

A CAREGIVER'S PRAYER

Heavenly Father, help me better understand
and believe I can do what you ask me to do.

Forgive me for the times, even now,
when I question your judgment.

As I go about the many daily tasks of caregiving,
give me energy.

As I watch my loved one oh-so-slowly walk
across the room, give me strength.

As I answer his/her repeated question
just one more time, give me patience.

As I look for solutions to whatever
is the most recent concern, give me wisdom.

As I reminisce with him/her about the
“good old days,” give me a moment of laughter.

As I get to know my loved one in a new way,
seeing both his/her strength and frailty, give me joy.

Lighten my burden, answer my prayer,
and give me the strength to do what
so often seems impossible.

Give me a quiet place to rest when I need it
and a quieting of my anxieties when I'm there.
Remain my constant companion as I face
the challenges of caregiving
and when my job is through
and it's time for me to let go,
help me remember
he/she is leaving my loving arms
to enter your eternal embrace. Amen.

