

GFS/USA

A Collection of Prayers

SIXTEEN DAYS OF

ACTIVISM

**AGAINST VIOLENCE
AGAINST GIRLS *and* WOMEN**

November 25 - December 10 (*and beyond*)



**TOGETHER WE RISE –
IN FAITH. IN LOVE. IN ACTION**

Created by Delores Alleyne

WHO AM I



*I am **Delores Alleyne**—a cradle Episcopalian, a woman of enduring faith, and a lifelong advocate for dignity, justice, and hope. For over 65 years, I have been an active member of the Girls’ Friendly Society, walking alongside generations of women and girls in prayer, service, and sisterhood. My journey has taken me from parish halls to global platforms, including the United Nations Commission on the Status of Women, where I listened deeply to stories of fear, hurt, and abuse and witnessed the unshakable faith that carried survivors through unimaginable pain.*

This Prayers of Hope booklet is a reflection of that journey. It gathers prayers from my GFS sisters, my colleagues in advocacy, and my own heart, each one born from a place of truth, resilience, and sacred longing. These prayers are not just words; they are lifelines. They speak to the power of belief, the strength of community, and the healing presence of God in our lives.

I believe always that with God; all things are possible. That belief has sustained me through decades of service, through moments of joy and sorrow, and through the quiet work of lifting others up. It is my hope that these prayers will do the same for you. May they comfort you, challenge you, and call you into deeper faith and action.

This booklet is offered in love to survivors, seekers, sisters in service, and all who dare to hope.

I feel so strongly about creating this booklet of prayers of hope because I believe that hope is not just a feeling; it is a lifeline. In moments of grief, uncertainty, and quiet longing, a prayer can be the bridge between despair and resilience. This booklet is my offering to those who need to be reminded that they are not alone, that light still breaks through, and that healing is possible. Each prayer is a whisper of solidarity, a call to courage, and a testament to the power of faith shared across generations. It is my way of honoring the voices that have been silenced, uplifting those who continue to rise, and planting seeds of hope for those yet to come.

GFS ORANGE DAY

STAND WITH US EVERY 25TH: ORANGE DAY

A day to shine a light.

A day to raise our voices.

A day to declare: No more silence. No more violence.

I have walked beside girls and women on their journeys of courage, healing, and hope. And today, I invite you to join us on this journey. Wear orange on the 25th of every month, not just as a color, but as a bold declaration:

- *Orange is a call to action.*
- *Orange is a symbol of solidarity.*
- *Orange is a promise that we will not rest until every girl and woman is safe, valued, and free.*

Gender-based violence is not far away; it is a daily reality for too many. But together, we can change the story. Together, we can:

 *Share the truth.*

 *Wear orange with pride.*

 *Speak out against violence.*

 *Pray for justice and healing.*

Let's build a movement that cannot be ignored.

Let's flood our timelines, our communities, and our world with orange and love. Let's remind everyone that girls and women matter, that their lives, their dreams, and their dignity are worth defending.

Join us. Please stand with us. Wear orange every 25th. Because silence is not an option, and hope is stronger when we rise together.

**#GFSOrangeDay #EndGBV
#FaithInAction #GirlsMatter
#WomenRise #OrangeForHope**





OPENING MESSAGE TO OUR GFS SISTERS

For the 16 Days of Activism Against Gender-Based Violence

Dear Sisters in Christ,

This prayer booklet is lovingly dedicated to the girls and women known and unknown who have suffered at the hands of others through any form of gender-based violence. Their pain calls us to prayer, reflection, and action.

Abuse, whether verbal, emotional, physical, sexual, or psychological, can leave deep wounds that medicine alone cannot heal. The spiritual and emotional scars often linger far beyond the actual events. But prayer invites God into the healing process. It is in prayer that we find sacred space to lament, to listen, and to begin again.

Abuse can strip a woman of her identity, value, and voice, but it cannot take away her worth in God's eyes. She remains

beloved, whole, and held. Through these prayers, we affirm that no act of violence can erase the divine imprint on her life.

Each year, the 25th of November, International Day for the Elimination of Violence Against Women, marks the beginning of our 16 Days of Activism. During this sacred time, the Girls' Friendly Society joins hands across continents, united in our mission to raise awareness and call for an end to violence and injustice against girls and women.

We do not walk alone. GFS Worldwide continues to lift up Prayers of Hope, echoing the voices of survivors and advocates, until we gather in Sri Lanka for the World Council in July 2026. Our prayers are a bridge between heartbreak and healing, silence and solidarity.

As we wear our orange ribbons, we do so with conviction:

- ♥ As a symbol of peace.
- ♥ As a public commitment to never commit, condone, or remain silent about violence against women and girls.
- ♥ As a sign that the Lord strengthens us not only to pray, but to act.

This booklet is offered in love and solidarity:

- To every woman and girl who has endured, survived, and risen.
- To every advocate who speaks truth, holds space, and walks beside others in healing.
- To members of GFS worldwide, may these prayers serve as a source of comfort, an encouragement to act, and a recognition of our collective strength.

