

# Cares and Concerns

Prayers For  
Those  
in Need

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## Introduction

**T**he challenges that accompany life's valleys can sometimes leave us without words. Sickness, grief, medical procedures, pain, sleeplessness, fear, anger, death, loneliness, and loss — these are the daily companions for many. The materials within these covers have been collected over the years from so many different sources that cannot now be remembered. They are collected here for those who face physical and mental illness and challenge. The hope in collecting these resources is to aid God's people in the effort of casting their cares and concerns onto the shoulders of their Great God and Savior. May this small offering be of practical and spiritual use.

BAH +

*"Let us then with confidence draw near to the throne of grace,  
that we may receive mercy and find grace to help in time of need.*

~ Hebrews 4:16



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## **Prayers for Use by a Sick Person**

*Please adapt these prayers as needed for particular situations*

### *In the Morning*

This is another day, O Lord. I know not what it will bring forth, but make me ready, Lord, for whatever it may be. If I am to stand up, help me to stand bravely. If I am to sit still, help me to sit quietly. If I am to lie low, help me to do it patiently. And if I am to do nothing, let me do it gallantly. Make these words more than words, and give me the Spirit of Jesus. Amen.

### *In the Evening*

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

### *For Sleep*

O heavenly Father, you give your children sleep for the refreshing of soul and body: Grant me this gift, I pray; keep me in that perfect peace which 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; through Jesus Christ our Savior. Amen.

### *For the Sleepless*

Holy and Blessed One: shine on me as I lie sleepless. Illumine my spirit and give me rest in you, so that I may recognize you as the true God who brings us out of darkness into our eternal light. Amen.

*For Trust in God*

O God, the source of all health: So fill my heart with faith in your love, that with calm expectancy I may make room for your power to possess me, and gracefully accept your healing; through Jesus Christ our Lord. Amen.

*In Pain*

Lord Jesus Christ, by your patience in suffering you hallowed earthly pain and gave us the example of obedience to your Father's will: Be near me in my time of weakness and pain; sustain me by your grace, that my strength and courage may not fail; heal me according to you will; and help me always to believe that what happens to me here is of little account if you hold me in eternal life, my Lord and my God. Amen.

*or this*

As Jesus cried out on the cross, I cry out to you in pain, O God my Creator. Do not forsake me. Grant me relief from this suffering and preserve me in peace; through Jesus Christ my Savior, in the power of the Holy Spirit. Amen.

*A Child's Prayer*

Jesus, our Redeemer, Good Shepherd of the sheep, you carry the lambs in your arms. I place myself in your loving care. Stop my pain, give me help and strength, and raise me up to a life of joy. Hear me, I pray, for your dear Name's sake. Amen.

*or this*

Gentle Jesus, stay beside me through this day [night]. Take away my pain. Keep me safe. Help me in my fear. Make my body strong again and my heart glad. Thank you for your love which surrounds me always. Amen.

*For a Sick Person*

God of all comfort, a very present help in trouble, be near to me. Look on me with the eyes of your mercy; comfort me with a sense of your presence; preserve me from the enemy; and give me patience in my affliction. Restore me to health, and lead me to your eternal glory; in Jesus' name. Amen.

*In time of Sickness*

O God, whether I know or do not know the cause of my present suffering, give me the grace to know and trust your love and care. Strengthen me to bear what I have to bear, and make me thankful for all who minister to my need. If it be your will, restore me to health of body, mind and spirit; that, with gratitude for your goodness, I may be a better servant of the needs of others; through Jesus Christ our Lord. Amen.

*For Protection*

Christ, light of light, brightness indescribable, the Wisdom, power and glory of God, the Word made flesh: you overcame the force of Satan, redeemed the world, then ascended again to the Father. Grant me, I pray, in this tarnished world, the shining of your splendor. Send your Archangel Michael to defend me, to guard my going out and coming in, and to bring me safely to your presence, where you reign in the one holy and undivided Trinity, to ages of ages. Amen.

