

Counterbalance Practice, Christian Prayer

A short daily routine for steadiness, compassion, and right action. Updated 22 February 2026.

Aim

These practices assume a simple principle. Cruelty spreads through attention and reactivity. Your best counterbalance is a steady mind, a compassionate heart, and clear action where you can act.

“Do not be overcome by evil, but overcome evil with good.” (Romans 12:21)

Daily routine, 10 to 15 minutes

- Sit quietly and slow your breathing, longer exhale than inhale.
- Confess what is present without judgement, fear, anger, grief, then release it to God.
- Pray for protection of the vulnerable and restraint of those who harm.
- Pray for healing for victims, families, and communities.
- Ask for guidance to take right action today, however small.

Short prayer you can repeat

Lord God, bring truth into the light. Protect the vulnerable. Restrain those who harm. Heal the harmed. Strengthen me to act with wisdom and courage today. Amen.

Boundary and peace

- If distress rises, say: “Peace of Christ, guard my heart and mind.”
- Limit exposure to violent material. Pray, then step away.
- End with gratitude for three ordinary goods in your life.

Action that matches prayer

- Give regularly to a reputable child protection or safeguarding charity.
- Support trauma informed services, local shelters, or helplines.
- If you suspect real world abuse, report it through the proper channels in your country.

Note: prayer is not a substitute for safeguarding or reporting. Use both, in their proper place.

Warning sign

Stop and simplify if your practice increases fear, insomnia, paranoia, or obsessive thinking. Return to breath, body, ordinary routines, and trusted people. A good practice makes you steadier and more useful.