Our Orange Days are not just a color; they are a promise.

We promise to remember.

We promise to act.

We promise to rise.

May this booklet be a companion in your journey, offering space for lament, courage, and hope. Together, we shine light into the shadows and proclaim:

Violence has no place in our communities, our churches, our world, and especially not in GFS.



Together, We Rise Against Violence

During November 25 to December 10, we join hands across generations, cultures, and communities to say: **Enough.**

Violence against girls and women is not inevitable it is preventable.

Each silhouette in this image represents a voice, a story, a life that matters.

Let us be the light that breaks the silence, the strength that uplifts survivors, and the courage that demands change.

In our homes, our churches, our schools, and our streets let us build a world where every girl and woman is safe, valued, and free.

This is our call.

This is our movement.

This is our moment.

PRAYER FOR THE VOICELESS

For GFS Sisters United in Compassion and Advocacy

Loving God, we embrace our mission to share your love with our sisters worldwide, speaking out for the voiceless and campaigning for social justice.

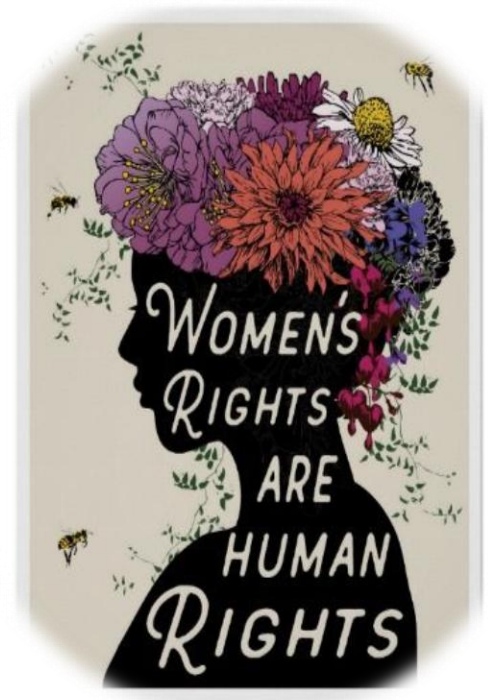
May kindness prevail over judgment, may equality dissolve oppression, may our love break down walls of hate and fear. Lord, as we go in your name, into our communities, may we spread love.

Amen.

BEING
DIFFERENT
IS WHAT MAKES
US UNIQUE

**Stand Up for Her, Stand Up
for Humanity**

**Equality Isn't Optional it's
Essential**





Honoring the Reflections: A Call to Prayer and Action

Each reflection in this booklet was written with deep compassion and bold conviction. They are more than words; they are prayers in motion, voices rising for justice, healing, and hope. During these Sixteen Days of Activism, we stand together in sacred solidarity with girls and women around the world, especially those who have been silenced, harmed, or forgotten.

These reflections invite us to listen, lament, and lift our hearts. They call us to be witnesses and warriors of peace, to pray not only with folded hands but with open arms and courageous hearts. May each page stir us to deeper awareness, stronger advocacy, and unwavering love.

Let these reflections be a sunrise illuminating the path toward dignity, safety, and joy for every girl and woman. And may our prayers become a chorus of hope that never fades.

LET'S RISE UP AGAINST GENDER-BASED VIOLENCE

Day 1: *Bound by Grace, We Rise* **Together**

Scripture: Ecclesiastes 4:9–10

Reflection: Healing and justice are never solitary paths. **Prayer:** Lord, bind us in Grace. May we lift one another with kindness and support. courage and compassion. **Amen**

Day 2

In Every Embrace, God's Love Is Made Visible

Reflection: Love is active, protective, and healing.

Prayer: God of love, let every embrace be a sanctuary. May we be vessels of Your peace. **Amen.**

Day 3:

We Are Many Branches Rooted in One Spirit Scripture: 1 Corinthians 12:12

Reflection: Our diversity is our strength. Each voice matters.

Prayer: Spirit of unity, root us in purpose. May we honor every story and stand as one. Amen.

Day 4:

Let Our Hearts Be a Sanctuary for One Another Scripture: Galatians 6:2

Reflection: When we hold space for pain, we become holy ground.

Prayer: Tender God, teach us to listen, to hold, and to heal. **Amen.**

Day 5:

Together, We Bloom in Sacred Strength Scripture: Jeremiah 17:8

Reflection: Survivors are not broken; they are blooming.

Prayer: Creator God, nourish our roots. May we grow strong in Your light.

Amen.

Day 6:

Joy Multiplies When Shared in Love

Scripture: Romans 12:15

Reflection: Celebration is resistance. Joy is a balm.

Prayer: God of joy, let laughter and love be our protest and our praise. **Amen.**

Day 7:

We Are Held, Healed, and Made Whole In Community Scripture: Matthew 18:20

Reflection: Healing happens in circles, not silence.

