



# Saint Martin de Porres

Novena for Mental Health: Effects of Racial Discrimination



# Prayer to the Understand the Effects of Racial Discrimination on Mental Health

Most gracious and loving God, help me to understand better the sin of racial injustice.

Help me to examine my own biases and prejudices first.

I pray for humility and generosity of spirit to recognize that we are all wonderfully made; the differences in skin color, language, and traditions are the artistry of your love.

I pray to live as St. Martin de Porres – he challenges me to rise above my ego, and to live the two main principles of your commandments: love of God and love of neighbor.

In Jesus' name, I profess the inherent dignity of every person. Amen.

St. Martin de Porres, pray for us.



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