*For One Suffering from Mental Distress*

Blessed Jesus, in the comfort of your love, I lay before you the memories that haunt me, the anxieties that perplex me, the despair that frightens me, and my frustration at my inability to think clearly. Help me to discover your forgiveness in my memories and know your peace in my distress. Touch me, O Lord, and fill me with your light and your hope. Amen.



*For Recovery from Sickness*

Dear God, in my weakness I come to you asking for help. I need you so much, and I realize how helpless I am without you. I ask you to give me strength for today, and I will not worry about tomorrow.

My illness reminds me of my spiritual illness. You are also the Physician of my soul. Grant me the peace of mind that comes from sins forgiven and the joy of knowing you as that friend who is closer than a sister or brother.

If I recover from this illness, help me to serve others and glorify you. Keep before me the blessed example of your beloved son, who went about doing good.

Make me patient and grateful. Bless the doctors and nurses and all who are taking care of me. Watch over my loved ones while I am absent from them. Stay close beside me always, and finally take me home with you. In Jesus' name I ask. Amen.

*For Recovery from Sickness*

God, the strength of the weak and the comfort of those who suffer: Hear my prayers and grant me the power of your grace, that my sickness may be turned into health, and my sorrow into joy; for Jesus Christ's sake. Amen.

*or this*

Spirit of all healing, visit me, your child; in your power, renew health within me and raise me up in joy, according to your loving-kindness, for which I give thanks and praise; through Jesus Christ our Savior. Amen.

*For Strength and Confidence*

Gracious God, only source of life and health: Help, comfort, and relieve me, and give your power of healing to those who minister to my needs; that my weakness may be turned to strength and confidence in your loving care; for the sake of Jesus Christ. Amen.

*For Rest*

O God my refuge and strength: in this place of unrelenting light and noise, enfold me in your holy darkness and silence, that I may rest secure under the shadow of your wings. Amen.

*For Sanctification of Illness*

Sanctify, O Holy One, my sickness, that awareness of weakness may add strength to my faith and determination to my repentance; and grant that I may be made whole, according to your will; through Jesus Christ our Savior. Amen.

*Before an Operation*

As I face this operation, gracious God, I come to you with my fears and misgivings and I ask you to put in my heart the needed courage to face the day with confidence. You neither slumber nor sleep; let this be an assurance to me not to worry or be afraid. Relax my nerves, put my mind at ease, and graciously forgive all my shortcomings and sins. Give the surgeon a steady hand and the necessary understanding. Give my family the reassuring faith that you are with us. Calm their troubled spirits in the coming hours. Into your hands I place myself for time and eternity. I ask these things in the name of my savior, Christ Jesus. Amen.

*or this*

Loving God, I pray that you will comfort me in my suffering, lend skill to the hands of my healers, and bless the means used for my cure. Give me such confidence in the power of your grace, that even when I am afraid, I may put my whole trust in you; through our Savior Jesus Christ. Amen.

*or this*

Keep me, Holy One, as the apple of your eye. Though I fear anesthesia, help me rest myself in your watchful care, and awake in the firm hope of your healing. Amen.

*For an Extended Course of Treatment*

Strengthen me, O God, to go where I have to go and bear what I have to bear; that, accepting your healing gifts at the hands of surgeons, nurses, and technicians, I may be restored to wholeness with a thankful heart; through Jesus Christ our Savior. Amen.

*For Survivors of Abuse and Violence*

Holy One, you do not distance yourself from the pain of your people, but in Jesus bear that pain with us and bless all who suffer at others' hands. Hallow my flesh and all creation; with your cleansing love bring me healing and strength; and by your justice, lift me up, that in the body you have given me, I may again rejoice. In Jesus' name I pray. Amen.

*In Times of Personal Distress*

Lord Christ, you came into the world as one of us, and suffered as we do. As I go through the trials of life, help me to realize that you are with me at all times and in all things; that I have no secrets from you; and that your loving grace enfolds me for eternity. In the security of your embrace I pray. Amen.

