

Moving By Faith In Election Season

"Do unto others as you would have them do unto you." MATTHEW 7:12



Make a Personal Commitment

Overcoming polarization begins with a personal commitment to live by the Golden Rule and be deliberate in our actions and interactions. As we vote and move forward after the election, this pledge is a good way to start.

I pledge to exercise my right to vote as a sacred act that reflects my values as a follower of Jesus. I will ask God to guide my heart and mind in choosing leaders who will work for the well-being of all people.

Regardless of how the election turns out, I will treat those who voted differently from me with kindness and curiosity. I will seek to understand their concerns and aspirations, and I will look for opportunities to work with people with whom I disagree.



Pray for Our Country

As we approach the election, we invite you to reflect upon the Golden Rule and join us in praying for our country.

A Prayer for Healing of Our Country

Gracious God, thank you for the blessing of living in a country where "liberty and justice for all" are core values, one where we have the privilege of electing our leaders.

Guide us to make wise decisions in the election and to choose leaders who will seek to be just, kind and humble.

Finally, help me to be part of the solution to polarization, and not part of the problem. Lead me to be kind and curious and to treat others as I want to be treated. Help me to love my neighbors.

In Jesus' name, Amen.



Coping with Election Stress and Anxiety

- 1 Spend time reading scripture and praying.** Recognize that God is ultimately in control, no matter what happens and offers wisdom, hope and peace.
- 2 Recognize that uncertainty is what is fueling your anxiety.** Step back and assess if your fear is real or perceived. Focus on what you can control.
- 3 Keep politics in perspective.** Nothing is going to drastically change immediately after the election.
- 4 Limit your screen time.** Mute commercials, read instead of watching news, step away from social media.
- 5 Surround yourself with what brings you joy.** Explore nature, music, art, and sports.
- 6 Experience the real world.** Volunteer in your community, do acts of kindness for others, go for a walk, exercise, prepare and share a special meal, and spend time with family and loved ones.

100% Voting Congregation Initiative
We're voting on November 3.

Early voting: September 18–October 31 | Registration Deadline: October 23

