

# GOD OF MERCY AND LOVE

we place our African American and African Families before You today. May we be proud of our history and never forget those who paid a great price for our liberation. Bless us one by one and keep our hearts and minds fixed on higher ground. Help us to live for you and not for ourselves, and may we cherish and proclaim the gift of life. Bless our parents, guardians and grandparents, relatives and friends. Give us the amazing grace to be the salt of the earth and the light of the world. Help us, as Your children, to live in such a way that the beauty and greatness of authentic love is reflected in all that we say and do. Give a healing anointing to those less fortunate, especially the motherless, the fatherless, the broken, the sick and the lonely. Bless our departed family members and friends. May they be led into the light of Your dwelling place where we will never grow old, where we will share the fullness of redemption and shout the victory for all eternity. This we ask in the Precious Name of Jesus, our Savior and Blessed Assurance. Amen. Holy Mary, Mother of Our Families, pray for us.

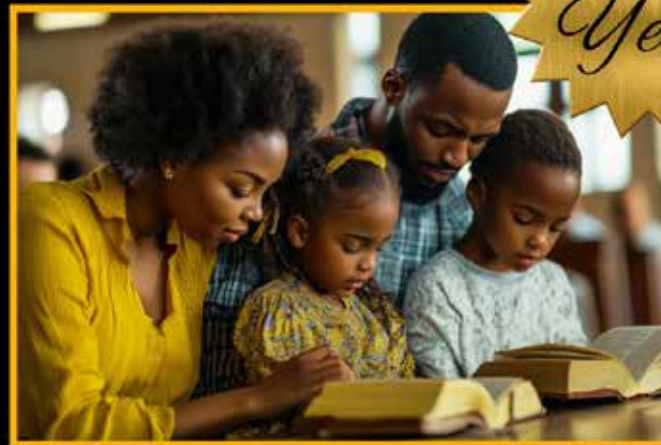
Prayer composed by FR. JIM GOODE, OFM, who in 1989 founded this National Day of Prayer for the African American and African Family



Produced by The National Black Catholic Congress, 2025

## NATIONAL DAY OF PRAYER FOR THE AFRICAN AMERICAN AND AFRICAN FAMILY

36th  
Year



*Bless Our Families  
Heal Our Land*

**FEBRUARY 2, 2025**  
FIRST SUNDAY OF  
BLACK HISTORY MONTH



# BLESS OUR FAMILIES. HEAL OUR LAND...THIS WE PRAY

**By Therese Wilson Favors**

Today we take pause to give God the glory for Family. We pause to take note of the divine beauty of God's creation called Family and we seek God's blessings on our Families. Some say that Family is God's way of giving us a love hug. Generation after generation we have seen God's hug of love manifest itself. It shows that God moves through and within our human affairs called Family.



Family is not only a collection of people... it is a continued journey of a people's connection with God and an expression of the values of that family. In this, we realize that our deepest hopes and dreams are never singular... not just for one person. Rather, they are always connected to others. It is a journey of Us! That is why we pause to pray for our Families and to seek God's blessing and governance over our Family. God is "Our Father".

Here's some spiritual wisdom as we pray for our Family. Always be on the ready to place God in the middle of the Family, especially when serious decisions need to be made. God is our shelter and our strength, always ready to help in times of trouble (Psalm 46:1). Always step back and look at what Jesus would do when relationships among the Family are fragile and weary. Remember that Jesus instituted Christianity as a culture of reconciliation rather than a cancellation of a person or a people. Wounds can fester when disagreements, challenges and broken relationships show up. In these

situations ... go get some supernatural help from God. He moves through human affairs. We all know that invisible wounds are the hardest to heal. Their closure depends on God's grace and the love of others with patience, understanding and justice. Jesus says that the golden rule of life is Do to others whatever you would have them do to you (Matthew 7:12).

This same strategy of healing is warranted in these times within our land. Wounds are festering and there is a lot of pain out there. Let's look to God's Word and God's Ways to find a healing ointment. In places that are in need of healing...Work towards reconciliation with love, patience and true justice. Do all your work in love (1 Corinthians 16:14) and remember that God never stops working (John 5:17). Let us therefore lean on the Lord, for great is God's faithfulness and His mercies endure forever.



FAMILY/RVCULABACSSR



# NATIONAL DAY OF PRAYER FOR THE AFRICAN AMERICAN AND AFRICAN FAMILY

On this National Day of Prayer, take a moment to initiate a family tradition that fosters deeper connections and strengthens your bonds.

- Gather your family around the dinner table and take turns sharing something positive about each person. This simple practice of giving affirmations can lift everyone's spirits and create a loving, appreciative atmosphere.
- Plan a family walk or outing to embrace the beauty of nature together. Use this time to reflect on the blessings in your lives and express gratitude for one another.
- Set up a family prayer or gratitude jar. Encourage every family member to write down their hopes, prayers, or things they are thankful for and place them in the jar. At Sunday dinner, open the jar and read the messages, and pray for the intentions.
- Arrange for a mass to be said for your family. This can typically be done through your parish and usually involves a small donation.
- Establish a "Family Prayer Call" for families that are spread out. Choose a specific day and time, whether weekly or monthly, and commit to it!



*Therefore, you shall love the LORD, your God, with your whole heart, and with your whole being, and with your whole strength. Take to heart these words which I command you today. Keep repeating them to your children. Recite them when you are at home and when you are away, when you lie down and when you get up.*

Deuteronomy 6:6-7 NABRE

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# NATIONAL DAY OF PRAYER FOR THE AFRICAN AMERICAN AND AFRICAN FAMILY

Your family can engage in several meaningful activities to serve your neighbors and exemplify love and charity for your children. These actions not only provide tangible help but also instill valuable lessons of compassion and empathy in your children.

- As a family or within your neighborhood, hold a small gathering to come together to pray for those affected by recent natural disasters and discuss ways to offer support.
- Start a “Blanket Ministry” by accepting donations of blankets for the homeless. Contact your local Catholic Charities office for information about its Caring Connections Program.
- Prepare care packages with essential items such as non-perishable food, toiletries, and clean clothing in good condition, and distribute them to local shelters or directly to families in need. Catholic Charities accepts donations to assist the homeless and those impacted by natural disasters.
- Encourage your children to participate by making heartfelt cards or drawings to accompany the care packages, spreading messages of hope and solidarity.
- Clean out closets and drawers for donations. Kids can help go through their clothing, shoes, and toys, selecting things that are clean and gently-used to give away. Sort through kitchen utensil drawers and donate duplicate items.
- Make/send Valentine’s Cards and messages to those people you know who are facing challenges. Kids will especially love doing this! Walmart and Target Gift Cards are always welcomed.
- Donate children's and youth books to those in evacuation centers. The Red Cross lists shelters by impacted area, and you can find the addresses [here](#).
- Volunteer as a family at a local food bank or community center to provide hands-on assistance and foster a spirit of giving.



*‘Amen, I say to you, whatever you did for one of these least brothers of mine, you did for me.’*

Matthew 25:40 NABRE