*For One Who Fears Losing Hope*

Loving God, by your Holy Spirit inspire me, as I fear losing hope. Give me a fresh vision of your love, that I may find again what I fear I have lost. Grant me your powerful deliverance; through the One who makes all things new, Jesus Christ our Redeemer. Amen.

*For Those Who Are Developmentally Disabled*

Giver of all grace, we pray your peace, which passes all understanding, for us who are developmentally disabled. Grant that we may always be sustained in love, our gifts honored, and our difficulties understood, that none may add to our troubles. We ask this in the name of the one who comforted those who were troubled in mind, Jesus our Savior. Amen. (EOW, 2)

*In Thanksgiving*

Thank you, Holy and Mighty One, for the many gifts of your love, even for the painful gift of fear which reminds me that only you are God. Into the mystery of your love I entrust myself. Dress me in the armor of your light and keep me safe; through Jesus Christ. Amen.

*or this*

In the midst of illness, God, I pause to give you thanks: for the glory of creation, which reveals in many forms your matchless beauty; for the life, death, and resurrection of Jesus our Savior; for your gift of my life and the presence of the Holy Spirit; for loved ones who care for me; and for the companionship of the Church. I thank you, blessed Trinity, holy God, for the gifts which sustain me in my time of need. Amen.

*Thanksgiving After an Operation*

My grateful heart praises you, O God, that you have safely seen me through this operation. Thank you for watching over me. During the hours and days which lie ahead ease my distress and pain, and heal me. Give me the needed patience, the necessary endurance, and continued confidence that your goodness and love will uphold me. Grant that all service which the nurses and others give will speed my recovery, and then bring me safely home. Your continual presence gives me the hope I need. Amen.

*Thanksgiving for Recovery*

God, your loving-kindness never fails and your mercies are new every morning. I thank you for giving me relief from pain and hope of health renewed. Continue the good work begun in me; that increasing daily in wholeness and strength, I may rejoice in your goodness and so order my life always to think and do that which pleases you; through Jesus Christ our Redeemer. Amen.

*In Loss of Memory*

Holy God, you have known me from my mother's womb, and have been with me throughout my life. Protect me and keep me safe through all the changes that may come. Since I am sealed as Christ's own, help me to trust that who I am will never be lost to you. Amen.

*In Confinement*

My Creator, you rolled out the heavens and spread the sky like a tent: bless to me the small confinement of this room, the long days, disturbances of night, immobility of body, and unease of soul, that this place of exile may become my holy ground, and Jesus my deliverer. Amen.

*For Serenity*

Merciful Jesus, you are my guide, the joy of my heart, the author of my hope, and the object of my love. I come seeking refreshment and peace. Show me your mercy, relieve my fears and anxieties, and grant me a quiet mind and an expectant heart, that by the assurance of your presence I may learn to abide in you, who is my Lord and my God. Amen.

*or this*

Jesus, let your mighty calmness lift me above my fears and frustrations. By your deep patience, give me tranquility and stillness of soul in you. Make me in this, and in all, more and more like you. Amen.

*The Serenity Prayer*

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

*A Prayer of Thanksgiving for Caregivers*

Merciful God, I thank you that since I have no strength to care for myself, you serve me through the hands and hearts of others. Bless these people that they may continue to serve you and please you all their days. Amen.

*A Prayer of Comfort in God*

God, you are my help and comfort; you shelter and surround me in love so tender that I may know your presence with me, now and always. Amen.

*In Desolation*

O God, why have you abandoned me? Though you have hidden your face from me, still from this dread and empty place, I cry to you, who have promised me that underneath are your everlasting arms. Amen.

*After the Loss of a Pregnancy*

O God, who gathered Rachel's tears over her lost children, hear now *my/our* sorrow and distress at the death of *my/our* expected child; in the darkness of loss, stretch out to *me/us* the strength of your arm and renewed assurance of your love; through your own suffering and risen Child Jesus. Amen.

