



# PRAYERS THAT DESTROY THE SPIRIT OF RACISM

A PRAYER GUIDE FOR RACIAL HEALING,  
JUSTICE, AND RECONCILIATION



AMERICAN BIBLE SOCIETY

# GOD'S ROADMAP TO GUIDE OUR PRAYERS

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**As we navigate our nation's crisis of exposed racism, God's Word offers a roadmap to guide our prayers and inform our actions:**

*"The Lord has told us what is good. What he requires of us is this: to do what is just, to show constant love, and to live in humble fellowship with our God."*

MICAH 6:8 GNT

One way we do what is good is by praying for and loving those who don't look like us. Another is to grieve with those who have been hurt by individual and systemic racism. Our constant love and humility before God leads us to a growing prayer life. This intercession fuels our ability to engage in courageous conversations and advocate for reforms that reflect biblical justice.

Destroying the spirit of racism is done by embracing God's heart for love and unity. He wants all people to be united in their love for one another and to treat each other with the dignity and respect they deserve. As Jesus says, "Do for others what you want them to do for you" (Matthew 7:12 GNT).

To understand how to pray against the spirit of racism, we need to unpack what racism is:

- **Racism is sin.** It is contrary to biblical teaching. In the book of James, the writer says, "You will be doing the right thing if you obey the law of the Kingdom, which is found in the scripture, 'Love your neighbor as you love yourself.' But if you treat people according to their outward appearance, you are guilty of sin, and the Law condemns you as a lawbreaker" (James 2:8-9 GNT). Racism goes against every command of God to love one another.
- **Racism is injustice.** It violates human rights. According to Genesis 1:27 (NLT), "God created human beings in his own image." Every person is sacred and equally valuable. Denying others their value, rights, and freedoms because of race is unjust. Racism denies the dignity and source of our humanity as God's image-bearers.
- **Racism grieves God's heart.** It leads to separation of God's children from one another. In Paul's letter to the Galatians he writes, "So there is no difference between Jews and Gentiles, between slaves and free people, between men and women; you are all one in union with Christ Jesus" (Galatians 3:28 GNT). God's design was always for us to be one in him. Racism divides and harms children who call to the same Father.



# PRAYER IS OUR SPIRITUAL WEAPON AGAINST RACISM.

As grave injustices continue against our African American brothers and sisters, we come together against an enemy that has sought to kill, steal, and destroy for 400 years in America. While we pursue works of justice, our response must also be of fervent prayer to dismantle the evil forces perpetuating strongholds of racism manifesting in individual, institutional, and systemic forms. We pray with confidence for a future of racial reconciliation from the promise of Matthew 7:7 (GNT), “**Ask, and you will receive; seek, and you will find; knock, and the door will be opened to you.**”

## 5 WAYS TO PRAY AGAINST RACISM. PRAY FOR:

1. **God’s justice.** Lord, I pray for justice and righteousness on earth that reflects the original design of heaven. May the inherent dignity and value of every person be recognized as they are empowered to maximize their God-given potential through righteous systems of order and justice. I pray against the strongholds of darkness that build corrupt systems of injustice. May any dark, spiritual, and ideological system be dismantled, as we rebuild new ways of thinking, being, and doing to honor and serve all people equally. Grant wisdom to those building social justice reforms in alignment with biblical truths. In recognizing the sinful nature of every person, we pray for the establishment of justice systemically rooted in the knowledge of Christ’s saving grace, leading to societal transformation from the individual to the collective whole by the power of God.

*“The LORD is your mighty defender, perfect and just in all his ways;  
Your God is faithful and true; he does what is right and fair.”*

DEUTERONOMY 32:4 GNT

2. **Healing.** God, I pray you would heal the spiritual, emotional, and physical wounds many carry due to the color of their skin. Remove the spirit of division at the root of racism and replace it with your love, unity, and peace. Bring healing to those who are traumatized by racism personally or indirectly. Heal souls from the sin of racism which separate them from you and others. Bring healing to families and communities, as well as social and civil institutions. Bring racial unity through reforms in policy changes. Bring healing and righteousness to brokenness in educational, employment, criminal justice, and housing systems. I pray for the wounds of trauma to be healed through the power of Scripture.

*“I will make you well again; I will heal your wounds, though your enemies say,  
‘Zion is an outcast; no one cares about her.’ I, the LORD, have spoken.”*

JEREMIAH 30:17 GNT



- 3. Courageous conversations.** Lord, I ask you to give empathy and understanding to those seeking education on racism to become agents of righteous change. Grant your church humility to have honest conversations about race, building bridges with those of different ethnic backgrounds toward a unified message of justice pointing to the gospel. Enable all forms of government, community, and sectors of society to engage in loving discourse that honors all people in bringing social justice. May conversations lead to Spirit-led actions that transform communities and shift our national discourse.

*“My dear friends, you should be quick to listen and slow to speak or to get angry.”*

JAMES 1:19 CEV

- 4. Repentance and forgiveness.** Lord, search my heart to reveal any offensive way in me that has contributed to the sin of racism. Produce in me and others across this nation a godly sorrow that leads to true repentance. Through forgiveness and reconciliation, bring healing from racism to communities that have been harmed by the silence, ignorance, and inaction that perpetuate racism. Redeem, restore, and renew through godly reconciliation. May believers in Christ live in greater love and unity as a result of repentance and forgiveness.

*“If [my people] pray to me and repent and turn away from the evil they have been doing, then I will hear them in heaven, forgive their sins, and make their land prosperous again.”*

2 CHRONICLES 7:14 GNT

- 5. Churches.** Jesus, one of your final prayers was for unity among your people (John 17:21). I pray for the coming together of people of all colors, socio-economic, political, and religious backgrounds within the church to seek you in united prayers of repentance to receive forgiveness for the sins of racism and empowerment to move toward reconciliation. Enable church leaders to pave the way in pursuing racial healing with faith and love. Strengthen congregations leading multi-racial Bible study groups to be catalysts of change. Empower church leaders as they minister your Word with boldness, leading to healing in communities across this nation. May the church turn to God’s Word and let it speak to the issues of justice and healing for which our nation cries out.

*“Let us be concerned for one another, to help one another to show love and to do good.”*

HEBREWS 10:24 GNT