

God our Father, you see your children growing up in an unsteady and confusing world: Show them that your ways give more life than the ways of the world, and that following you is better than chasing after selfish goals. Help them to take failure, not as a measure of their worth, but as a chance for a new start. Give them strength to hold their faith in you, and to keep alive their joy in your creation; through Jesus Christ our Lord. Amen.

—The Book of Common Prayer

Healing comes in many forms. Ministering to and with children and youth has taught me that some of the most effective and life-giving healing comes from others. When we have failed, are hurting, are struggling or are in pain, the healing that reaches deepest into our soul comes from being with other people and sharing in that struggle.

When we are able to gather together as people of God, call upon the Lord for guidance and healing and talk honestly about who we are, what we are struggling with and how we can support one another, that is when we can truly begin to heal. In those moments we see we are not that different from one another, that we are all flawed and we all yearn for a life of health and wholeness.

As you seek healing in whatever way, gather with a group of friends, call upon the Lord, share your struggles and pray for one another to find healing and wholeness.

—Shannon Ferguson Kelly