*or when appropriate*

Holy God, I lament I have not had strength to hold, bear, and nurture the new life you have sent. Lift me up from my distress. Fill my grieving heart. Renew my hope. Receive the child I return to you into the arms of your mercy, for which I also yearn. Amen.

*For Diagnosis of Terminal Illness*

O God, only you number my days. Help me to look bravely at the end of my life in this world, while trusting in my life in the next. Journey with me toward my unexplored horizon where Jesus my Savior has gone before. Amen.

*For Difficult Treatment Choices*

Jesus, at Gethsemane you toiled with terrifying choices. Be with me now as I struggle with a fearful choice of treatments which promise much discomfort and offer no guarantee of long-term good. Help me know that you will bless my choice to me, and, good Savior, be my companion on the way. Amen.

*At the Approach of Death*

Lord Jesus Christ, Good Shepherd, I pray you to be with me in the hour of death. Let me feel even now the comfort and the assurance of your presence. Give me the faith to say: "Even though I walk through the valley of the shadow of death, I fear no evil, for thou art with me; thy rod and staff, they comfort me."

Comfort me with the assurance that you have redeemed me from all sin, from death, and from the power of evil and that I am yours in life and in death.

Enable me in the face of death firmly to believe that your resurrection from the dead has brought eternal life to light. Give me the hope that in you everything is made more fully alive. Grant that your Holy Spirit preserve me in your presence forever. Amen.

*The following Psalms may be helpful in times of distress:*

## **Psalm 22**

- 1 My God, my God, why have you forsaken me? \*  
and are so far from my cry  
and from the words of my distress?
- 2 O my God, I cry in the daytime, but you do not answer; \*  
by night as well, but I find no rest.
- 3 Yet you are the Holy One, \*  
enthroned upon the praises of Israel.
- 4 Our forefathers put their trust in you; \*  
they trusted, and you delivered them.
- 5 They cried out to you and were delivered; \*  
they trusted in you and were not put to shame.
- 6 But as for me, I am a worm and no man, \*  
scorned by all and despised by the people.
- 7 All who see me laugh me to scorn; \*  
they curl their lips and wag their heads, saying,
- 8 "He trusted in the Lord; let him deliver him; \*  
let him rescue him, if he delights in him."
- 9 Yet you are he who took me out of the womb, \*  
and kept me safe upon my mother's breast.
- 10 I have been entrusted to you ever since I was born; \*  
you were my God when I was still in my  
mother's womb.
- 11 Be not far from me, for trouble is near, \*  
and there is none to help.
- 12 Many young bulls encircle me; \*  
strong bulls of Bashan surround me.
- 13 They open wide their jaws at me, \*  
like a ravening and a roaring lion.



- 14 I am poured out like water;  
all my bones are out of joint; \*  
my heart within my breast is melting wax.
- 15 My mouth is dried out like a pot-sherd;  
my tongue sticks to the roof of my mouth; \*  
and you have laid me in the dust of the grave.
- 16 Packs of dogs close me in,  
and gangs of evildoers circle around me; \*  
they pierce my hands and my feet;  
I can count all my bones.
- 17 They stare and gloat over me; \*  
they divide my garments among them;  
they cast lots for my clothing.
- 18 Be not far away, O LORD; \*  
you are my strength; hasten to help me.
- 19 Save me from the sword, \*  
my life from the power of the dog.
- 20 Save me from the lion's mouth, \*  
my wretched body from the horns of wild bulls.
- 21 I will declare your Name to my brethren; \*  
in the midst of the congregation I will praise you.
- 22 Praise the LORD, you that fear him; \*  
stand in awe of him, O offspring of Israel;  
all you of Jacob's line, give glory
- 23 For he does not despise nor abhor the poor  
in their poverty;  
neither does he hide his face from them; \*  
but when they cry to him he hears them.
- 24 My praise is of him in the great assembly; \*  
I will perform my vows in the presence of those who  
worship him.
- 25 The poor shall eat and be satisfied,  
and those who seek the LORD shall praise him: \*

“May your heart live for ever!”

