

The background of the image is a soft, ethereal landscape. The top half features a pale, hazy sky with a gradient from light green to pale blue. Numerous birds are scattered across this sky, some in flight and others as faint silhouettes. Below the sky, a dense line of dark green and blue silhouetted trees stretches across the horizon. The bottom half of the image is a solid, deep blue gradient, suggesting a calm body of water or a misty valley. The overall mood is peaceful and contemplative.

LITTLE BOOK OF PRAYERS

Dear Friends, we are very grateful to you for your dedication and service. You are deeply appreciated as you care untiringly for those who come into your hospital. You must have challenging days when you wonder whether what you do is worthwhile, and moments of satisfaction when you know it's all worth it.

We offer you this little book of prayer in hope that through its words you will find strength and peace. Use it for personal devotion or when you pray with others. Sometimes it's difficult to put into words the desires of our heart, so may these simple prayers help you do that.

Behind every prayer, of course, lies our belief that there is a loving and sovereign God who deeply cares for us and for our patients. May that be your experience too.

God bless you with love, strength, courage and peace as you continue in your calling to bring healing and hope.

Easter 2020

PRAYERS BEFORE WORK

Loving Father,
May I be your hands and feet today,
Bringing comfort, healing and care.
May I speak with your love,
Bringing hope, understanding and kindness.
May I carry your peace in my heart,
Bringing clarity, reassurance and calmness.
May each moment be filled with heavenly truth.
With you I am stronger, kinder and wiser.
Come lead me through each moment
And watch over my working day. Amen.

SMALL THINGS

We can do no great thing.
Only small things with great love.

Mother Teresa of Calcutta

Heavenly Father,
as we begin our shift,
we ask for your guidance.

With your divine hand,
inspire, lead and protect us.

Throughout this day,
may your grace be ever present
in this healing place.

Bless our team, our hospital, our unit.
Help us as we help those in need.

We seek your strength and wisdom,
as we make decisions for the good.
God of love, teach us to give our best,
to speak with love and act with courage.

May we be good stewards
of all the gifts you have given.
Amen.

PRAYER FOR THIS HOSPITAL

Lord, let your love and light
shine through the wards and departments
of this hospital as the work of healing
and caring goes on day by day.

May the rhythm and routine of this hospital
beat the heartbeat of compassion
and the pulse of joy and love.

Lord may your power and peace
flow through every corridor,
window and door of our hospital.

God of healing and wholeness
we bring our service and work
with its joys and trials
and we lay them at your feet.

Amen.

Rev Becky Richards

PRAYER FOR CARERS, NURSES AND DOCTORS

Lord Jesus, who healed the sick
and gave them new life,
be with doctors, nurses and carers,
as they act as agents of your healing touch.
In desperate times, keep them strong yet
loving; and when their work is done,
be with them in their weariness
and in their tears. Amen.

by Althea Hayton

SERENITY PRAYER

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.

Reinhold Niebuhr (1892-1971)

CHRIST HAS NO BODY BUT YOURS

Christ has no body but yours,
No hands, no feet on earth but yours,
Yours are the eyes with which he looks
compassion on this world.

Yours are the feet,
with which he walks to do good
Yours are the hands,
with which he blesses all the world.
Yours are the hands, yours are the feet,
You are the eyes; you are his body.

Christ has no body now but yours,
No hands, no feet on earth but yours,
Yours are the eyes with which he looks
compassion on this world.

Christ has no body now on earth
but yours.

Teresa of Avila (1515-1582)

PRAYER FOR TODAY

Lord, You have always given
bread for the coming day;
and though I am poor, today I believe.

Lord, You have always given
strength for the coming day;
and though I am weak, today I believe.

Lord, You have always given
peace for the coming day;
and though of anxious heart, today I believe.

Lord, You have always kept
me safe in trials;
and now, tried as I am, today I believe.

Lord, You have always marked
the road for the coming day;
and though it may be hidden,
today I believe.

Lord, You have always lightened
this darkness of mine;
and though the night is here,
today I believe.

Lord, You have always spoken
when time was ripe;
and though you be silent now,
today I believe.

Northumbria Community

THE LORD BLESS YOU

The Lord bless you and keep you;
the Lord make his face shine on you
and be gracious to you;
the Lord turn his face towards you
and give you peace.

