



# PTSD Awareness Month, June

## Be Gracious | A Prayer for PTSD Month

Oh God, you who chose to enter the messiness of being human,  
Willing to perceive pain, endure tragedy, and hold memories that haunt,  
Be gracious to those who know trauma.  
Heal the shadowy places of their minds.  
Be a safe haven in moments of fear.  
Calm their somatic sensations  
And surround them with the comfort of trusted community.

Heal their memories,  
Renew their joy,  
And restore them to life once again.  
May the assurance of your presence illuminate the pit of despair,  
May your light be more real than the darkest of moments,  
And may your love and peace be an other-worldly balm  
That makes us all whole - again and again and again.