

# A Collection of Healing Prayers and Meditations for the Caring Relationship



Fairfield Glade  
Resident Services

## **Vulnerable**

Vulnerable we are, like an infant,  
We need each other's care  
Or we will  
Suffer.

St. Catherine of Sienna  
Doctor of the Church (1347-1380)

## **Prayer Used in the Workshop:**

May I be free from danger.  
May I have mental happiness.  
May I have physical happiness.  
May I have ease of well-being.

May You be free from danger.  
May You have mental happiness.  
May You have physical happiness.  
May You have ease of well-being.

## **The Caregiver's Prayer**

You can do much on your own behalf of your own healing and that of others if, in a situation calling for help, you think of it this way:

I am here only to be truly helpful.  
I am here to represent Him Who sent me.  
I do not have to worry about what to say or what  
To do, because He who sent me will direct me.  
I am content to be wherever He wishes, knowing  
He goes there with me.  
I will be healed as I let Him teach me to heal.

(Paraphrased & excerpted from: The Song of Prayer and A Course in Miracles, 1992, Foundation for Inner Peace)

## **Prayers of St. Francis**

### **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.

### **A Practical Prayer**

Start by doing what's necessary,  
Then what's possible,  
And suddenly you are doing the impossible.

### **The Prayer of St. Francis**

Lord make me an instrument of Your Peace  
Where there is hatred, let me sow Your Love  
Where there is injury, pardon  
Where there is doubt, faith  
Where there is despair, hope  
Where there is darkness, light  
Where there is sadness, joy  
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,  
And it is in pardoning that we are pardoned,  
And in dying that we are born to eternal life.

### **Blessed Sister Faustina's Prayer of Mercy**

Sister Faustina died in 1938 in a convent of the Congregation of Sisters of Our Lady of Mercy in Krakow, Poland. Born Helen Kowalska, she came from a poor farming family and had only three years of basic schooling. Seven years before her death, she experienced a vision of Jesus, clothed in a white garment, which she described in her diary:

One hand was raised in blessing; the other was touching the garment at the breast. From the opening in the garment at the breast came forth two large rays, one red, and the other pale. In silence I gazed intently at the Lord; my soul was overwhelmed with fear, but also with great joy. After a while Jesus said to me, "Paint an image according to the pattern you see, with the inscription: Jesus, I trust in You."

On another occasion, Jesus gave this explanation to Sister Faustina:

The pale ray stands for the Water that makes souls righteous; the red ray stands for the Blood that is the life of souls. These two rays issued forth from the depths of my most tender mercy at that time when my agonizing heart was opened by a lance on the cross.

Before saying Sister Faustina's prayer, you may want to say: "Lord, here I am. Use me in the manner You see fit that I may ever be what you have proposed for me to be--a light shining in the darkness to those who have lost hope from one cause to another."

### **Sister Faustina's Prayer**

O Lord God, as many times as I breathe, as many times as my heart beats, as many times as my blood pulsates through my body, so many times do I want to glorify your Mercy, your Presence, your Light. I want to be completely transformed into Your Light and Mercy and to be your living reflection, your living energy, O Lord.

May the greatest of all divine attributes, which of your unlimited Mercy, pass through my heart and body to my neighbor. (loved one)

Help me, O Lord, that my eyes may be merciful, so that I may never suspect or judge others by appearance.

Help me, O Lord, that my ears may be merciful, so that I may give heed to my neighbors' needs and not be indifferent to their pains and moaning.

Help me, O Lord, that my tongue may be merciful, so that I should never speak negatively of my neighbor but have a word of comfort and forgiveness for all.

Help me, O Lord, that my hands may be merciful, and filled with good deeds, so that I may even take on the most toilsome task that belongs to others.

Help me, O Lord, that my feet may be merciful, so that I may hurry to assist my neighbor who is in need.

Help me, O Lord, that my heart may be merciful, so that I myself may feel the sufferings of my neighbor, thereby refusing my heart to no one, even those who might take advantage of my kindness.

O Lord God, let your Light, let your Mercy rest upon me. Amen

### **My Prayer**

I would lift up my soul to Thee,  
That Thou wouldst show the way;  
Teach me Thy paths and let me walk  
More dutifully each day.  
Lead me in truth, Lord, help me know  
Thy strength, and help I seek;  
Pour forth Thy Tender Mercies,  
For I am tired and weak.  
My pride is wounded and I hurt,  
My heart is sore with pain.  
Deliver me, protect me, Lord,  
I ask it in Thy Name.

