

## Station: 5

Blessed are those who hunger and thirst for righteousness for  
they shall be satisfied Matthew 5:6

Blessed are those who are persecuted because of  
righteousness, for theirs is the kingdom of heaven Matthew 5:10

We are blessed when we are silenced or  
ridiculed for speaking up.

Blessed for supporting peaceful environmental protests, blessed when we  
refuse to ignore the plight of indigenous peoples, blessed when we listen  
and respond to the concerns of the youth and the poor and marginalized.

I recall with gratitude all the times I have felt protected or looked after by  
another person or organisation

Recall a time when you stood up for something you really believed in.

- ◆ What did it feel like?
- ◆ What are my reservations about speaking up /taking action to address  
ways of helping to safeguard creation?

Every breath we draw is a gift of God's love; every  
moment of existence is a grace. Thomas Merton

I ask for the grace to reconcile my relationship with God, creation, and humanity. I  
ask forgiveness for my complicity in unjust social structures and ask for courage to  
stand in solidarity with the persecuted.

### Invitation to action:

Sitting before the scales – as you pray experiment with placing pebbles or  
cones in the pans & maybe weighing the people – just noticing how it  
affects you as you try to find a balance.

- ◆ How is your heart moved?



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