

1 Yesterday, the 10th of December, marked the anniversary in 1948 of the United Nations adopting the “*Universal Declaration of Human Rights*”. As we listen to excerpts about some of those rights, we can bear in mind people in different parts of the world who do not share our own experience of human rights being respected.

2 “*All human beings are born free and equal in dignity and rights.*” (1)

3 “*No-one shall be held in slavery.*” (4)

4 “*No-one shall be subjected to torture.*” (5)

5 “*Everyone has the right to recognition everywhere as a person before the law.*” (6)

6 “*Everyone charged with a penal offence has the right to be presumed innocent until proved guilty.*” (11)

7 “*Everyone has the right to freedom of thought, conscience, and religion.*” (18)

8 *Let us pray:*

**Lord, it’s good
to be actively concerned
about the abuses of human rights
in other countries,
but I must not lose sight
of the mis-treatment of others
closer to me.**

**Most particularly, Lord,
point out to me
my own failings
in lacking respect
for those who come into my daily life.**

9 **I readily condemn slavery,
but help me to liberate those I know
who are overburdened.**

**I condemn torture,
but lead me to discourage the use
of cruel words and actions
to those I will meet today.**

**Remind me
that those who degrade others
are themselves diminished.**

10 **Enlighten me
so that I do not
jump to conclusions about people,
or be judgmental.**

**Lead me
always to respect individuals
for who they are,
realising that their experiences
may be different from my own,
as each follows paths in life
that are particular to them.**

**May I grow in appreciation
that those
who think differently from me
can hold equally valid views.**

11 **In these and other ways, Lord,
may I grow in respect for all people.
This day, may others respect me
as much as I respect them.
Amen.**

This is an excerpt from the page of this date in
'Praying Each Day of the Year',
a 3-volume book
by Nicholas Hutchinson, FSC.

For details:

<http://www.matthew-james.co.uk/>

Could make use of a search engine
to research this topic further.

This material is part of
the prayer and education website
of the De La Salle Brothers
in Great Britain:

www.prayingeachday.org