### **For the Caregiver & Care Recipient**

#### **In The Caring Relationship:**

Dear God, we come to You that we may drink of the living waters that flow from your fountain of life. These waters have the power to cleanse, to purify, to refresh, to revive, to make us whole. We are being filled to overflowing with the waters of Your Healing Power. The Power that flows, the water that flows from Your Spirit, Your Breath of Life, Lord God, we drink of it now and it is making us whole. We feel such joy to be able to participate in this healing, Lord, that You are working in us now. For this we are grateful and we thank You. Amen

### **A Healing Meditation: God Is Light**

In the first letter of John are three powerful words: "God is light." The light of God that radiated through Jesus is in each of us. As you ponder the words "God is Light," bring your awareness to your breathing, because the breath is also a reminder of the very life of God entering into your whole being. As we breathe in, we breathe in the Light and the Breath of God. As we exhale, that Light which has now coursed through our body exits to touch the world around us.

"God is Light." Focus on the stillness that this phrase provides. Let the Holy Spirit take over guiding you to the deep revelation of this truth, "God is Light." Let the truth speak to your heart and your mind. Allow the Spirit's energy to heal you. Visualize God's Love as Light.

Commune with God for the healing of your loved one in a spirit of thankfulness and gratitude. See you and your loved one embraced by the Christ, filled with the Light and Energy that raised the human Jesus from the dead.

Glory can radiate from your being. Strength and joy can well up within you to encase you both in a silken wrapping of peace. Stay in the presence of love, unconditional love, which God has for all his children.

Thank you, Lord, for Your Light, Your Love, Your Peace, Your Presence, which fills and heals the whole world. We are one in Your Love and so we can experience Your Healing

Touch upon our lives. Thank You, God.

(Remain quiet for two to three minutes)

### **Meditation To See Yourself As Spirit**

To begin your meditation, seek the guidance of the Holy Spirit by saying, "Do with me what you will. Show me how I can better serve my brother or sister." Make this a time of communion. Allow yourself to let go of any fear or anxiety in what may be revealed to you. God looks at hearts and works through them. Repeat the above invocation for just thirty seconds or so the first time. Work up to ten or twenty minutes or longer if this proves

effective for you. If you do this with your care recipient, or if others are present, join hands with the person(s), and alone or together say: "Come, Spirit of God. Come, reveal Your Presence, Spirit of the Living God. Flow. We are receptive. We welcome You."

Now take three deep breaths and prepare for another step up the ladder of prayer. Ask the Spirit of God to recall the previous meditation exercise in which you saw your whole body filled with light. Return to that state either to see it or sense it to the best of your ability. Don't struggle, but ask for the guidance, for the energy, presence, wisdom of God to have this occur. When you see yourself as spirit and light filled with the Grace and Life of God, become aware of how you feel. Ask yourself: what's happening in my body now? You may feel parts of your body that were tense now begin to relax. You may feel a peace begin to creep slowly into your awareness. Whatever you do feel is not as important right now as the practice of the discipline of awareness. Sometimes it helps if you take a few more breaths and with each breath be more aware. Ask, Is my body relaxing? Am I experiencing the peace of God, the presence of God? Take some time to do that. If there is still some tension in your body or you are feeling a little restless, ask yourself, Am I being receptive to the Light Energy of God?

Breathe in and out three more times, deeply and slowly. If you are still feeling a little tense and restless, or if there is a pain in your body ask, Do I know myself as spirit, made in the image of God? Be aware of any answers you are getting, any feelings in your body, any guidance. Sometimes we tend to think this guidance is farfetched. At this point, just be aware of any thoughts or feelings in your body or in the atmosphere around you. Then ask yourself this closing question: Can I be of assistance to God as a channel through which the Spirit of Life may be given expression?

After remaining open for a response from the Spirit, thank God for your life at this moment, exactly as it is, and for whatever is occurring in your life. After that short time of gratitude, you slowly open your eyes. Be aware. That is the practice for today: the discipline of awareness. You may want to close by affirming to yourself that God is a good God. God is pure goodness, and nothing that emanates from God is anything but good.

### **Meditation Ritual on The Lord\*s Prayer**

An excellent way to say The Our Father is to say it slowly, one phrase at a time, and meditate on what each phrase means. You could easily spend twenty minutes or more.

Lord, as we learn to pray as Jesus taught us, we begin to experience a supernatural energizing. We may not be able to understand it yet, but we do know that something new and refreshing is happening. Our relationship with you is becoming more intimate. There seems to be a freshness in the total environment in which we find ourselves, and because of it fear begins to diminish. As fear diminishes, so do the stresses that accompany it. Lord, we are open to your peace and presence. We fully embrace your Spirit and we immerse ourselves in to that Spirit as if we were immersing ourselves into water—sacred, supernatural water that refreshes and renews, heals and makes whole. And for this we thank you.

