

Triple Colloquy on Racism

As we are confronted again with the sin of racism in our lives, I invite us to pray the triple colloquy. A colloquy is simply a heart-felt conversation. St. Ignatius proposes this prayer tool as a way to awaken to our sinfulness and to demonstrate the sincerity of our sorrow and our desire for conversion in the way we think, feel, and act. This prayer tool can invite us to acknowledge the sin of racism and how we contribute to it.

Sign of the Cross

Go first to Mary, the Mother of God and our Mother and pray that she asks Jesus for the following on our behalf:

- To know deep down the sin of racism and the rootedness of this sin in my life and in the world.
- To have a deeply felt understanding of how I might contribute to the sin of racism.
- To recognize any moments that have kept me from loving my black brothers and sisters in the way God loves them.
- To experience a deep desire to amend my life and my actions and turn away from all that contributes to the sin of racism.

After asking for these things of Mary, have a conversation with Mary about all on your heart. End your conversation with a *Hail Mary*.

*Hail Mary, full of grace, the Lord is with thee;
blessed art thou amongst women,
and blessed is the fruit of thy womb, Jesus.
Holy Mary, Mother of God, pray for us sinners,
now and at the hour of our death. Amen.*

Second, offer the same petitions to Jesus Christ.

- To know deep down the sin of racism and the rootedness of this sin in my life and in the world.
- To have a deeply felt understanding of how I might contribute to the sin of racism.
- To recognize any moments that have kept me from loving my black brothers and sisters in the way God loves them.
- To experience a deep desire to amend my life and my actions and turn away from all that contributes to the sin of racism.

Ask Jesus to obtain the graces for you from God the Father. Have a heartfelt conversation with Jesus taking time to both share and listen. Conclude with the *Anima Christi*:

*Soul of Christ, sanctify me.
Body of Christ, save me.
Blood of Christ, inebriate me.
Water from the side of Christ, wash me.
Passion of Christ, strengthen me.
O Good Jesus, hear me.
Within your wounds hide me.
Permit me not to be separated from you.
From the wicked foe, defend me.
At the hour of my death, call me
and bid me come to you
That with your saints I may praise you
For ever and ever. Amen.*

Third, offer the petitions directly to God the Father.

- To know deep down the sin of racism and the rootedness of this sin in my life and in the world.
- To have a deeply felt understanding of how I might contribute to the sin of racism.
- To recognize any moments that have kept me from loving my black brothers and sisters in the way God loves them.
- To experience a deep desire to amend my life and my actions and turn away from all that contributes to the sin of racism.

Ask God for these graces for you from God the Father. Have a heart-felt conversation with God. Conclude with an *Our Father*:

*Our Father, Who art in heaven,
hallowed be Thy name; Thy kingdom come;
Thy will be done on earth as it is in heaven.
Give us this day our daily bread;
and forgive us our trespasses
as we forgive those who trespass against us;
and lead us not into temptation,
but deliver us from evil. Amen.*

Sign of the Cross