Numbers 6:24-26

LORD BE WITH ME

Holy God,
I commit my life today to the care
of those who come my way.
Give to my heart,
compassion and understanding,
give to my hands
skill and tenderness,
give to my ears
the ability to listen,
Give to my lips
words of comfort and compassion,
that I will give hope
to all those I am called to serve.

BE STILL

Be still and know that I am God.

Psalm 46:10

PRAYER FOR HEALING

Most merciful God,
you hold each of us close to your heart.

Hold N. in your loving arms
and tenderly draw them into your love.

Assure them that they are not alone,
And give them the courage and faith
for all that is to come.

Bestow unto them your strength
and healing,
and renew them in their spirit.

We pray this in the name of Jesus,
who suffered and died,
and then rose from the dead
to lead us into new life.

Amen.

FOOTPRINTS IN THE SAND

One night I dreamed a dream. As I was walking along the beach with my Lord, across the dark sky flashed scenes from my life. For each scene, I noticed two sets of footprints in the sand, one belonging to me and one to my Lord.

After the last scene of my life flashed before me, I looked back at the footprints in the sand. I noticed that at many times along the path of my life, especially at the very lowest and saddest times, there was only one set of footprints.

This really troubled me, so I asked the Lord about it. 'Lord, you said once I decided to follow you, you'd walk with me all the way. But I noticed that during the saddest and most troublesome times of my life, there was only one set of footprints.

I don't understand why, when I needed you the most, you would leave me.'

He whispered, 'My precious child, I love you and will never leave you during your trials and testings. When you saw only one set of footprints, It was then that I carried you.'

DO NOT LOSE HEART

Therefore, we do not lose heart. Though outwardly we are wasting away, yet inwardly we are being renewed day by day. For our light and momentary troubles are achieving for us an eternal glory that far outweighs them all. So we fix our eyes not on what is seen, but on what is unseen, since what is seen is temporary, but what is unseen is eternal.

2 Corinthians 4:16-18

MY SHEPHERD

The Lord is my shepherd, I lack nothing.
He makes me lie down in green pastures,
he leads me beside quiet waters,
he refreshes my soul.
He guides me along the right paths
for his name's sake.
Even though I walk
through the darkest valley,
I will fear no evil, for you are with me;
your rod and your staff, they comfort me.
You prepare a table before me
in the presence of my enemies.
You anoint my head with oil;
my cup overflows.
Surely your goodness and love
will follow me all the days of my life,
and I will dwell in the house of the Lord
for ever.

Psalm 23

REFLECTION & PRAYER FOR THE END OF SHIFT

Become aware of God's loving presence.

**Give thanks for this time to be in the
presence of God who loves you.**

**Review the shift and notice your
thoughts and feelings about it.**

What has been the best thing about the shift?

Where did you notice God's presence - give thanks.

What has been most challenging thing?

How did God help you get through it - give thanks.

What pain are you holding about the shift?

**Lament and tell God about it - with or without words,
let Him hold you in the pain.**

**What is God's invitation to you now,
at this time?**

**Bring to God your prayer for your sleep
and your needs for the day.**

CMF - End of Shift

DAILY CHECKLIST

Am I OK? Have I had Covid free time?

Have I eaten? Have I exercised?

Have I been still?

Have I spoken to someone or debriefed?

Who do I need to call or contact for my own wellbeing?

How have I cared for myself and my own wellbeing, bearing in mind this is a marathon and not a sprint?

CMF - End of Shift

REST

Come to me, all you who are weary and burdened, and I will give you rest.

Jesus in Matthew 11:28

LORD, MAKE ME AN INSTRUMENT OF YOUR PEACE

Where there is hatred, let me sow 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.

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;
in pardoning that we are pardoned;
in dying that we are born to eternal life.

Francis of Assisi (1181-1226)

PRAYERS FOR PATIENTS AT THE END OF LIFE

During this pandemic, chaplains will not always be able to attend the wards. As a Christian nurse, you may be invited by your matron or ward manager to offer religious support to a dying patient.

People who are dying may often seem to be unconscious or semi responsive. We know that often enough there is good awareness, and that, even though there may be no response, they will participate in prayers and listen.

Therefore, the prayers below may be said because they are effective in helping the dying on their journey to meet our Lord, and because, if said aloud in the presence of the person dying, that person will know that those who care and love them are near.

The following short texts may be said with the dying person. They may be softly repeated two or three times.

