



a project of Caritas Westminster 

National Day of Prayer for Survivors of Abuse

5th May 2026

This National Day of Prayer for Survivors of Abuse, we focus on victims/survivors of domestic abuse. In the UK, one in four women and one in seven men have been subjected to domestic abuse during their lifetime. In every parish there are victims and survivors of domestic abuse. We pray for all those who are living in fear in their own homes, subjected to physical psychological or spiritual harm from the very people who are meant to protect and love them.

Below are some prayers written by survivors of abuse. Some names have been changed to protect them. We invite you to join them with these prayers or add prayers of your own.

If you are a survivor or family member of a survivor who would like to share a prayer with us, please email safeinfaith@rcdow.org.uk and we will share your prayers on 5th May.

Prayers written by domestic abuse survivors

These prayers are taken from "Domestic Abuse in Church Communities: A Safe Pastoral Response" by Nikki Dhillon Keane (Redemptorist, 2018)

"Mary"

To the God who created me,
Give me strength.
I need to find a way out,
To stop listening to those who take me away
from you.
Help me remember that you created me,
that you have great plans for me,
that there is light
and freedom
in you.

"Michelle"

Lord, protect me,
guide me,
keep me safe.

Grant me strength, wisdom and good judgement
to know what to do in any situation.
Help me to know when and whom to ask for help.
Help me to value myself as you value me
and expect the love and respect you intend for me.
Help me to break old patterns that have harmed me
and put me at risk.
Help me remember that I can say no to anything
that is not in my best interests.
Help me to remember that you made me to be in your image
as a precious child of God,
with my unique gifts and contributions to this wonderful world.
Help me to remove or avoid anything
that stands between me and my path,
my journey and all that makes me the best that I can be.
Let me feel worthy of love,
and let your love in
to mend this broken heart, mind and life,
so that I can be whole and wonderful.
In you I place my love and trust.
Protect me, Lord.
Amen.

"Phillipa"

Lord, thank you,
I love you.
You saw me before I saw myself.

Lord, thank you,
I am amazed by you.
You believed in me when I lost hope in
myself.

Lord, thank you,
I love you.
You guided me, I listened and today I am
free.

We also invite you to take part in prayerful action: consider what you may be able to do to support victims/survivors of domestic abuse.

Set up ["Ask for Mary"](#) in your parish

[Donate](#) to Safe in Faith or other organisations supporting survivors

Put our [posters](#) in your church

Support victims/survivors with insecure immigration status: [American Women's Rights Service work on No Recourse to Public Funds](#)

[Learn more about domestic abuse and trauma and how to support victims/survivors](#)