

## Prayers for Serenity, Peace and Strength

Tender and compassionate God, you are our steadfast companion in the joyous times of our lives. When we rejoice, you celebrate with us; when we are anxious and afraid, you offer us a relationship where we can find courage to face the unknown; when we weep with sadness, you are our comforter. Help us, O God, to believe that you receive us as we are, and help us to entrust ourselves, with all our many struggles and hopes, to your faithful and abiding care. Amen.

Unknown

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, living one day at a time; enjoying one moment at a time; taking this world as it is and not as I would have it; trusting that You will make all things right if I surrender to Your will; so that I may be reasonably happy in this life and supremely happy with You forever in the next. Amen.

Reinhold Niebuhr

Hear my prayer, O God, source of all life. My child is ill and I am afraid. She/he is so fragile and young, so small and vulnerable. Deliver her/him from sickness. Make her/him strong, full of life and laughter once more. Bless her/him with your love that she/he may not be afraid and restore her/him to health. Amen.

Unknown

God, help me to weave a tapestry of love and not hate in my children, a spirit of tolerance and caring, and a dedication to freedom for all and not just some. God help me to sow seeds of peace and justice in my children's hearts, today. Amen.

Marian Wright Edelman

May the gentleness of God's supportive and sustaining love gather us in her arms this day/night, and bless us with sleep that restores both body and soul. Amen.

Marchiene Vroon Rienstra

Facing the future,  
every journey begins  
with but a small step.  
And, every day is a chance  
for a new, small step  
in the right direction.  
Just follow your Heartsong.

Mattie J. Stepanek (then 8 years old)

Bless this Day  
May this day be blessed with gifts,  
lessons, understanding, and friends.  
May my energy be a gift to all I meet.  
Let me be centered, healing and open.  
May I face the day with courage,  
kindness, insight, and compassion.  
May my spirit and body honor this day.

Abby Willowroot

My beloved speaks and says to me:  
'Arise, my love, my fair one,  
and come away;  
for now the winter is past,  
the rain is over and gone.  
The flowers appear on the earth;  
the time of singing has come,  
and the voice of the turtle-dove  
is heard in our land.  
The fig tree puts forth its figs,  
and the vines are in blossom;  
they give forth fragrance.  
Arise, my love, my fair one,  
and come away.

Song of Solomon 2:10-13

Love cannot remain by itself - it has no meaning.  
Love has to be put into action, and that action is service.  
Whatever form we are, able or disabled, rich or poor,  
it is not how much we do, but how much love we put in the doing;  
a lifelong sharing of love with others.

Mother Teresa

Give us the spirit of the child. Give us the child who lives within:  
The child who trusts, the child who imagines, the child who sings.  
The child who receives without reservation, the child who gives without  
judgment.  
Give us a child's eyes, that we may receive the beauty and freshness of this day  
like a sunrise;  
Give us a child's ears, that we may hear the music of mythical times;  
Give us a child's heart, that we may be filled with wonder and delight;  
Give us a child's faith, that we may be cured of our cynicism;  
Give us the spirit of the child, who is not afraid to need; who is not afraid to love.

Sara Moores Campbell

In the quietness of this place, surrounded by the all-pervading Presence of God,  
my heart whispers: Keep fresh before me the moments of my High Resolve, that  
in fair weather or in foul, in good times or in tempests, in the days when the  
darkness and the foe are nameless or familiar, I may not forget that to which my  
life is committed.

Keep fresh before me the moments of my high resolve.

Howard Thurman

Hear me, four quarters of the world.  
A relative I am!

Give me the strength to walk the soft earth.  
Give me the eyes to see and the strength to understand.

Look upon these faces of children without number,  
That they may face the winds and walk the good road to the day of quiet.

This is my prayer, hear me.

Black Elk

May the Love which overcomes all differences,  
which heals all wounds,  
which puts to flight all fears,  
which reconciles all who are separated,  
be in us and among us  
now and forever.

Frederick E. Gillis

Take courage friends.  
The way is often hard, the path is never clear,  
And the stakes are very high.  
Take courage.  
For deep down, there is another truth:  
You are not alone.

Wayne Arnason

To live in this world  
You must be able  
To do three things:

To love what is mortal;  
To hold is against your bones  
Knowing you own life depends on it;

And, when the time comes to let it go,  
To let it go.

Mary Oliver

I lift up my eyes to the hills—  
    from where will my help come?  
My help comes from the Lord,  
    who made heaven and earth.  
The Lord will keep  
    your going out and your coming in  
    from this time on and forevermore.

Psalm 121

O my God, my King! I naught can do,  
unless Thy Mighty Hand,  
unless thy Heavenly Power,  
assist me.

With Thine Aid, I can do all.

