

Prayers for Autism’s Belonging in the Body of Christ

That we may heal the way we understand neurodiversity

These prayers are free to download, print, copy and share for praying at any time, individually or in groups, including worship services.

We pray today that our community may humbly recognize where we fall short in supporting our autistic members, and where there are wounds which need to be healed.
We pray today that our community may grow aware of the subtle ways autism is stigmatized. May we be forgiven for the wounds caused by perpetuating stereotypes which are inaccurate and unhelpful.
We pray today that our community may see autistic social, emotional, and cognitive processing as a functional design with its own gifts and challenges, equal in dignity to those who experience and process the human condition neurotypically. May we be forgiven for the wounds caused by viewing autism as pathology.
We pray today that our community may turn away from outdated and harmful suggestions that our autistic members should mask or replace neurodivergent traits. May we grow in empathy toward the experience of our autistic members, seeking healing and reconciliation for the wounds we may have caused.

We pray today for an increase in empathy toward the experience of our autistic members. May we embrace a spirit of humility, repentance, and curiosity as we seek to grow in what we do not yet comprehend, and heal wounds caused by a lack of understanding.
We pray today that our community may comprehend the wide and variable range of autistic communication needs (including verbal and auditory processing, intermittent mutism, and alternatives to speaking): how these influence our spiritual, social, and emotional experiences, and how to be more supportive of these needs.
We pray today that our community may comprehend the wide and variable range of autistic sensory needs (including lighting, sound, temperature, motion, visual environment, ambient scents, etc.): how these influence our spiritual, social, and emotional experiences, and how to be more supportive of these needs.
We pray today that our community may comprehend executive functioning challenges (i.e., processing slowdown/overload from too much information at once, coupled with performance pressure from others) and how to be more supportive of these needs.
We pray today that our community may grow in understanding the physical differences autistic people often experience, such as joint hypermobility, dyspraxia, and dysautonomia. May our community find ways to support the needs of these and other “invisible” conditions which make ordinary physical activities difficult, painful, and exhausting.
We pray today that our community may comprehend the experiences of rejection sensitivity (RSD – an intense panic reflex toward the possibility of offending others) and demand anxiety (PDA – a shutdown reflex in response to performance pressure, related to executive functioning). May we seek ways of being patient and supportive when these needs are present, rather than critical or dismissive.
We pray today that our community may comprehend alexithymia (the inability to process and express emotions as quickly as neurotypical people) and its influence on participation. May we respect the validity of individual differences in emotional processing.

Authors and attribution: Aimée O’Connell, T.O.Carm., and Rev. Mark P. Nolette – of Autism Consecrated.

<https://autismconsecrated.com/prayer> © 2024

Prayers for Autism's Belonging in the Body of Christ

That we may heal the way we understand neurodiversity

We pray today that our community may comprehend and appreciate the presence of our autistic members, especially those who are not readily seen, heard, or recognized. May we seek healing for the wounds caused by indifference and unawareness.

We pray today that our community may recognize that there are autistic members in nearly every community, and that many do not have the benefit of formal diagnosis. May we never assume anyone is or is not autistic.

We pray today for the autistic laity in our community: newborns, infants, children, teenagers, adults, and senior citizens. May we recognize and value their presence.

We pray today for our autistic members who are not able to participate in Church liturgies and activities. May our autistic members be genuinely missed when absent.

We pray today for all autistic bishops, priests, deacons, seminarians, vowed religious, and all autistic individuals in vocational formation and discernment. May we support and welcome their neurodiversity.

We pray today that our community may offer hope and healing to our autistic members who feel chronically rejected and scrutinized for being different.

We pray today that our community may take overt steps to invite autistic people to partake in the RCIA process. May we support and welcome their neurodiversity.

We pray today for insight into where we can make our community more accessible to, and more supportive of, our autistic members. May we seek forgiveness for the times we have allowed fear and pride to limit our generosity, creativity, and hospitality.

We pray today for insight into how to make gatherings more accessible to our autistic members, seeking to heal the wounds where access has been impeded or denied.

