

Prayer for a Battered Woman

Lord, make me an instrument of your peace.
When I think I can change another person,
remind me that I can change only myself.
When I think that being hurt is your will,
remind me of your exodus call to flee from oppression.
When I think I should sacrifice myself unto death,
remind me that you died for our sins, so I don't have to.

O Lord grant that I may not so much seek to endure abuse,
as to escape it entirely;
that I may not so much seek to model victimization,
as to model being a faithful survivor.
For it is in new beginnings that we find your grace,
it is in standing on our own two feet that we find your strength,
it is in leading our family to safety, that we find peace.

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