Prayer: Divine Presence, dwell among us. Make our community a refuge. **Amen.**

Day 8:

Let Every Sister Be a Sunrise to the Soul Scripture: John 1:5

Reflection: Each woman carries light. Let us reflect on it boldly.

Prayer: Light of the world, shine through us. May we illuminate paths of hope. **Amen.**

Day 9:

We Walk Together, Woven in Divine Purpose Scripture: Psalm 133:1

Reflection: Our steps are sacred when taken together.

Prayer: God of purpose, guide our feet. May our walk be a witness. **Amen.**

Day 10:

In Every Shared Moment, Heaven Draws Near Scripture: Romans 12:10

Reflection: Every act of kindness is a glimpse of heaven.

Prayer: Holy One, let our shared moments be filled with Your presence. **Amen.**

Day 11:

Our Stories Intertwine Like Sacred Threads Scripture: Hebrews 10:24

Reflection: Our testimonies are woven into a tapestry of transformation.

Prayer: Weaver of justice, stitch our stories into a legacy of love. **Amen.**

Day 12:

We Are God's Mosaic—Each Piece Radiant, Each Connection Holy

Scripture: Matthew 5:14

Reflection: We are not fragments—we are a masterpiece.

Prayer: Divine Artist, reveal Your beauty in our unity. **Amen.**

Day 13:

We Speak Truth, Even When Our Voices Tremble. Scripture: Proverbs 31:8

Reflection: Silence is not safety. Truth is liberation.

Prayer: God of justice, strengthen our voices. May we speak truth with love. **Amen.**

Day 14:

We Remember, We Honor, We Rise

Scripture: Psalm 34:18

Reflection: Memory is sacred. Let us honor those who came before.

Prayer: Compassionate God, hold every story. May remembrance lead to renewal. **Amen.**

Day 15:

We Dare to Dream of a World Without Violence Scripture: Joel 2:28

Reflection: Dreams are seeds of change.

Prayer: God of vision, awaken our dreams. May we build the world you imagine. **Amen.**

Day 16:

Together, We Are the Answer to Our Prayers Scripture: James 2:17

Reflection: We are not waiting we are acting

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Prayer: Empowering God, let our hands be Your hands. May our lives be Your answer. **Amen.**

PRAYER BOOKLET IMAGE DESCRIPTION

(for Orange Day and the Sixteen Days of Activism):

A silhouetted child stands with hands raised an unspoken cry, a sacred gesture of resistance. Her figure is marked by layered handprints and splashes of red, black, and white, symbolizing the wounds of violence and the voices silenced too soon. Set against a radiant orange background, the image becomes a visual

prayer: a call to see, to remember, and to act. Each handprint echoes the stories of girls and women who have endured harm, yet whose dignity remains. This image invites us into holy witness where lament meets hope, and where our prayers rise for healing, justice, and protection.





DAY
1



**Message from
the GFS World
President
(2023–2026)**

Theme: “Rooted in Faith ... Reaching for the Stars”

It is a call to step out of our comfort zones, wet our feet, and reach for the stars - to do the impossible! It's not too late. Fight for what is right, all the while remaining firmly rooted in Christ.

In deep shadow they silently stand,
As violence spreads across the land. Pain,
hurt, and terrifying shame, A helpless,
humiliating game.

The world, with its beauty of nature,
seems cold and offers no future.

Is this then their bitter fate?

Are we all a little too late?

***Ah, but what's that speck of light,
Gleaming brightly in the night?
A shining star,***

A whisper from afar ...

A sign of hope? Listen well -

*God calls us, risks to take,
Action and decisions to make -
Step out of the fishing boat,
Walk on water or stay afloat.*

*So, with hands of steel and hearts of love,
Let's reach for those stars up above,
Rooted and grounded in our faith
In the one God, that no one can break.*

*Together, let's destroy this evil chain,
Fight for justice, wash away the pain.
Rise as one in action, bold and strong,
Do the impossible and right the wrong.*

*May our girls live happily and freely
In the way they're meant to be.
A safe and secure destiny,
Reaching towards eternity!*

Jeanne Withanage

**World President - Girls' Friendly Society
Nov. 12, 2025, Sri Lanka**





May God give us eyes to recognize abuse where it exists. May God give us a heart to reach out in compassion. May God provide us with courage and resolve to make a difference wherever we are. May God bless you and nurture your head, heart, and hands as we invite God to guide and comfort us as He gently directs our paths.

Source unknown, adapted for 'Equipping The Church to take Action to End Domestic Abuse,' 2022

PRAYER FOR THE VOICELESS

For GFS Sisters United in Compassion and Advocacy

Righteous God,
We come before You as
daughters of faith, bound
together in love and mission.
Strengthen us as we lift our
voices in prayer for those who cannot

Speak for the silenced, the wounded, and the forgotten. May our hearts break open with compassion, and may our prayers rise like incense for every sister who has suffered abuse, injustice, or neglect.

