



PROJECT PRAYER AT NOON

Stop.Pause.Prayer.

For justice and understanding in the world.

INSTRUCTIONS

1

STOP. SET A DAILY REMINDER FOR NOON

Action: Schedule a daily reminder on your phone, watch, or calendar to pause at 12:00 PM in your local time zone. If you have a community that has bells, please ask that they be rung at noon.

Explanation: This moment of pause is the heart of the movement, creating a shared rhythm across diverse communities. By stopping at noon, you align with others worldwide, amplifying the collective intention for justice and understanding. A consistent reminder ensures this practice becomes a meaningful part of your daily routine.

2

PAUSE. FIND A QUIET SPACE FOR REFLECTION

Action: Choose a calm, comfortable place where you can pause for a few moments without distractions.

Explanation: A quiet space allows you to focus inward, fostering a sense of connection with yourself and others in the movement. This intentional setting helps you reflect on the shared values of justice and understanding, creating a sacred moment to humanize others, regardless of differing beliefs or backgrounds.

3

PRAY. FOR JUSTICE AND UNDERSTANDING

Action: At noon, pause to offer a prayer, meditation, or personal intention centered on justice and understanding. This can be spoken, silent, or written, in alignment with your beliefs or values.

Explanation: Many people praying for justice and understanding at the same time is a powerful way to unite in spirit with others and collectively bring about change. This step embodies the movement's goal of collectively praying for justice and understanding in a divided world.

4

GROW. THE MOVEMENT BY INVITING OTHERS

Action: Spread the word about Project Prayer at Noon by inviting friends, family, or community members to join in daily prayer at noon. Share through conversations, social media, or community events.

Explanation: Growing the movement strengthens its impact, creating a wider circle of solidarity. By inviting others, we build a network of individuals committed to justice and understanding, amplifying the mission's vision of generating peace through collective prayer.