

Prayer for Survivors of Abuse  
by Carol Penner

*Did I see you?*

*When I was hungry you broke bread with me.*

*When I was sick you sat by my bedside.*

*When I was in prison, you petitioned for my release.*

*When I was sexually assaulted, you listened to my pain.*

*When I was afraid to be alone, you stayed with me.*

*When I felt guilty and ashamed, you told me it was not my fault.*

*When I had to go to court, you went with me.*

*When I was filled with anger and hatred, you did not reject me.*

*When I was filled with sorrow and hopelessness, you held my hand.*

*When I kept my story secret for years, you understood why.*

*When I called on God for help, you came and helped me*