Empower us, O Lord, to be bold witnesses of Your love.

Let us speak truth with grace, advocate with courage, and stand firm in our commitment to justice and equality for all Your children.

Help us to build a society rooted in peace and dignity.

Where kindness triumphs over judgment,

Where equality dismantles oppression,

Where love tears down walls of hatred and fear.

As we go forth in Your name,

May our presence bring healing,

May our actions reflect mercy, and may our mission, Bear Ye One Another's Burdens, be lived with thankful hearts and unwavering hope.



A PRAYER FOR STRENGTH AND HOPE

Dear lord, we lift up to you all our girls and Women Who suffer from violence and oppression. Surround them with your protection and fill their hearts with courage. Grant them hope in the darkest moments and strength to rise above fear, and faith gives them love and justice, and that love will prevail

Help us all to stand for the vulnerable, speak for the silenced, and act with compassion and courage. Be with every girl and woman in pain, turn their fear into strength, and give them a brighter outlook through Jesus Christ our Lord

Amen

Pauline Marshall
Armagh Diocese Ireland

Lord of justice and mercy, draw us close to those who hurt. Let us reach out our hands in your name to share the sorrow and lessen the pain.

Lord of justice and mercy, lengthen our strides to march for good. Clothe our feet with your living Word to trample the works of unrighteousness.

Lord of justice and mercy, knit us together as the body of Christ that we may speak out with one accord for the kingdom of God to prevail.

Amen



***When women support one another,
we create a ripple of strength,
courage, and hope that transforms
communities and generations.***

***Together, we rise not in competition,
but in solidarity, lifting each other
into the fullness of our potential.***



HOPE IN TROUBLED TIMES: A REFLECTION

In recent months, we've seen a world stretched thin—communities rebuilding after storms and fires, families fleeing violence, nations wrestling with uncertainty. Beneath these headlines are the quieter burdens people carry every day: illness, grief, fear, and loneliness. Yet even amid all this, grace still shows up—neighbors helping neighbors, strangers offering kindness, communities choosing compassion. These small lights remind us that hope still breathes. Scripture understands hope born in hardship. The Psalmist, weary and overwhelmed, asks, "Why are you cast down, O my soul?" and then answers, "Hope in God" (Psalm 42:5). Hope doesn't deny our pain; it turns us toward the One who holds us in it. Jeremiah speaks this same assurance to exiles who felt uprooted and uncertain: "I know the plans I have for you... to give you a future with hope" (Jeremiah 29:11). Their circumstances hadn't changed, but God's promise met them where they were. Paul reminds us that hope often grows slowly—"suffering produces endurance... and

endurance produces hope” (Romans 5:3–5). This is especially true for those carrying hidden wounds, victims of violence, abuse, and trauma. For them, hope is God’s gentle promise: I see you. I hear you. I am near to the brokenhearted (Psalm 34:18).

The early Church grounded this hope in the resurrection. Peter calls it “a living hope” (1 Peter 1:3)—a hope that rises with Christ. So even in our own troubled world, hope remains possible. This resurrection-shaped hope does not erase our pain; it assures us that God meets us in it with steadfast love.

Isaiah gives voice to that promise: “When you pass through the waters, I will be with you” (Isaiah 43:2). God may not remove every deep water, but God never lets us face them alone. So hope in troubled times looks like trusting God’s presence in the midst of uncertainty. It looks like small acts of courage and compassion, prayers whispered in hard moments, and solidarity with those who suffer.

And above all, hope rests on this unshakable truth: nothing “will be able to separate us from the love of God in Christ Jesus our Lord” (Romans 8:38–39).

Trouble may shape our days, but it does not define our story. God's love ***does—and that love remains our enduring hope.***

***The Rev. Rowena J.
Kemp Diocese of
Connecticut.
GFS/USA National
Chaplain***





God of Every Being and Everything that ever was, is, and will be, from the deepness of my heart, I pray that you will help me to keep my heart soft when I am experiencing the pain of governments, leaders, and neighbors everywhere whose hardness of heart is intentionally and inadvertently causing harm to your living Creation.

God of Love and Mercy, remind us of your unending love and care for the least of us and also for the hard-hearted among us. Give relief, succor, and hope to those who are neglected, abused, and abandoned by human kindness. Show me the way to be an example of your great mercy and love. Rekindle in me that same mercy and love so that I may walk in your mercy and love with the rest of Creation. Lift me up when I falter. Guide me when I forget that I am your beloved. Remind me powerfully when I forget that my neighbors near and far are also your beloved and deserve your mercy and blessings in and through my thoughts, prayers, and actions. Into your great heart of Mercy and Love, I commend my eternal soul into you, God forever and ever. Amen.

Loving God, we humans are adrift in a world where violence, indifference, and terror reign. We are remiss in following Jesus' and the saints' examples of love and sacrifice for the sake of your gift of the Creation and our place in it.

