



The Caregiver's Prayer

Lord, make me an instrument of healing care this day.
Where there is sorrow, let me incline my heart in empathy. Where there is fear, let me speak quiet assurance.
Where there is anxiety, let me breathe calm.
Where there is despair, let me bring promise of hope.
Where there is doubt, let me hold gentle certainty.
Where there is pain, let my presence be like soothing balm.
Divine Spirit, grant me energy sufficient to do what is required of me.
Grant me wisdom with the moment and endurance with the need.
Make me a steady source of compassion, enfolding the other, enfolding myself.
May my caregiving be rooted less in control and more in surrender,
less in contact doing and more in resolute being,
less in pride and more in humility.
May I embrace whatever joys come my way; many or few, may they be enough.
May I find meaning in this role I serve, and fulfillment in how I serve it.
May I always remember that healing means becoming more whole, whatever the form. May I never forget that healing is ultimately always a gift.
For you, Lord, are the source of it all.
And for that reason I make this prayer humbly, gratefully, hopefully, confidently.
Amen

The Thoughtful Caregiver by James Miller

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