26 All the ends of the earth shall remember and turn to  
the Lord, \*  
and all the families of the nations shall bow  
before him.

27 For kingship belongs to the LORD; \*  
he rules over the nations.

28 To him alone all who sleep in the earth bow down  
in worship; \*  
all who go down to the dust fall before him.

29 My soul shall live for him;  
my descendants shall serve him; \*  
they shall be known as the LORD's for ever.

30 They shall come and make known to a people yet  
unborn \*  
the saving deeds that he has done.

### **Psalm 25:15-21**

15 Turn to me and have pity on me, \*  
for I am left alone and in misery.

16 The sorrows of my heart have increased; \*  
bring me out of my troubles.

17 Look upon my adversity and misery \*  
and forgive me all my sin.

18 Look upon my enemies, for they are many, \*  
and they bear a violent hatred against me.

19 Protect my life and deliver me; \*  
let me not be put to shame, for I have trusted in you.

20 Let integrity and uprightness preserve me, \*  
for my hope has been in you.

21 Deliver Israel, O God, \*  
out of all his troubles.

## Psalm 38

- 1 O LORD, do not rebuke me in your anger; \*  
do not punish me in your wrath.
- 2 For your arrows have already pierced me, \*  
and your hand presses hard upon me.
- 3 There is no health in my flesh, because of your indignation; \*  
there is no soundness in my body, because of my sin
- 4 For my iniquities overwhelm me; \*  
like a heavy burden they are too much for me to bear.
- 5 My wounds stink and fester \*  
by reason of my foolishness.
- 6 I am utterly bowed down and prostrate; \*  
I go about in mourning all the day long.
- 7 My loins are filled with searing pain; \*  
there is no health in my body.
- 8 I am utterly numb and crushed; \*  
I wail, because of the groaning of my heart.
- 9 O Lord, you know all my desires, \*  
and my sighing is not hidden from you.
- 10 My heart is pounding, my strength has failed me, \*  
and the brightness of my eyes is gone from me.
- 11 My friends and companions draw back from my affliction; \*  
my neighbors stand afar off.
- 12 Those who seek after my life lay snares for me; \*  
those who strive to hurt me speak of my ruin  
and plot treachery all the day long.
- 13 But I am like the deaf who do not hear, \*  
like those who are mute and do not open their mouth.
- 14 I have become like one who does not hear \*  
and from whose mouth comes no defense.

- 15 For in you, O LORD, have I fixed my hope; \*  
you will answer me, O Lord my God.
- 16 For I said, "Do not let them rejoice at my expense, \*  
those who gloat over me when my foot slips."
- 17 Truly, I am on the verge of falling, \*  
and my pain is always with me.
- 18 I will confess my iniquity \*  
and be sorry for my sin.
- 19 Those who are my enemies without cause are mighty, \*  
and many in number are those who wrongfully  
hate me.
- 20 Those who repay evil for good slander me, \*  
because I follow the course that is right.
- 21 O LORD, do not forsake me; \*  
be not far from me, O my God.
- 22 Make haste to help me, \*  
O LORD of my salvation.

### **Psalm 46**

- 1 God is our refuge and strength, \*  
a very present help in trouble.
- 2 Therefore we will not fear, though the earth be moved, \*  
and though the mountains be toppled into the  
depths of the sea;
- 3 Though its waters rage and foam, \*  
and though the mountains tremble at its tumult.
- 4 The LORD of hosts is with us; \*  
the God of Jacob is our stronghold.
- 5 There is a river whose streams make glad  
the city of God, \*  
the holy habitation of the Most High.