Who will separate us from the love of Christ?
... For I am convinced that neither death,
nor life, nor angels, nor rulers, nor things
present, nor things to come, nor powers, nor
height, nor depth, nor anything else in all
creation, will be able to separate us from the
love of God in Christ Jesus our Lord.

Romans 8:35 and 38

I believe that I shall see the goodness of the
Lord in the land of the living. Wait for the
Lord; be strong and he shall comfort your
heart; wait patiently for the Lord.

Psalm 27:13,14

The steadfast love of the Lord never ceases,
his mercies never come to an end;
they are new every morning;
great is your faithfulness.

Lamentations 3:22,23

[Jesus says,] I am the good shepherd.
I know my own and my own know me... And
I lay down my life for the sheep. I give them
eternal life, and they will never perish.

John 10:14-15, 28

THE LORD'S PRAYER

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.
For thine is the kingdom, the power
and the glory, for ever and ever.
Amen.

PRAYERS FOR THE DYING PERSON

Most gracious heavenly Father,
look kindly on N as death comes near.
Forgive the guilt of his/her past offenses,
according to your mercy.
Release and set him/her free by your grace,
to enter into the company
of the saints in glory.

Be with us as we watch and wait,
and keep us in the assurance of your love;
through Jesus Christ. Amen.

In the name of our Lord Jesus Christ,
may the Lord in his mercy and love
uphold you by the grace
and power of the Holy Spirit.
May he deliver you from all evil,
give you light and peace,
and bring you to everlasting life. Amen.

N, you shared life with us;
receive God's gift of eternal life to you.

You gave your love to us;
receive God's deep love for you.

You gave your time to us;
receive God's gift of eternity for you.

You gave your light to us;
receive God's everlasting light for you.

Go upon your journey,
dear soul, to love, light and life eternal.

DO NOT BE AFRAID

Jesus said, peace I leave with you;
my peace I give you. Let not your heart be
troubled, neither be afraid for my peace I
leave with you my peace I give to you.
Let not your heart be troubled, neither be
afraid for I am always with you.

John 14:27

PRAYER FOR THE FAMILY

Merciful God, you care for your children
as a shepherd cares for the sheep.
We lift up N.'s family and friends,
for your special care today,
for their loss is so painful
and their grief threatens to overwhelm them.
May they find comfort and courage
in your unfailing love,
enough trust to live without answers,
and deep hope through Jesus Christ,
our Lord. Amen.

May God pour His Spirit richly on you
And walk with you each step you take.

May His peace be with you,
this day and always.
Amen.

GONE FROM MY SIGHT

I am standing upon the seashore.

A ship, at my side,
spreads her white sails to the moving breeze
and starts for the blue ocean.

She is an object of beauty and strength.

I stand and watch her until, at length,
she hangs like a speck
of white cloud just where the sea and sky
come to mingle with each other.

Then, someone at my side says,
"There, she is gone."

Gone where?

Gone from my sight. That is all.

She is just as large in mast,
hull and spar as she was
when she left my side.

And, she is just as able to bear her load
of living freight to her destined port.
Her diminished size is in me — not in her.

And, just at the moment when someone
says, "There, she is gone,"
there are other eyes watching her coming,
and other voices
ready to take up the glad shout,
"Here she comes!"

And that is dying...

Henry van Dyke

THE BLESSING OF HEALING HANDS

Yours are the hands full of experience and skill.

Yours are the hands reaching out with
compassion, taking time to show care,
swiftly taking action.

Yours are the hands gently touching
your patients. You touch families, too.
Yours are the hands that show you care.
You lift the hearts of those who suffer.
Your hands celebrate the joy of healing.
Your hands bless all they touch
with the spirit of compassion,

Thank you for sharing your abundance and
gifts, for touching lives and lifting spirits.
Blessings and thanks for the many works
of your hands.

May your hands bring healing,
to all those you touch.

GOD OF COMFORT

Praise be to the God and Father
of our Lord Jesus Christ,
the Father of compassion
and the God of all comfort,
who comforts us in all our troubles,
so that we can comfort those in any trouble
with the comfort we ourselves
receive from God.

2 Corinthians 1:3-4



Prayers in this booklet have been selected
from different sources, including the Book
of Common Prayer.

Biblical quotations are from
the NIVUK translation of the Bible.

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