

# Prayers From the Barrio

## Marie Blessing

*Prayers From the Barrio is a collection of my prayers and illustrations from all the barrios where I've lived, created to comfort and heal the heart. The illustrations are inspired by the unique infusion of Spanish, Mexican, Native American, Chicano art and tattoo culture throughout New Mexico. Each prayer is closed in Spanish, giving thanks to God.*

*It promotes self-healing through loving others and recognizing the joy that abounds through confronting pain. The prayers from the barrio are prayed to a God of love, hope and protection. God's message is to do all things in love. Anything contradictory to that is not of God.*

*Many of these prayers were written through difficult days, and I pray that they are a true blessing on your life. Dreams that are broken are prayers unspoken.*

*~Marie*

*All scripture is taken from the  
New King James Version  
unless otherwise specified.*

## *Introduction*

*Scriptures are abundant throughout the barrios of New Mexico. They decorate colorful murals, tattoo the locals in Old English lettering, are quoted from the mouths of the elders to give life advice, and woven into expressions at la resolana, a term used to refer to the south-facing wall where the sun hits and the locals congregate.*

*Historic murals adorn the walls, depicting the trauma of the Spanish conquest, the uprooting of the indigenous, and the invasion of the United States. Endless bloodshed and abusive power has been justified by man in the name of God. In grief painted on the wall, the barrio depicts it all. Throughout history, religion has frequently boasted a spirit of shaming others, a complete contradiction to what God represents. This book focuses on the unconditional, attainable love of God that is in EVERYTHING. "Let all that you do be done in love."*

*(1 Corinthians 16:14)*

*I've spent endless mornings in my own resolana at home with friends and family reflecting together on the wonders of life and the beauty of God. I began to write most of my prayers there during one of the most difficult times of my life. My mind was too overwhelmed to stay in uninterrupted prayer, and it centered my focus to write them down. These prayers became my strength to face each day. Releasing my vulnerabilities while claiming courageous words over my life through my conversations with God was what carried me through my healing.*

*My prayers are my power to persevere in this precious life, which also devastates me at times when I surrender to powerless thinking.*

*I have found that my greatest healing has come from showing love to others. In January 2020 I read this scripture: "Let nothing be done through selfish ambition or conceit, but in lowliness of mind let each esteem others better than himself." (Philippians 2:5) The depths of the true meaning of this spoke to me in a new way. I prefer this old translation which uses the word "esteem" - closer to cherish and appreciate. When people feel cherished and appreciated, they have space to become the best of who they are, equally enhancing our lives. Without selfish ambition, our ego has no chance. It is then that things become magical.*

*I began to diligently try to live by this scripture and my entire life changed. I freed my own tortured mind when loving others became my priority, and through this, I came into my own self-love while I was hurting. I stayed focused on other people's needs, and my needs were naturally met. If selfish ambition isn't the motive, it gives way for joy, love and creativity to abound, sharing the best with others. My business became more profitable, my connections more bountiful, and I eventually created an entirely different life for myself.*

*Everyday is it a practice to stay in this mindset. Vulnerably sharing my heart with others has led me to an abundance of love, profound connections and adventure, so I won't ever stop loving on all of you. ~Marie Blessing*

## Day 1

*God, with you at the center of my heart I cannot be defeated. Am I scared to pray about things I feel held back by because I fear the commitment of willpower to overcome them? Show me nothing has power over me when I am dedicated to my prayer. In asking for it, you will impart to me all the strength I need to achieve it. Let my prayers soothe my spirit and coat me in courage, as I turn all things over to you without holding back. Gracias por la bendición de alegría. Amén*



Until now you have asked  
nothing in My name.  
Ask, and you will receive,  
that your joy may be full.  
John 16:24