We pray today for insight into how to make all the functions of our churches more accessible to our autistic members, seeking to heal the wounds where access has been impeded or denied.

We pray today for insight into how to make faith formation, Bible Study, Sunday School and catechesis more accessible to our autistic members, seeking to heal the wounds where access has been impeded or denied.

We pray today for insight into how to make youth ministry more accessible to our autistic members, seeking to heal the wounds where access has been impeded or denied.

We pray today for insight into how to make social ministries, retreats, parish missions and days of recollection more accessible to our autistic members, seeking to heal the wounds where access has been impeded or denied.

We pray today that community leadership will strive to better support and include our autistic members in pastoral and spiritual initiatives, seeking to heal the wounds where access has been impeded or denied.

Prayers for Autism's Belonging in the Body of Christ

That we may heal the way we understand neurodiversity

We pray today for insight into how our community can lead the wider community by providing support and accessibility to our autistic members. May we seek forgiveness for the times we have allowed fear, pride, and upholding the status quo to limit our generosity, creativity, and hospitality.

We pray today that all clergy will strive to better support and include our autistic members in pastoral and spiritual initiatives seeking to heal the wounds where access has been impeded or denied.

We pray today that charitable organizations will strive to better support and include our autistic members in fraternal and spiritual initiatives, seeking to heal the wounds where access has been impeded or denied.

We pray today that all religious orders, and lay associations of the faithful, will strive to better support and include our autistic members in their communities and initiatives, seeking to heal the wounds where access has been impeded or denied.

We pray today that all seminaries will strive to better support and include our autistic members in their communities and initiatives, seeking to heal the wounds where access has been impeded or denied.

We pray today for institutions of learning (elementary schools, high schools, colleges and universities, and campus ministries) to strive to better support and include our autistic members in their communities and initiatives, seeking to heal the wounds where access has been impeded or denied.

We pray today that all hospitals, clinics, health care providers and community service providers will strive to better support and include our autistic members in their communities and initiatives, seeking to heal the wounds where access has been impeded or denied.

We pray today that our community may grow in recognizing and encouraging the particular mission of the autistic members in our world.

We pray today that our community may promote a culture of neurodiversity among all members.

We pray today that our community will discover and embrace the ways in which our autistic members demonstrate and cultivate discipleship in our churches.

We pray today that our community may extend invitations and opportunities for leadership roles to our autistic members.

We pray today that our community will outwardly demonstrate how striving to make our community more accessible to our autistic members benefits everyone.

We pray today that our community will look to our autistic members for guidance and suggestions on how to maintain accessibility and regular participation in all aspects of community life.

We pray today that our community may recognize and identify autistic role models and examples for our community.

We pray today for healing, forgiveness, and the grace to continue building on the progress we have made in better understanding and supporting our autistic members.

Authors and attribution: Aimée O'Connell, T.O.Carm., and Rev. Mark P. Nolette – of Autism Consecrated.

<https://autismconsecrated.com/prayer> © 2024

Prayers for Autism's Belonging in the Body of Christ

That we may heal the way we understand neurodiversity

Placing all our trust in God Our Father, We pray today that our community may not fear scarcity of resources in offering hospitality and belonging to our autistic members.

Placing all our trust in God Our Father, We pray today that our community may turn away from reliance on numbers to justify initiatives supporting our autistic members, especially remembering Luke 15:4 and Matthew 18:20.

May we embrace a true spirit of repentance for any time we have allowed convenience, popular opinion, fear, or jealousy to influence how we respond to our autistic members.

With Jesus as our model, We pray today for an increase in the spirit of self-giving love toward, and openness to learn from, the autistic members of the Body of Christ.

We adore You, O Christ, and we praise You; because, by Your Holy Cross, You have redeemed the world. May our wounds be united with Yours, and may we stand by You in those members who have been wounded.

We entrust to Christ Our Lord all our prayers for the autistic members of our community, that they may be supported and embraced as fellow members of the Body of Christ.

We give thanks for the outpouring of Christ's Love upon the world! May we live and walk in newness of life as we embrace and embody our commitment to supporting autistic members of our community!