

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](http://www.prayingeachday.org)