

Covenant HealthCare Pastoral Care

# *Prayer Book*

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## *Covenant Pastoral Care*

In times of illness or loss, people require more than physical care. This is why Covenant HealthCare has a heritage that looks beyond quality medical care to provide emotional and spiritual support.

Our professional chaplains serve in the hospital 24 hours a day ministering to patients, families and staff.

We offer these prayers with the hope they may enable you to discover and foster the presence of spiritual strength and well being.



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- Page 14. Title of Poem: Prayer to Nature, Authors: Chief Dan George and Helmut Hirsenschall, Book Title: The Best of Chief Dan George, Publisher: [www.hancockhouse.com](http://www.hancockhouse.com)
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# The First Hours in the Hospital

Lord, you have promised us your presence. I feel the need of that presence now for comfort, for strength.

My illness saps my energy.  
My routine is disrupted by the unknown.  
My family and friends are hurting, too.  
Sometimes the anxiety is too much.  
Sometimes you seem distant.  
Sometimes I hurt in loneliness.

Gracious God, heal my spirit and my body.  
Walk with me.  
Assure me that you are here.  
Remind me that I can lean on you.  
For being here with me, thank you.  
Amen.

O God, our help in ages past, help me now in my helplessness. The strange surroundings, the pain and weakness I feel, the anxiety and fear of the unknown, and the need to leave decisions in another's hands - all these, I find so hard to manage or accept. Help me to trust in you and to turn to you for what I need. Assure me that you are here.

Be with those who care for me. Help me to care for them, as well. Remember those who walk this path with me; in your great love, remember us all. Amen.

## **In the Morning**

This is another day, O Lord. I do not know what will take place today; but I pray that you will prepare me for what may come. If I am to stand, help me to stand bravely. If I am to sit still, help me to sit quietly. And if I am to do nothing, give me the grace to do so. Amen.

## **For Sleep**

O God of the hours, you give to us sleep for the refreshing of soul and body. I pray that you will give this gift to me; keep me in that peace that you have promised to those whose minds are fixed on you; and give me such a sense of your presence, that in the hours of silence I may enjoy the blessed assurance of your love. Amen.

## **Late at Night**

Keep watch, O God, with those who work, or watch, or weep this night. Give your angels charge over those who sleep. Tend the sick, give rest to the weary, bless the dying, soothe the suffering, pity the afflicted, shield the joyous; all for your love's sake. Amen.

## **Late at Night** *continued*

When I can't sleep, I turn to you, Holy One, because I know that you never sleep and that you will hear me.

I worry even though I try to trust you. I am afraid even though I try to be brave.

I am surrounded by people who love me, but I feel alone. Even though I seem calm on the outside, on the inside I am anxious.

With the night, you bring a stillness to the busyness of the day. Bring that stillness to me, as well, that I may let go of the worry and the fear and the loneliness and the anxiety and finally fall asleep. Amen.



Lord, we have troubles all around us, but because of your love, we are not defeated. We do not always know what to do, but because of your love, we do not give up hope. We hurt sometimes, but because of your love, we are not destroyed. Protect us all this night with your loving hand. Hear our prayer. Amen.

## **When Afraid**

Holy One, you know that I am afraid as I think about the next few days - afraid of the words I might hear, the decisions I might have to make, the pain I might suffer, the treatments I might have to undergo. Hold me especially close during this time; take away my fears; and comfort me with a sense of your strengthening presence. Amen.

## Before Surgery

Strengthen me, O God. Go with me as I enter surgery today. Offer skill to those who will tend to me during my surgery. Keep their hands steady and their minds clear that they may be instruments of your healing care. In the days ahead following my recovery, I pray that you will restore me to wholeness and health. May I ever be grateful. Amen.



Holy One, I entrust myself to you this day. Guide with wisdom and skill the minds and hands of those who will care for me. As healing hands and caring hearts reach out to me, may I be grateful for those who bring healing and hope to me and those who suffer this day. Grant that I may be restored to health and learn to live in harmony with you and with those around me. Amen.

## After Surgery

Holy God, I thank you that this operation is safely past, and now I rest in your healing presence. Help me to relax my tension, release my care and anxiety, and receive more and more of your healing grace into every part of my being. Help me, O Lord, in moments of pain, to turn to you for strength and in times of loneliness to feel your loving presence. Grant that your peace, love, and joy may flow through me for my own healing and the healing of others in your Holy Name. Amen.

