



*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.

