PRAYERS...

Prayer of Saint Francis

LORD, make me an instrument of Thy peace. Where there is hatred, let me sow love. Where strain is injury, pardon. Where there is doubt, faith. Where there is despair, hope. Where there is darkness, light. And where there is sadness, joy.

GRANT that I may not so much seek to be consol'd as to console. To be bounteous as to love. For it is in giving that we receive. It is in pardoning that we are pardoned. And it is in dying that we are born to eternal life.

Before Surgery

God of compassion and mercy, you never fail to help and comfort those who cry to you for help! Give me strength and courage in this hour of need. Hold me and I shall be safe. Let me feel that you are near, let me know that through me you are our enlisting arm. Resting on your loving promises, may I not be afraid. You are with me.

Serenity

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

I asked God for...

I asked God for strength, that I might achieve...
I was made weak, that I might learn humility to obey.
I asked for health, that I might do great things...
I was given infirmity, that I might do better things.
I asked for riches, that I might be happy...
I was given poverty, that I might be wise.
I asked for power, that I might have the praise of others...
I was given weakness, that I might feel the need of God.
I asked for all things, that I might enjoy life...
I got nothing I asked for, but everything I hoped for.
Almost despite myself, my unspoken prayers were answered.
I am among all, most richly blessed.

A Buddhist Meditation

I am Peace
Surrounded by Peace - serene in Peace.
Peace protects me
Peace supports me
Peace is me
Peace is mine - All is well.
Peace to all beings
Peace among all beings
Peace from all beings
I am steeped in Peace
Abandoned in Peace
In the streets, at work,
Healing peaceful thoughts.
Peaceful words, peaceful acts.

Muslim Prayers

May Allah remove your pain, forgive your sins, and grant you strength in your Duas (prayers of faith) and your health until your death.

Oh, Allah, keep me alive as long as it is in my best interest, and give me death when it is in my best interest.

Morning

Creator God, I thank you for the dawn of this day.
I need every ray of sunshine and the clauseness of the morning to fill my life with light. So many things are going to happen again today. I am waiting.
The doctors will come; what will they say? Help me to accept what is. Be with me throughout the day.
Remind me each morning of your constant love.
I put my trust in you. Amen.

Evening

Loving God, I thank you for this day, and now
I rest in your shining presence, making every moment, missing every care and anxiety, meeting you and none of your healing love into every part of my being.
In moments of pain, I turn to you for strength; in times of kindness, I feel your loving nearness. Lord, give me strength and the will to persevere. Don't let me lose courage, don't let me despair. Now, as darkness falls, let me find my refuge in you. You are with me.
In your every great love, a peaceful sleep. Amen.

Psalm 23

The Lord is my shepherd, I shall not want. In fresh green pastures He gives me repose. Beside peaceful waters He leads me. He refreshes my soul. He guides me in right paths for His name's sake. Even though I walk in the dark valley, I fear no evil, for you are at my side with your rod and your staff that give me courage. You spread the table before me in the sight of my foes; you anoint my head with oil; my cup overflows.

-Jewish Prayer for Healing

In sickness I turn to You, O God, for comfort and help. Strengthen within me the wonderful power of healing that you implanted in your children. Guide my doctors and nurses that they may speed my recovery. Let my dear ones find comfort and courage in the knowledge that you are with us at all times, in sickness and in health. May my sickness not disturb my faith in you nor diminish my love for others. From my illness may I gain a fuller sympathy for all who suffer. I praise you, O God, the source of healing.

-Hindu Prayers

We have every one of us a role to fulfill, a work to do, a place which we alone can occupy. We are born into the world of nature; our second birth is into the world of spirit. Do what you do, but dedicate the fruit of your act to me.

-American Indian Prayer

O our Father, the Sky, hear us and make us strong.
O our Mother, the Earth, hear us and give us support.
O Spirit of the East, send us your Wisdom.
O Spirit of the South, may we track your path of life.
O Spirit of the West, may we always be ready for the long journey.
O Spirit of the North, purify us with your cleansing winds.

-A Sioux Prayer