- 6 God is in the midst of her;  
she shall not be overthrown; \*  
God shall help her at the break of day.
- 7 The nations make much ado, and the kingdoms are  
shaken; \*  
God has spoken, and the earth shall melt away.
- 8 The LORD of hosts is with us; \*  
the God of Jacob is our stronghold.
- 9 Come now and look upon the works of the LORD, \*  
what awesome things he has done on earth.
- 10 It is he who makes war to cease in all the world; \*  
he breaks the bow, and shatters the spear,  
and burns the shields with fire.
- 11 "Be still, then, and know that I am God; \*  
I will be exalted among the nations;  
I will be exalted in the earth."
- 12 The LORD of hosts is with us; \*  
the God of Jacob is our stronghold.

**The First Song of Isaiah** *Isaiah 12:2-6*

Surely, it is God who saves me; \*

I will trust in him and not be afraid.

For the Lord is my stronghold and my sure defense, \*  
and he will be my Savior.

Therefore you shall draw water with rejoicing \*  
from the springs of salvation.

And on that day you shall say, \*

Give thanks to the Lord and call upon his Name;

Make his deeds known among the peoples; \*

see that they remember that his Name is exalted.

Sing the praises of the Lord, for he has done great things, \*  
and this is known in all the world.

Cry aloud, inhabitants of Zion, ring out your joy, \*

for the great one in the midst of you is the Holy One of  
Israel.

Glory to the Father, and to the Son, and to the Holy Spirit: \*  
as it was in the beginning, is now, and will be for ever. Amen.

**A Song of the Wilderness** *Isaiah 35:1-7,10*

The wilderness and the dry land shall be glad, \*  
the desert shall rejoice and blossom;  
It shall blossom abundantly, \*  
and rejoice with joy and singing.  
They shall see the glory of the Lord, \*  
the majesty of our God.  
Strengthen the weary hands, \*  
and make firm the feeble knees.  
Say to the anxious, "Be strong, do not fear! \*  
Here is your God, coming with judgment to save you."  
Then shall the eyes of the blind be opened, \*  
and the ears of the deaf be unstopped.  
Then shall the lame leap like a deer, \*  
and the tongue of the speechless sing for joy.  
For waters shall break forth in the wilderness \*  
and streams in the desert;  
The burning sand shall become a pool \*  
and the thirsty ground, springs of water.  
The ransomed of God shall return with singing, \*  
with everlasting joy upon their heads.  
Joy and gladness shall be theirs, \*  
and sorrow and sighing shall flee away.

## **A Song of Jonah**

*Jonah 2:2-7, 9*

I called to you, O God, out of my distress,  
and you answered me; \*  
out of the belly of Sheol I cried, and you heard my voice.  
You cast me into the deep, into the heart of the seas, \*  
and the flood surrounded me;  
all your waves and billows passed over me.  
Then I said, "I am driven away from your sight; \*  
how shall I ever look again upon your holy temple?"  
The waters closed in over me,  
the deep was round about me; \*  
weeds were wrapped around my head at the roots  
of the mountains.  
I went down to the land beneath the earth, \*  
yet you brought up my life from the depths, O God.  
As my life was ebbing away, I remembered you, O God, \*  
and my prayer came to you, into your holy temple.  
With the voice of thanksgiving, I will sacrifice to you; \*  
what I have vowed I will pay,  
for deliverance belongs to the Lord!



**A Song of True Motherhood** *Julian of Norwich*

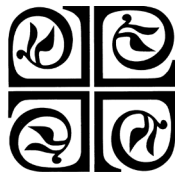
God chose to be our mother in all things \*  
and so made the foundation of his work,  
most humbly and most pure, in the Virgin's womb.  
God, the perfect wisdom of all, \*  
arrayed himself in this humble place.  
Christ came in our poor flesh \*  
to share a mother's care.  
Our mothers bear us for pain and for death; \*  
our true mother, Jesus, bears us for joy and endless life.  
Christ carried us within him in love and travail, \*  
until the full time of his passion.  
And when all was completed and  
he had carried us so for joy, \*  
still all this could not satisfy the power  
of his wonderful love.  
All that we owe is redeemed in truly loving God, \*  
for the love of Christ works in us;  
Christ is the one whom we love.





*Saint David's*

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