Help us, we fervently pray, to remember that Love is what created us, and Love is what continues to shelter and save us. The stories of our parents through the generations teach us the beauty and joy of being family and following your guidance to love our neighbors and to be living examples of Love, but we stumble and fail you, our neighbors, and ourselves daily. We humbly ask that you renew in us our trust in your great Love and our desire to follow Jesus' example to walk in Love all the days of our lives. Forgive us our failings, and rekindle our bond to you and your Love each time we falter in Jesus' blessed name and memory. Amen.



Lelanda

***Lelanda Lee, UNCSW Colleague
Longmont, CO.***

***Lelanda Lee is a writer,
poet, and church and
community leader who
lives in northern Colorado.***





Lord, Make Me a Channel of **Disturbance**: The “Reverse St. Francis Prayer”

Lord, make me a channel of disturbance.
Where there is apathy, let me provoke;

Where there is compliance, let me bring
questioning.

Where there is silence, may I be a voice.

Where there is too much comfort and too
little action, grant disruption.

Where there are doors closed and hearts
locked, grant the willingness to listen.

When laws dictate, and pain is
overlooked. When tradition speaks louder
than need;

Grant that I may seek rather to do justice
than to talk about it;

Disturb us, O Lord. To be with, as well as
for, the alienated; To love the unlovable as

well as the lovely; Lord, make me a
channel of disturbance. ~**Author
Unknown**

Her Voyage – Jadine Lydia

***She knew there was only
one way out.***

***Not over, not under,
but through.***

***And so she took a deep
breath, dived right in, and
emerged as something new.***

Mary Ellen Arthurs



UNCSW
Colleague
King George
County, Virginia



Loving Lord, your care and love are ever present in our lives. We pray for our brothers and sisters throughout the world who live in situations of abuse and violence. Give them hope in their hopelessness; help them find strength in their weakness; grant them freedom from their oppression; transform their brokenness into wholeness; and heal their wounds, visible and invisible. Grant us all the courage and wisdom, grace, and humility to act at all times with compassion and care. And grant all who are harmed by abuse or coercion, peace through justice. This we ask in Jesus' name. Amen.

(Lesley Bayley, Mothers' Union, Ireland)

Oh God of ages, we give you thanks for waking us up today. You have the breath of life in your hands, and you know there is still work for us to do in this world to save ourselves and others' souls for your kingdom. By your mercy and goodness, you have us here, so grant us the courage, guidance, empathy, and compassion to share your goodness, mercy, love, and faith with each other as we travel this journey called life. Let those who are abused know that you love and care for them in every way and need them to take you as their Lord and Savior of our lives, in Jesus' name I pray.

Amen!

***Margaret Wickham, a member of St. Gabriel's, Long Island, NY
G.F.S.. Sponsor Group.***



Compassionate God may those experiencing all forms of violence be given courage, hope, and the means to break free from their abuse. We pray for all who live in fear of violence and despair that life will ever change: Bring to an end their suffering; restore their sense of worth. Bring to light deeds of abuse hidden in darkness, that they may find safety and refuge, free from fear.

We pray for all to follow your example of treating women with equality and respect. We pray for the dawn of a better world where justice and peace may flourish.
Amen

United in resolve, our voices join together to speak out for the voiceless and proclaim the righteousness of God. God of justice and righteousness, use us to speak against domestic abuse with a clear and challenging voice in a world where the vulnerable strive to be heard. May our voices be heard in places of

influence on behalf of those who suffer in silence. Make us strong and effective advocates for those whose voice is too weak to be heard. We worship our holy Lord; we pray for his kingdom on earth. May his justice set the captives free and his righteousness reign forever. **Amen**

For Hope

Loving God, by your Holy Spirit inspire me, as I fear losing hope. Give me a fresh vision of your love, that I may find again what I fear I have lost. Grant me your powerful deliverance; through the One who makes all things new, Jesus Christ our Redeemer. **Amen.**

For facing great uncertainty

God of the present moment, God who in Jesus stills the storm and soothes the frantic heart;
bring hope and courage to all who wait or work in uncertainty. Bring hope that you will make
them the equal of whatever lies ahead. Bring them courage to endure what cannot be avoided,
for your will is health and wholeness; you are God, and we need you. Amen.



God, we cry to you for justice for women and girls.

Help us to dig out the roots of gender-based violence and discrimination.

Inspire us to break down the structures that silence and disempower women.

Make us united in condemning abuse, in all its forms.

God, we cry to you for refuge for the survivors of violence.

May those in power recognize their responsibilities to support survivors.

Show us how to amplify the voices of women and girls speaking up for change.

Give us the courage to act against inequality.

God, we cry to you for change, for transformation.

Send us the strength to persist in activism when we face barriers.

Fill us with determination as we seek to renew our world.

May we see a day when every girl will be free to flourish and know life in all its fullness.

Amen



As we offer up our prayers for our GFS Sisters and all women around the world whose lives have been affected, by gender-based violence and pray for a world where violence against girls and women no longer exists. Gender based violence knows no religion, age, nationality, culture, or socioeconomic class.

