

# Prayer to Overcome Racism

MARY, FRIEND AND MOTHER TO ALL,  
through your Son, God has found a way  
to unite himself to every human being,  
called to be one people,  
sisters and brothers to each other.

We ask for your help in calling on  
your Son,  
seeking forgiveness for the times when  
we have failed to love and respect  
one another.

We ask for your help in obtaining from  
your Son  
the grace we need to overcome the evil  
of racism  
and to build a just society.

We ask for your help in following your Son,  
so that prejudice and animosity  
will no longer infect our minds or hearts  
but will be replaced with a love  
that respects  
the dignity of each person.

Mother of the Church,  
the Spirit of your Son Jesus  
warms our hearts:  
pray for us.

Amen.



# Oración para superar el racismo

MARÍA, AMIGA Y MADRE DE TODOS,  
a través de tu Hijo Dios ha encontrado  
un camino para unirse a todos los  
seres humanos,  
llamados a ser un solo pueblo,  
hermanas y hermanos entre sí.

Pedimos tu ayuda al recurrir a tu Hijo,  
buscando el perdón por las veces  
en que hemos fallado en amarnos  
y respetarnos.

Pedimos tu ayuda para obtener de  
tu Hijo  
la gracia que necesitamos para vencer  
el mal del racismo y construir una  
sociedad justa.

Pedimos tu ayuda para seguir a tu Hijo,  
para que el prejuicio y la animosidad  
no infecten ya nuestras mentes  
o corazones  
sino que sean reemplazados por el  
amor que respeta la dignidad de  
cada persona.

Madre de la Iglesia,  
el Espíritu de tu Hijo Jesús  
alienta nuestros corazones:  
Ruega por nosotros.

Amén.





## PRAYER TO OVERCOME RACISM

*Mary, friend and mother to all, through your Son, God has found a way to unite himself to every human being, called to be one people, sisters and brothers to each other.*

*We ask for your help in calling on your Son, seeking forgiveness for the times when we have failed to love and respect one another.*

*We ask for your help in obtaining from your Son the grace we need to overcome the evil of racism and to build a just society.*

*We ask for your help in following your Son, so that prejudice and animosity will no longer infect our minds or hearts but will be replaced with a love that respects the dignity of each person.*

*Mother of the Church, the Spirit of your Son Jesus warms our hearts: pray for us. Amen.*





open wide our hearts

**P R A Y E R**

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Mother of the Church,  
the Spirit of your Son Jesus  
warms our hearts:  
pray for us.

Amen.



[www.usccb.org/racism](http://www.usccb.org/racism)

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