Lord, thank you for reshaping our lives and showing us through this prayer that our destiny is one of abundance. As we tune in to your voice, as we tune in to your will and your plan, our compass is reconnected and we stop going south when we should be going north. As we do so, Lord, we find the fulfillment we need without all the struggle that has caused us so much difficulty in the past. So be it. All is in harmony.

Father, You have opened up our consciousness to a more expansive awareness of your Love, your Presence, your Whole Being. You have helped us develop true communion and connection with you, so that in times of fear we begin to understand the needlessness of being in terror.

As we look to You, Lord God, in the manner in which Jesus taught us to look to You, we can see that You are all-powerful, all-knowing, everywhere present. Lord, You are Almighty and You are All-Loving. Your desire is to consume us in the fires of Your Love. We have become aware that Your Advice, Counsel, and Wisdom are always available as we tune in. We tune in best to the prayer of silence we call meditation.

Your Will is already present throughout the earth as it is throughout the universe, where Absolute Order reigns. Your will can be seen in the laws of the universe, the principles that guide every creative action with order and harmony. You give us everything we need to experience wholeness in our lives. This is the bread you give us as we gaze at nature, as we walk in the forest or near the water, or sit by a pond and give it our full attention, we begin to sense not only the beauty of that moment but also a powerful, all-consuming Love emanating from that moment. We feel energized, never to be the same again.

Father, You forgive us all of our offenses; all we need to do is be aware of our willingness to forgive others the offenses they might have performed against us. Literally we put them in Your Light and release them with the awareness of Jesus' final prayer: Father, they did not know what they were doing. And because of this, Lord, such a clarity comes to our thinking and our awareness that we recognize that matter can no longer delude us. We cannot be tempted to put our whole focus, the single eye, upon that which is matter, but rather we look down deep through that matter to experience Your Spirit, the essence of our own being, for we are made in Your Image and we are Spirit.

And Father, to know that you do so separate us and part us from all error helps us to realize that it is possible for us to trust You. You would not delude us. You are a Father who literally dances over His children who tune in to you, listen to You, love You and are loved by You. Because of this, we are able to say that Yours are the Kingdom, the Power, the Song of Praise of the universe from all ages throughout all ages, sealed with Trust and in Truth. To this, Lord, we say Amen.

### **Our Song of Prayer**

We go together, you and I, for you are a part of me.

And as we join in prayer, before all else

We ask, What is the Will of God?

And then we are given to understand that:

Prayer is a ladder reaching up to Heaven.

At the top there is a transformation much like your own,

For prayer is part of you.

The things of earth are left behind, all unremembered.

There is no asking, for there is no lack.

Identity in Christ is fully recognized as set forever,

Beyond all change and incorruptible.

The light no longer flickers, and will never go out.

Now without needs of any kind, and clad forever in the sinlessness that is the gift of God to you, His son,

Prayer can again become what it was meant to be.

For now it rises as a song of thanks to your Creator,

Sung without words, or thoughts, or vain desires,

Unneedful now of anything at all.

So it extends, as it was meant to do.

And for this giving,

God Himself gives thanks.

**As a Patient Nears the End of Life:**

Caregivers need to know about a kind of care that doctors call “palliative care.” Palliative care takes care of the Whole person--body, mind, spirit/heart and soul. Key elements of palliative care:

Respect for the goals, likes and choices of the dying person.

Support for the needs of family members.

Access to needed health-care providers and appropriate care setting.

A commitment to excellent care at the end of life.

St. Mary’s in Knoxville has joined 475 groups across the country in the Last Acts Coalition (the goal is to improve end-of-life care.

The hospice service that you choose or that is provided will address these needs with you.

One very comforting resource is a small paperback book titled: “Into the Light—A Simple Way to Pray with the Sick and the Dying” by Ron DelBene. Into the Light is part of a total program created by Ron DelBene to help people share more deeply with those who are sick or dying. Should you wish to purchase additional copies of Into the Light or copies of booklets listed below, please order them through your local bookstore or write to:

Upper Room Books, Book Order Dept.,

P O Box 189, Nashville, TN. 37202-9929.

When I’m Alone: Thoughts and Prayers That Comfort

Near Life’s End: What Family and Friends Can Do

A Time to Mourn: Recovering from the Death of a Loved One