Lord open our eyes and hearts to this reality. Create within our structures that will stimulate discussion, provoke thought, and workshops to educate us and raise awareness around this human rights violation on earth.

We offer up these prayers as a sign of our mutual support with all who are affected by gender-based violence and as a sign of our unity with all who campaign for justice across the world.

The Rev. Rowena J. Kemp



DAY 10

Heavenly Father,

I come before you today seeking your divine protection for all girls and women, especially for those who have been victims of gender-based violence. I ask that you surround them with your loving presence and shield them from all other harm, hurt, danger, and negative influences. Please protect their mind, body, and spirit. Grant them wisdom and discernment to avoid situations that may lead to more danger. Give them the strength and courage to face any challenges or temptations that come their way. Fill them with your peace that surpasses all understanding and help them to trust in your goodness and love. In Jesus' name, I pray.

Amen.

*Cheryl Middleton, GFS Advisor,
Diocese of Long Island, NY.
St. Gabriele's Episcopal Church*



PRAYER FOR HEALING AND STRENGTH,

Loving Creator, wrap Your arms around every woman and girl who carries invisible scars. Let Your light seep into the darkest corners of their pain, replacing fear with courage, and shame with dignity. Restore their voices, their laughter, and their dreams. May they know they are worthy, cherished, and never alone. **Amen.**



No one deserves to experience abuse – period!

Prayer for Protection and Safety God of refuge, place a shield around those still in harm's way. Guide them to safe places, trustworthy people, and open doors. Silence the lies of those who seek to harm them and let truth and justice rise like the morning sun. Keep them under Your watchful care, now and always. **Amen.**

As we offer up our prayers for our GFS Sisters and all women around the world whose lives have been affected by gender-based violence, we pray for a world where violence against girls and women no longer exists. Gender based violence knows no religion, age, nationality, culture, or socioeconomic class.

Lord open our eyes and hearts to this reality. Create within our structures that will stimulate discussion, provoke thought, and workshops to educate us and raise awareness around this human rights violation on earth.

We offer up these prayers as a sign of our mutual support with all who are affected by gender-based violence and as a sign of our unity with all who campaign for justice across the world.

**#ORANGE
THEWORLD**



DAY
12

Heavenly Father, we lift up all victims of violence to You, asking for Your healing, comfort, and strength in their time of need.

A Prayer for Healing

Dear Heavenly Father,

We come before You with heavy hearts, lifting up all those who have been victims of violence. We pray for their comfort and healing, both physically and emotionally. May Your presence surround them, bringing peace to their troubled hearts and soothing their pain. Help them find solace in Your loving arms, knowing that You are the ultimate healer. **Amen.**

A Prayer for Strength

O Lord,

Bestow upon the victims of violence the fortitude to overcome adversity and the courage to rise above their circumstances. As they navigate the path of healing, grant them resilience and determination to rebuild their lives. May they find comfort in Your unwavering presence and draw upon Your divine strength to face the challenges before them. Amen.

Heavenly Father,

Bless the women and girls all around the world. Give them the power and strength to know their worth, especially when the world seems harsh or evil.

A CALL TO PRAY FOR WOMEN IN PAIN

Let us lift our voices in prayer for women who carry hidden wounds from abuse. May God's healing love surround them, restoring dignity where it has been broken, hope where despair has taken root, and strength where fear has silenced. As we pray, may our hearts be stirred to compassion and action, so that no woman suffers alone. Lord, hear our prayer, and let justice and peace embrace your daughters.



Fill their hearts with your love and blessings. Give them the courage, dear Lord, to speak up and let their voices be heard.

Let sisterhood surround them with laughter and kindness.

Bless every mother, sister, aunt, and friend. May their cups overflow with the Goodness of God.

All these things I ask in the name of the Father.

Amen.

***Madison Moise, GFS member, age 12
And her mom, Heather Moise
GFS Diocese of Long Island, NY.
St. Gabriele's Episcopal Church***



A person stands in a moment of raw vulnerability, eyes wide with fear, arm raised in instinctive defense. Their curly hair frames a face caught between shock and resistance. In the foreground, a large, bright orange hand dominates the scene, exaggerated in size and intensity. It reaches forward with force, symbolizing aggression, danger, or the looming presence of violence. The contrast between the hand's unnatural brightness and the person's human fragility evokes the urgent need for protection, awareness, and action.

As frightening as this image is, it is our faith that gives us hope. Hope to rise. Hope to resist. Hope to transform fear into courage and pain into purpose.

NO MORE SILENCE. NO more fear. We rise together fighting for justice, dignity, and peace, anchored in faith and hope.



DAY 14

A Prayer for the Broken and the Boundless

God of all comfort,
God of unyielding justice

We come before You with hearts heavy for
our sisters and daughters,

For every woman and girl whose body,
mind, or spirit has been wounded

By the sin of gender- based violence.