St. Teresa of Avila

May you be renewed, restored,  
and refreshed this day.  
In the midst of caring for so many  
may you find moments of peaceful rest.  
May hope refresh you throughout this day,  
moment by moment,  
as you go about giving of yourself.  
In all that you do today, may strength and compassion  
flow through you, so that in the midst of giving,  
you receive.

Anonymous

May Our Higher Power Bless us with Presence  
today, tomorrow and always  
Grant that in this hospital the physicians and staff will receive with kindness  
All the patients who are and will be confined here  
And will tend to them with skill and care,  
So that those who come here sick  
Will leave restored in spirit and in body  
And forever praise your mercy.

Anonymous

We give thanks on this day, For the gifts we've been given  
For the lives we have touched and the lives that have touched us.  
We pause now,  
to renew our commitment to the work we've been called.  
Heal us where we are broken,  
That we, in turn, may continue to offer healing to others.  
Fill us with compassion, that we might show compassion to others.  
Give us strength that we might give strength to others  
Give us courage that we might model courage for others.  
Grant us peace that we might bring peace to others.  
May this water serve to revive and renew you  
So that you might continue to offer renewal  
To all you meet. Amen

Anonymous

God of our life,  
there are days when the burdens we carry  
chafe our shoulders and weigh us down;  
when the road seems dreary and endless,  
the skies gray and threatening;  
when our lives have no music in them,  
and our hearts are lonely,  
and our souls have lost their courage.

Flood the path with light, we beseech Thee;  
turn our eyes to where the skies are full of promise;  
tune our hearts to brave music;  
give us the sense of comradeship with heroes and saints  
of every age;  
and so quicken our spirits that we may be able to encourage  
the souls of all who journey with us on the road to life,  
to Thy honor and glory.

St. Augustine

For everything there is a season, and a time for every matter under heaven:  
a time to be born, and a time to die;  
a time to plant, and a time to pluck up what is planted;  
a time to kill, and a time to heal;  
a time to break down, and a time to build up;  
a time to weep, and a time to laugh;  
a time to mourn, and a time to dance;  
a time to cast away stones, and a time to gather  
stones together;  
a time to embrace, and a time to refrain from embracing;  
a time to seek, and a time to lose;  
a time to keep, and a time to throw away;  
a time to tear, and a time to sew;  
a time to keep silence, and a time to speak;  
a time to love, and a time to hate;  
a time for war, and a time for peace.

Ecclesiastes 3:1-8 (NRSV)

Hear, O Israel: The Lord our God, The Lord is One.  
Praised be His name whose glorious kingdom is forever and ever.  
The Shema

With all my heart and with all my strength,  
I vow to always serve all living beings,  
in every way that is necessary for them,  
and in every way that will bring each and every one of them  
true and lasting health and happiness.

Buddhist Prayer

May the Spirit of Wholeness  
be with you  
awakening the power of healing within.  
May the Spirit of Harmony  
restore rhythms of  
body, mind, and spirit.  
May the Spirit of Love  
touch you, strengthen you,  
and give you Peace.  
Amen.

Buddhist Prayer

I think over again my small adventures,  
my fears, those small things that  
seemed so big, for all the vital things  
I had to get and to reach.

And, yet, there is only one great thing,  
the only thing: To live to see the great day  
that dawns and the light that fills the world.

Innuit



May all your hopes, dreams, and prayers,  
Be carried upon the wings of eagles,  
High into the air, and there to fall softly,  
Upon the ears of the Great Spirit.

William Purcell

I think over again my small adventures,  
my fears, those small things that  
seemed so big, for all the vital things  
I had to get and to reach.

And, yet, there is only one great thing,  
the only thing: To live to see the great day  
that dawns and the light that fills the world.

Innuit

Mother, sing me a song  
That will ease my pain,  
Mend broken bones,  
Bring wholeness again.  
Catch my babies  
When they are born,  
Sing my death song,  
Teach me how to mourn.

Show me the Medicine  
Of the healing herbs,  
The value of spirit,  
The way I can serve.

Mother, heal my heart  
So that I can see  
The gifts of yours  
That can live through me.

Native American Prayer

Oh Allah! The Sustainer of Humankind!  
Remove the illness, cure the disease.  
You are the One Who cures.  
There is no cure except Your cure.  
Grant us a cure that leaves no illness.

Du'a from the Sunnah  
(Muslim)

And, when I am ill,  
It is God who cures me.

Quran 26:80

I believe Thee to be the best being of all, the source  
of light for the world. Everyone shall choose Thee as  
the source of light, O most beneficent spirit, Divine Being.  
For Thou, O Lord, shall be unto us as the everlasting light.

Zend-Avesta

May there be peace in the higher realms;  
may there be peace in the firmament;  
may there be peace on earth.

May the waters flow peacefully;  
may the herbs and plants grow peacefully;  
may all the divine powers bring unto us peace.

The Supreme Lord is peace.  
May we all be in peace, peace, and only peace;  
and may that peace come unto each of us.

Peace! Peace! Peace!

The Vedas