. Now imagine the bottom of your feet connecting to the earth. Feel the solidness under you. The comfort of knowing that you are held up. Feel your energy connected into the earth, and know that you are connected to something larger than yourself. That you are connected to all of creation, to humanity, to the universe. Stay with that feeling as long as you would like. Then, slowly bring your energy back to your body. Open your eyes. Exhale.

The Power of Gratitude

Gratitude is one of the most powerful emotions. Not only can it change our perspective but it can change the way our body reacts to the world around us. This exercise is quite simple, but very powerful. Either sit or stand in a comfortable position. Close your eyes. Think about a moment you feel deep gratitude for. It can be a big event, a quiet moment, or an ordinary moment that makes you smile. Build that image in your head, getting a good sense of who is there, what is going on, and what you see. Once you have a solid image, think of connecting your energy to the earth - whether you are inside or outside. Make a connection to the ground beneath you. Once you feel a good connection, review your grateful moment. Spend some time cherishing that moment. Then, return your senses to your body and continue on with your day. This exercise can help strengthen and align your body, giving you more energy as you face your day and help bring you peace of mind.
**Songs That Bring Comfort:**

- “A Change is Gonna Come” by Sam Cooke [https://www.youtube.com/watch?v=fPr3yvkHYsE](https://www.youtube.com/watch?v=fPr3yvkHYsE)
- “I’m Gonna Sit at the Welcome Table” Sing for freedom [https://www.youtube.com/watch?v=h4EeE6ccU40](https://www.youtube.com/watch?v=h4EeE6ccU40)
- Fantasy on “Walk Together Children” by Andre Thomas - [https://youtu.be/XRHT87Y6Ngs](https://youtu.be/XRHT87Y6Ngs) (Lakewood Presbyterian Church)
- “Glory” by John Legend and Common - [https://youtu.be/HUZOKvYcx_o](https://youtu.be/HUZOKvYcx_o)
- “Waiting on the World to Change” by John Mayer - [https://youtu.be/oBIxScJ5r1Y](https://youtu.be/oBIxScJ5r1Y)
- “One Love” by Bob Marley - [https://youtu.be/vdB-8eLEW8g](https://youtu.be/vdB-8eLEW8g)
- “It Is Well With My Soul” by Audrey Assad - [https://www.youtube.com/watch?v=zY5o9mP22V0](https://www.youtube.com/watch?v=zY5o9mP22V0)
- “Beautiful Anyway” by Judah and the Lion - [https://youtu.be/D49bWOBP_rY](https://youtu.be/D49bWOBP_rY)

**Links to Peaceful Practices:**

- A Grateful Day Reflection - [https://youtu.be/zSt7k_q_qRU](https://youtu.be/zSt7k_q_qRU)
- Blessings - A Reflection - [https://www.youtube.com/watch?v=dDoNHGnJLwU](https://www.youtube.com/watch?v=dDoNHGnJLwU)
- Instagram @sarcasticlutheran - Election Day Prayers
  - Live every 2 hours starting at 11am EST
- 2020 Election & Post-Election Support Gatherings & Resources (Faith Matters Network) [https://docs.google.com/document/d/1ntjMwrT7sxXogW7zsqw2CJG6EDuZhZoSMD70bzwheP4/edit?fbclid=IwAR0QhRe2zu30GFehlFCq83rMiqXSwXKuMGPy7_5vFL4a3QmhHnvPB3CKI](https://docs.google.com/document/d/1ntjMwrT7sxXogW7zsqw2CJG6EDuZhZoSMD70bzwheP4/edit?fbclid=IwAR0QhRe2zu30GFehlFCq83rMiqXSwXKuMGPy7_5vFL4a3QmhHnvPB3CKI)

**Prayer of John Henry Newman**

May the Lord support us all the day long,
Till the shades lengthen and the evening comes,
and the busy world is hushed, and the fever of life is over,
and our work is done.
Then in his mercy may he give us a safe lodging,
and holy rest, and peace at the last. Amen.

**To Overcome Evil: A Prayer of Howard Thurman**

I seek the strength to overcome the tendency to evil in my own heart.
I recognize the tendency to do the unkind thing when the mood of retaliation
or revenge rides high in my spirit;
I recognize the tendency to make of others a means to my own ends;
I recognize the tendency to yield to fear and cowardice when fearlessness and courage
seem to fit easily into the pattern of my security.
I seek the strength to overcome the tendency to evil in my own heart. Amen.