Hear our prayer for the one on the
shadows,

Whose fear is a constant companion,

Whose voice has been silenced by threat
or shame. Wrap her in a cloak of Your
divine safety.

Whisper to her soul that she is seen, she
is known, and she is deeply, eternally
loved.



May she feel the warmth of hope begin to
thaw her winter of despair.

Hear our prayer for the survivor,

Carrying the invisible scars, navigating the
long road to healing.

Grant her courage for each new day,
patience for her own journey,

And the resilience to discover her own
strength and sacred worth.

Surround her with a community that
believes her, upholds, and champions her
restoration.

May her story become a testimony to the
power of rising again.

Hear our prayer for the advocates and the
healers,

For the counsellors, the shelter workers,
the law enforcement, and the friends.

Fill them with wisdom to guide,
compassion to listen, and endurance to
continue this holy work.

Protect their hearts from burnout and
their spirits from cynicism.

May their hands be Your hands, their
compassion Your heart, in a world that
desperately needs both.

Continued on next page

As we pray, O God of transformation, for the perpetrators of this violence, Confront them with the full weight of their actions. Break the cycles of brokenness

That fuels their abuse. Lead them to true repentance, accountability, and change.

For only in justice and truth can the foundations for peace be laid.

We lift our voices together, not just in lament, but in a mighty call to action.

Stir in us, your people, a holy anger that refuses to accept this reality.

Move us from passive sadness to active advocacy.

Give us the courage to interrupt harmful words, to challenge dangerous norms,

And to create a culture where every woman and girl can leave without fear.

We pray for a world where safety is not a privilege, but a right. Where respect is not negotiated, but inherent.

Where every breath a woman takes is free. In the name of the One who sees Hagar, who defends the vulnerable, and who makes all things new, we pray

Amen

Yours In the Service of Christ,

Thembeke Pama

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TOGETHER, WE RISE AGAINST VIOLENCE

This powerful image speaks to the heart of our mission: women united in strength, voice, and compassion. The raised fist, the clasped hands, the megaphone, all symbols of courage and solidarity, remind us that ending violence against women is not just a goal, but a sacred calling. Surrounded by vibrant purple blooms and green leaves, we see hope blooming through resistance.

LET THIS BE OUR RALLYING CRY:

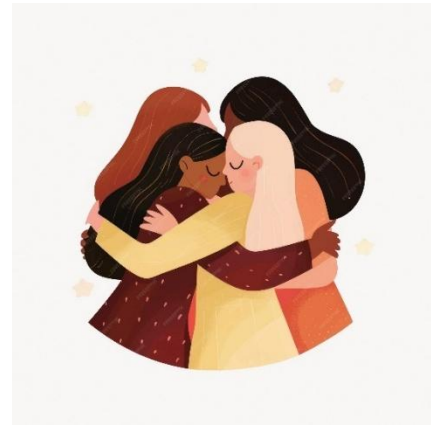


We will not be silent. We will not be divided. We will not stop.

Together, we lift each other. Together, we demand justice. Together, we build a world where every woman and girl lives free from fear.

Let this be our daily prayer and public witness: That every woman and girl may live free from fear. That survivors are heard, honoured, and healed. That justice is not delayed, and dignity is never denied. We stand united, faithful, fearless, and unshaken. Because silence is complicity, and action is love.

We are the embrace and the circle that changes the world.



TOGETHER, WE RISE

In a world that often feels fractured, this image reminds us of the healing power of connection. Four women, distinct in appearance yet united in purpose, embrace not just each other but the shared strength of sisterhood. Their hug is a quiet revolution: a gesture of empathy, resilience, and unwavering support. Around them forms a circle not just of arms, but of hearts.

A circle that says: You belong.

A circle that whispers: We see you.

A circle that holds space for grief, for joy, for transformation.

This is the sacred geometry of solidarity. No one stands alone. No one is left behind.

Let this be our call to action.

To stand with survivors.

To uplift the voiceless.

To be the arms that hold, the hearts that listen, and the voices that speak truth.

We are stronger together.

We are radiant in unity.



Violence leaves behind a trail of pain and devastation, but as people of faith, we are called to respond with compassion, prayer, and hope. The prayers in this article serve as a reminder that no matter how dark the circumstances may seem, God's love and power can bring healing and restoration. By lifting victims of violence in prayer, we open the door for God's intervention, offering them the peace, comfort, and strength they need to move forward.

Each prayer is rooted in the promises of Scripture, ensuring that our words align with God's truth and will. The Bible reminds us repeatedly of God's heart for the brokenhearted and His desire to bring justice to the oppressed. As we intercede for victims of violence, we are participating in God's redemptive work, partnering with Him

to bring hope and transformation to a hurting world.

However, prayer is not a passive act; it is a powerful declaration of faith and an invitation for God to act in extraordinary ways. It also inspires us to take tangible steps toward helping those in need. Whether by offering support, advocating for justice, or fostering peace in our communities, our prayers should move us to action.

