



## GreenFaith US, Faiths 4 Climate Justice: Sun Day Multifaith Prayers & Resource Sheet

### Prayers for the Earth

Listed in alphabetical order by faith tradition and spiritual practice:

**Buddhism**

**Christianity**

**Ecospirituality**

**Hinduism**

**Islam**

**Judaism**

**Unitarian Universalism**



#### **Buddhist - Sarah Dōjin Emerson**

This is a prayer to disrupt disconnection.

This is a meditation to strengthen connection.

Wherever we are we can take a deep breath,  
and invite our awareness:

First, into our body,  
To every point of contact we are making, with the chair, the floor, the ground,  
We can attune to the stability and substance of our body,  
And feel how it rests on the solidity of the earth beneath us.

And then we can feel how the planet herself, vast and stable, lifts us up,  
Each of us, where we are, unique expressions of the earth itself.

Then we can invite our awareness into our breath,  
Not to control or change it, but just to gently observe,

The rhythm inhalation and the exhalation,  
And see how the solidity of our body,  
is in an active and ongoing exchange with the world around us,  
all the time.

How we take in the nourishment of air,  
How we offer out the nourishment of our breath,



How we are not separate, how thoroughly we depend on this exchange.

On our next inhale we may invite an intention:  
Breathing in, may I be well, joyful and at ease,  
Abiding in my connection with this world and all things.

And on our next exhale we may invite the intention:  
Breathing out, may I offer wellness, and ease, love and protection,  
Abiding in my connection with this world and all things.

A founding teacher said: The whole earth is the true human body.

Breathing in, I feel my connection to and responsibility for all things.  
Breathing out, I am aware of and honor responsibility for the well-being of all things.



## **Christian - Reverend Micah Bucey**

Spark of life,  
Breath that flows through all,  
Sustainer that first spun the cosmos into motion,

At our best, we observe all of the wonders that surround us in awe,  
We remember that the ground beneath us is always holy,  
We shout praise for the sky that arches over us as a sanctuary,  
And we hear the constant calls to compassion and care for every being.


So forgive us for the ways we have broken trust,  
Forgive us for meeting abundance with excess,  
Forgive us for greeting the groaning of creation with self-centering silence.

May we absorb and embody the radiant reminders to serve rather than dominate,  
to steward rather than extract, to exist gently with the soil, the seas, and the stars, Trusting in the  
wisdom of the many traditions that tell us the truth:

That the earth is not ours to own, but ours to cherish, to protect, to heal.

Renew our humbled hearts and charge us to humble all human powers,  
so that our pleas and prayers become commitment,  
our faith becomes transformation,  
and our gratitude becomes actual embodied justice.

Amen

An icon showing two hands, one red and one orange, cupping a small globe of the Earth. The globe is white with red and blue details representing continents and oceans.

## Ecospiritual Practice – Listening to the Earth

Adapted from the Pachamama Alliance: Global Day of Listening

### How to Practice

- **Choose Your Spot**

Find a place that feels safe, quiet, and easy to access. It could be a secluded corner of your garden, a trail you frequent, or even a balcony with a view of the sky and trees. Try to avoid places where you're likely to be interrupted.

- **Go with Curiosity, Not Agenda**

Leave behind the need to achieve or understand. Show up with presence and humility. You're not there to get anything but to be with the place—to listen, to witness, to belong.

- **Settle and Soften**

Take a few deep breaths. Notice the ground beneath you. Let your body settle. Bring your attention to your senses: the feel of the air, the sounds around you, the quality of light, any smells or textures. Let your awareness expand gently, without strain.

- **Listen with Your Whole Body**

This isn't just about hearing with your ears. Listen through the pores of your skin, your heart, your hair, the soles of your feet. Attune through all of your senses. Let yourself be moved by what you notice and feel. Keep returning to be in presence with the place.

- **Stay for 10–30 Minutes**

Start with whatever time feels manageable. Even ten minutes of genuine stillness can open something. Over time, you may find you want to linger longer. Try going at different times of day, in different weather, and across the seasons to deepen the relationship.

- **Close with Gratitude**

Before leaving, offer a simple thank you. You might place your hand on the Earth, leave a small offering (like water or a flower), or just breathe your gratitude into the space. Honoring the reciprocity of the relationship is part of what makes it sacred.



## Hindu – Sunita Viswanath

On the occasion of GreenFaith's Sun Day, we invoke the popular and powerful Gayatri Mantra, a prayer to the Sun God:

**Om Bhur Bhuvah Suvaha**

**Tat-savitur Vareṇyam**

**Bhargo Devasya Dheemahi**

**Dhiyo Yonah Prachodayāt**

"We meditate on the glory of the radiant Sun; `may our wisdom and discernment be inspired."

In Hindu texts, light represents wisdom, knowing the right thing to do. The absence of light represents ignorance, and all of our mistakes, wrong paths, wrong decisions that stem from our ignorance. This is a prayer to the Sun God for the courage and wisdom to know the right thing to do, the right way to live, the right decisions to make. As people of faith, we know that fossil fuels are no longer the way to go, and we pray on Sun Day for our leaders and decision makers to help us make the urgent shift from fossil fuels to solar and renewable energy.



## Islam – Imam Saffet Catovic

**The Quran invites us to reflect:**

"He it is Who made the sun a [source of] radiant light and the moon a light [reflected], and has determined for it phases so that you might know how to compute the years and to measure [time]..." (Quran 10:5)

**The Prayer (Du'a)**

In the name of Allah, the Most Gracious, the Most Merciful.

All praise is to Allah, who made the sun a radiant lamp, the moon a light, and the earth a stable home.

O Allah, we see Your signs in the sun's energy, a pure provision for all creation. Forgive us, Ya Rahman, for our arrogance and greed in plundering the earth, ignoring Your gifts.

Guide our leaders and us, Ya Al-Hadi. Inspire a just transition from fossil fuels to Your benevolent gifts of sun, wind, and water.

Grant justice, Ya 'Adl, to frontline communities, suffering ecosystems, and our children, that they may inherit a healthy world.

Make us true stewards who heal the Earth, a community that calls to goodness.

Ameen. May Allah's peace and blessings be upon us all.



## **Jewish – Rabbi Laura Bellows**

### **Makor Hayyim – Source of Life,**

Bless us as we strive to become Shomrei Adamah and Rodfei Tzedek – guardians of the Earth and pursuers of a more just world.

You know the power of words and of action

You spoke and the world became –

said: let there be light,

and there was

May it be Your will

that our hearts orient to a life of teshuva, tefillah, and tzedakah

– right-relationship with ourselves, You, and each other

so that our children's children may live together

on this good earth from generation to generation.

Blessed are You, Source of Life, who strengthens the work of our hands.



## **Unitarian Universalist – Reverend Meagan Henry**

Sacred source of light and life, we turn toward the sun's eternal gift of energy. May we harness this power with wisdom and justice, ensuring clean air and water for all beings. Help us heal the wounds we've inflicted upon Earth's web of life. Guide our hands to build regenerative systems that honor both humanity and nature. May we be instruments of restoration and hope. Blessed Be.