## **For Doctors and Nurses**

Gracious God, our Great Physician, bless those who offer medical care to me. Give to them knowledge and skill, compassion and care. Give to physicians and nurses clear minds and steady hands so that all things may work together for good and I may be restored to health. Amen.



Merciful God, your healing power is everywhere about me. Strengthen those who work among the sick and give courage and confidence in everything they do. Amen

## **For Health Care Givers**

Gracious God, bless the doctors, nurses, technicians, and all you have called to be agents of your healing hands. Be their guide, I pray, that through their actions I may be restored to wholeness of body, mind and spirit. Amen.

## Health

God, you are the source of all health and healing. Help me to feel your presence and to have faith in your love, that I may be open to your healing touch. Amen.



Holy One, from my sickness I seek in you the road to health. Move through my illness; and if it be possible, cast out my disease. Give to the doctors and the nurses the wisdom and the will to be agents of your purpose. In this time and place help restore me to strength. But if I cannot be healed, hold on to me with your saving peace. Take not your Spirit from me, and grant that neither life nor death will separate me from your love of me. Amen.

## Hope

Loving God, I turn to you with trust that you may fill me with the hope, joy, peace, and comfort of your Spirit during my time of need. Bless me with strength and patience so if I feel abandoned, I am reminded that I can be assured of your presence in the middle of what I will face this day. Amen.

## **Trust in God**

O God, source of all health, fill my heart with trust in your love. Help fill me with a calm spirit so that I may make room to accept gracefully your healing presence. This I pray in your Holy Name. Amen.

## **In Gratitude**

O God, you know how relieved and grateful I am for the good news I received today. I am still nervous - hoping for the best, but often imagine the worst. Thank you for being with me and helping me handle the tension and anxiety I faced. With the questions behind me, may I now put my energy into getting healthier every day. Amen.

## **Recovery from Sickness**

O God, you are the strength of the weak and the comfort of those who suffer. In your mercy, accept my prayers, and grant me the help of your power, that my sickness may be turned into health and my sorrow into joy. This I pray in your Holy Name. Amen.

## **Prayer for Those Who Wait**

I am aware this day that many are keeping me in prayer. Help me to remember my family, friends, and community as I keep them in prayer. And remind me that we are all part of the circle of your care every moment. Amen.

## **Prayer of Thanksgiving**

Gracious God, accept my thanks and praise for the many blessings I receive from you. I give thanks for the dedicated service of doctors and nurses, clergy and counselors, family and friends. Thank you for not giving up on me when I am in denial or in doubt. Help me to recognize that you are present with me even in the silence of the moment. Thank you for the times of renewal and refreshing that come from your presence. Amen.

# *From the Jewish Faith*

## **For Healing**

Merciful God, we pray to you for the recovery of all who are ill. Grant them renewed strength and confidence. Give wisdom and skill to those who help in healing. Help all of us who share the anxiety of this illness to be brave and hopeful. Inspire us with courage and faith. Grant your blessings to all who call upon you.

Oh God, who blessed our ancestors, Abraham, Isaac, and Jacob; Sarah, Rebekkah, Leah, and Rachel, send your blessings to all who are ill - those we now name in our hearts ...

Have mercy on them, and graciously restore their health and strength. Grant them a r'fu-ah sh'lei-mah, a complete recovery. May healing come speedily, and let us say: Amen.

Give ear, O Eternal, to my prayer, heed my plea for mercy. In my time of trouble I call you, for you will answer me.

When pain and fatigue are my companions, let there be room in my heart for strength.

When days and nights are filled with darkness, let the light of courage find its place.

Help me to endure the suffering and dissolve the fear, renew within me the calm spirit of trust and peace.

Ba-ruch a-tah-A-do-nai, ro-feh ha-cho-liim. Blessed are you, Adonai, Healer of the Sick.

## **Shema**

Hear, O Israel: the Eternal One is our God, the Eternal One alone!

## *From the Muslim Faith*

*Prophet Muhammad (P) used the following prayer when visiting the sick:*

O Allah remove the hardship, O Lord of mankind, grant cure for you are the Healer. There is no cure but from you, a cure which leaves no illness behind.