As you conclude this time of reflection and intercession, may you be reminded of the incredible power of prayer. God hears every cry and sees every tear. Trust in His ability to heal, protect, and restore those impacted by violence. Let us commit to continually lifting victims in prayer and being vessels of His peace and love. Together, through faith and action, we can shine God's light in the darkest places and offer a beacon of hope to those in need. May His peace prevail, and may His justice reign. Amen.

Galatians 6:2

"Carry each other's burdens, and in this way, you will fulfill the law of Christ." I pray that You would raise up people to support and uplift victims of violence". Amen.



WHAT SHE MEANS

A serene figure with braided hair embraces a white ribbon of awareness, eyes closed in peaceful reflection. Clothed in purple, the color of dignity and courage, she stands against a radiant orange backdrop, evoking sunrise and resilience. Her posture speaks of quiet strength, remembrance, and advocacy. The white ribbon, held close to the heart, becomes a symbol of hope, healing, and the promise of a world free from violence.

Proverbs 31:8

“Speak up for those who cannot speak for themselves, for the rights of all who are destitute.” I pray for boldness to advocate for truth and justice. *Amen.*

ADDITIONAL PRAYERS

Loving God, you are the author and sustainer of our lives. You know the anguish of the sorrowful, you are attentive to the prayers of the brokenhearted. Hear your people who cry out to you in their need; strengthen their hope in your lasting goodness. We pray today for those who have died because of violence. Draw them to yourself; let your face shine upon them. May they be greeted with choirs of angels and experience your eternal peace and joy. Be near to all those who have been touched by violence: those who have been hurt, lost their loved ones or lost their sense of security. Be for them a steady comfort and safe resting place. Soften the hearts and steady the minds of those who would do violence to others. May hate be replaced with love, violence with peace, and darkness with your light.

Amen.



PRAYER FOR THE VICTIMS OF VIOLENCE-

Christ calls each of us to reach out to victims of abuse in their time of need. Sometimes it is difficult to know how to help, but one effective way of expressing care and concern is through prayer.

Prayer of Healing for Victims of Abuse
God of endless love, ever caring, ever strong, always present, always just: You gave your only Son to save us by the blood of his cross. Gentle Jesus, shepherd of peace, join to your own suffering the pain of all who have been hurt in body, mind, and spirit by those who betrayed the trust placed in them. Hear our cries as we agonize over the harm done to our brothers and sisters. Breathe wisdom into our prayers, soothe restless hearts with hope, steady shaken spirits with faith: Show us the way to justice and wholeness, enlightened by truth and enfolded in your mercy. Holy Spirit, comforter of hearts, heal your people's wounds and transform our brokenness. Grant us courage and wisdom, humility and grace, so that we may act with justice and find peace in you. We ask this through Christ, our Lord. **Amen.**

UNITED TO END VIOLENCE AGAINST WOMEN AND GIRLS



ON BEHALF OF GFS/USA, we extend heartfelt gratitude for your participation in the 16 Days of Activism Against Violence Against Girls and Women. Together, we have lifted our voices to shine a light on the urgency of this global issue—reminding our GFS Sisters and our communities that silence is never an option.

When we unite, our voices cannot be ignored. We become a mighty force for justice and compassion. Through dialogue, shared information, and awareness programs, we continue to influence communities, leaders, and

decision-makers toward a vision of a world where no one is left behind and where girls and women are respected, valued, and free from violence. We can and we will bring about the change that is needed.

Let us encourage our girls to know that they are **SOMEBODY** and let us teach young men that girls and women must be respected and treated as equals.

Our commitment continues through the Orange Day Campaign on the 25th of each month. We invite you to join us, wear orange, and share your Orange Day moments on social media as a visible sign of hope and solidarity.

Delores Alleyne-, GFS/USA



THANK YOU. *With a heart full of gratitude, I extend my deepest thanks to each of you who contributed to the creation of this prayer booklet. Your encouragement, creativity, and steadfast support have made what once felt like a distant dream into a beautiful reality.*

If it were not for your contributions, this work could not have come to life. I am humbled and blessed to walk alongside such faithful companions, and I pray that the spirit of this booklet reflects the love and unity we share.

This booklet is not mine alone; it is the fruit of shared vision, prayer, and dedication. Every word, every design, every thoughtful suggestion carries the imprint of your generosity and faith. Together, we have created something that will uplift, inspire, and serve our community for years to come.

With heartfelt appreciation,

Delores

Cheryl Middleton
Jeanne Withanage
Lelanda Lee
Lesley Bayley
Madison Moise
Margaret Wickham
Mary Ellen Arthurs
Pauline Marshall
The Rev. Rowena J. Kemp
Thembeke Puma

RESOURCES:

Prayerlit.com

Prayerlife.com

Mothers' Union

<https://www.mothersunion.org> ›
campaign

25 Healing Prayers for Abuse Victims -
Strength in Prayer

