

# Colloquy with Crucified Christ: Discerning Our Response to Racism

Bringing our sorrow to God allows God to enter into what we are feeling, and it also invites us to discern how we are being invited to call forth change in us and in the world.

St. Ignatius offers us a prayer tool that helps us bring our sorrow to God and discern our response. This prayer tool is the Colloquy with Christ on the Cross.

Imagine Christ Our Lord suspended on the cross before you, and converse with him in a conversation about what rose as you prayed the triple colloquy on our role in racism. Then ask him these three questions to help guide your discernment as to what you are being called to do:

- What have I done for Christ?
- What am I doing for Christ?
- What ought I do for Christ?

We go to Christ crucified and speak honestly to him with whatever comes to our mind and ask Christ to guide our steps and actions to change our bias and behaviors. We ask Christ to show us what our response might be right now to confront and help eradicate racism in our world.