O Allah cure my body, cure my heart and cure my eyesight from any illness. *(Repeated 3 times)*

*Use of Meditation (dhikr, Zikrullah) in prayer and healing. Dhikr are acts of remembrance and communications with God as ordained to us.*



Your Lord says: "Call on Me and I will answer your call."

*Quran 40:60*



Those who believe and whose hearts find rest in the remembrance of God, for in the remembrance of God do hearts find rest.

*Quran 13:28*



Remember thy Lord much and praise Him in the evening and morning.

*Quran 3:41*



Such as those who remember God standing, sitting and reclining.

*Quran 3:191*

# *From the Hindu Faith*

## **Maha Mrityunjaya Mantra**

Om Tryambakam Yajamahe  
Sugandim Pushti Verdnam  
Urvaarukamiva Bandhanaan  
Mrityor Muksheeya Maamritaat  
Om Shanti, Shanti, Shanti

We worship the All-Seeing One  
Fragrant, He nourishes bounteously  
From fear of death may He release us  
Free to realize immortality.  
May there be peace everywhere.

## **Shanti Mantra**

Om sarveshaam swastir bhavatu  
Sarveshaam shantir bhavatu

Sarveshaam poornam bhavatu  
Sarveshaam mangalam bhavatu

Sarve bhavantu sukhinah  
Sarve santu niraamayaah

Sarve bhadraani pashyantu  
Maakaschit dukkha bhaag bhavet

May auspiciousness be onto all, may peace be onto all,  
may fullness be onto all, may prosperity be onto all.

May all be happy. May all be free of disease.  
May all look to the good. May none suffer from sorrow.

## *From the Bahá'í Faith*

Thy name is healing, O my God, and remembrance of thee is my remedy. Nearness to thee is my hope, and love for thee is my companion. Thy mercy to me is my healing and my succor in both this world and the world to come. Thou, verily, art the All-Bountiful, the All Knowing, the All-Wise.

O God! Refresh and gladden my spirit. Purify my heart. Illumine my powers. I lay all my affairs in Thy hand. Thou art my Guide and my Refuge. I will not dwell on the unpleasant things in life.

O God! Thou art more friend to me than I am to myself. I dedicate myself to Thee, O Lord.

# *From the Earth-Centered Traditions*

## **Prayer to Nature**

The beauty of the trees,  
the softness of the air,  
the fragrance of the grass,  
speaks to me.

The summit of the mountain,  
the thunder of the sky,  
the rhythm of the sea,  
speaks to me.

The faintness of the stars,  
the freshness of the morning,  
the dewdrop on the flower,  
speaks to me.

The strength of fire,  
the taste of salmon,  
the trail of the sun,  
and the life that never goes away,  
they speak to me.

And my heart soars.

# *From the Christian Faith*

## **Prayer of St. Francis of Assisi**

Lord, make me an instrument of your peace.  
Where there is hatred ... let me sow love.  
Where there is injury ... pardon.  
Where there is discord ... unity.  
Where there is doubt ... faith.  
Where there is error ... truth.  
Where there is despair ... hope.  
Where there is sadness ... joy.  
Where there is darkness ... light.

O Divine Master, grant that I may not so much seek  
To be consoled ... as to console.  
To be understood ... as to understand.  
To be loved ... as to love.

For:

It is in giving ... that we receive.  
It is in pardoning ... that we are pardoned.  
It is in dying ... that we are born to eternal life. Amen.

## **Vocation Prayer**

O Lord, you know me.  
You know when I sit and when I stand.  
You have me always present in your mind.  
For this, Lord, I thank you.  
You know the path for my life and what is best for me.  
Lord, reveal to me the path I am to walk.  
Bless me and guide me and be Lord to me so that  
whichever road I take I may do all for your glory.  
In Jesus' name. Amen.

## FROM THE CATHOLIC TRADITION

Hail, Mary, full of grace, the Lord is with you.  
Blessed art you among women,  
And blessed is the fruit of your womb, Jesus.  
Holy Mary, Mother of God,  
Pray for us sinners, now, and at the hour of our death.  
Amen.

