

Prayer ★ Action ★ Reflection

Please use and share this resource to engage positively with others and pray for those at risk from government policy choices.

## Habit of the Heart #4

**We must generate a sense of personal voice and agency.**

Insight and energy give rise to new life as we speak and act, expressing our version of truth while checking and correcting it against the truths of others.

Parker J. Palmer  
*Healing the Heart of Democracy*

It remains possible for us, young and old alike, to find our voices, learn how to use them and know the satisfaction that comes from contributing to positive change -- if we have the support of a community.

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Photo By: Heather Craig

## Reflecting and Sharing

- 1. When was a time in your own life when you spoke out—either in speech, writing, or action—and saw the power of your own agency?**
- 2. When was a time you thought about speaking out and didn't?**
- 3. When and where do you feel most “voiceless” in your day-to-day life?**

“  
When  
the whole  
world is  
silent,  
even one  
voice becomes  
powerful...  
”

- Malala Yousafzai

Image Credit: UNICEF

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