



*If I told you,  
What would you do?*

*Would you  
encourage me to use  
my voice?*

**I need** you to know how much courage  
it takes for me to break the silence.

**I need** you not to silence me the way others have.

**I need** you to listen attentively when I speak  
about what I have been carrying.

**I need** you to validate my expression of my experience.

**I need** my experience to be appreciated from my perspective.

**I need** you not to make any assumptions  
about me, my story or my needs.

**I need** you to hold the conversation open.

**I need** your encouragement when I find ways to communicate with others.

**I need** you to respect that my story is mine at all times.





*The eyes of the Lord are on the righteous,  
and his ears are open to their cry*

Psalm 34:15

**Our voice is one of the most  
powerful gifts we have.**

God listens to the voice of those who are crying  
for help and support. God listens to our voice  
when we need to be heard.

As the church, we ought to reflect God's attentive  
listening towards those whose voices have been silenced.

We need to encourage people to find their own voice  
to speak and share their story without pressure or  
expectations, but with the certainty that their voices will  
be heard and never silenced.