## FROM THE PROTESTANT TRADITION

O God, you are our refuge.  
When we are exhausted by life's efforts;  
When we are bewildered by life's problems;  
When we are wounded by life's sorrows:  
We come for refuge to you.  
O God, you are our strength.  
When our tasks are beyond our powers;  
When our temptations are too strong for us;  
When duty calls for more than we have to give to it:  
We come for strength to you.  
And now as we pray to you, help us to believe in your love,  
so that we may be certain that you will hear our prayers;  
Help us to believe in your power, so that we may be certain  
that you are able to do for us above all that we ask or think;  
Help us to believe in your wisdom, so that we may be certain  
that you will answer,  
Not as our ignorance asks, but as your perfect wisdom  
knows best.  
All this we ask in Jesus' name. Amen.

# Serenity Prayer

God grant me the serenity  
to accept the things I cannot change;  
courage to change the things I can;  
and wisdom to know the difference.

Living one day at a time;  
Enjoying one moment at a time;  
Accepting hardships as the pathway to peace;

Taking, as He did, this sinful world as it is,  
not as I would have it;

Trusting that He will make all things right  
if I surrender to his will;

That I may be reasonably happy in this life and  
supremely happy with Him forever in the next.  
Amen.

## Prayers of Thanksgiving

God of grace, we thank you for all your gifts; for your grace, for food and freedom, for love and friendship, for days of health and times of joy. Teach us, O God, to know you are with us even in difficult times: for the midday darkness of sorrow and pain; for the hours of toil, the loneliness of older years; for the days that were lean and hungry and our only riches were the riches of your grace, when our only hope was in your goodness; when our only strength was in your everlasting arms holding us from falling; We are thankful, O God, for all your gifts to us. Amen.

We thank you, God of mercy and grace, for the love we receive from others, and for the love we are able to give to them; for shared love with parents, brothers and sisters, a marriage partner, children, and friends. We thank you, God, for all that love does; for all the wrongs forgiven, all the mistakes overlooked, all the ugly moods endured, all the appreciating, believing, trusting, encouraging; for hands held, hugs shared, and prayers said in the giving and receiving of love. I thank you, good God, for all we are that would have never been without the love we have received from you and from others. Amen.

## Lord, Lord, Open Unto Me

Open unto me — light for my darkness.

Open unto me — courage for my fear.

Open unto me — hope for my despair.

Open unto me — peace for my turmoil.

Open unto me — joy for my sorrow.

Open unto me — strength for my weakness.

Open unto me — wisdom for my confusion.

Open unto me — forgiveness for my sins.

Open unto me — love for my hates.

Open unto me — thy Self for my self.

Lord, Lord, open unto me! Amen.

# *Holy Words*

The Lord is my Shepherd; I shall not want. He makes me lie down in green pastures; He leads me beside quiet waters. He restores my soul; He guides me in the paths of righteousness for His name's sake.

*Psalm 23*



You are a hiding place for me; you guard me in time of trouble; you surround me with songs of deliverance.

*Psalm 32:7*



As a desert wanderer longs for springs of cool water, so my thirsty soul reaches out for you, O God.

*Psalm 42:1*



I lift up my eyes to the hills. From whence does my help come? My help comes from the Lord who made heaven and earth.

*Psalm 121:1,2*



Be strong and courageous. Do not tremble or be dismayed, for the Lord your God is with you wherever you go.

*Joshua 1:9*

## Our Father

Our Father, who art in heaven,  
hallowed be thy name,  
thy kingdom come,  
thy will be done,  
on earth as it is in heaven,  
Give us this day, our daily bread,  
and forgive us our trespasses  
as we forgive those who  
trespass against us.  
And lead us not into temptation,  
but deliver us from evil.  
Amen.



## Padre Nuestro

Padre nuestro que estás en los  
cielos, santificado sea tu nombre,  
venga tu reyno,  
hagase tu voluntad,  
así en la tierra como en el cielo.  
Danos hoy nuestro pan cotidiano,  
Y perdónanos nuestras deudas,  
asi como nosotros perdonamos á  
nuestros deudores.  
Y no nos metas en tentación,  
mas libranos de mal.  
Amén.

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Additional resources may be found at  
[covenantpastoralcare.com](http://covenantpastoralcare.com)

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