



"A SINGLE SUNBEAM
IS ENOUGH TO
DRIVE AWAY
MANY SHADOWS."

SAINT FRANCIS
OF ASSISI

prayers

& reflections to nourish the soul



pause

& refresh your spirit. We hope this booklet helps you find comfort, strength, and peace, no matter what your circumstances.

Our Spiritual Care professionals are here to support you.

- Answering questions about the end of life
- Exploring spiritual beliefs or concerns
- Offering coping for common feelings, such as grief, loneliness, anger, and fear of the unknown
- Helping reconcile unresolved issues
- Providing prayerful companionship
- Reflecting on advance directives
- Acting as liaison with your own clergy

CONTENTS

3

PATIENCE &
COURAGE

9

COMFORT

13

CAREGIVING

17

GRATITUDE

21

END OF LIFE

25

PEACE & SERENITY



8 6 6 . 4 6 4 . 7 8 1 0





PRAYER FOR COURAGE

Loving God, who suffered much from opposition and indifference, help us to bear with patience like Yours the difficulties of our daily lives. Whether our suffering is of the spirit or body, grant us trust in Your continual presence, sympathy and help as may sustain us in all stress-filled times. Fortify us with courage in the periods of inner darkness that we may always see the shining of the Eternal Light, which is the God of love.

AUTHOR UNKNOWN

THE ART OF PATIENCE

Lord, teach me the art of patience whilst I am well, and give me the use of it when I am sick. In that day either lighten my burden or strengthen my back.

Make me, who so often in my health have discovered my weakness presuming on my own strength, to be strong in my sickness, when I solely rely on thy assistance.

THOMAS FULLER

JEWISH PRAYER

God, hear my prayer,
And let my cry come to You. Do not hide from me in the day of my distress. Turn to me and speedily answer my prayer. Eternal God, source of healing, out of my distress I call upon You. Help me sense Your presence at this difficult time. Grant me patience when the hours are heavy; In hurt or disappointment give me courage. Keep me trustful in Your love. Give me strength for today, and hope for tomorrow. To Your loving hands I commit my spirit when asleep and when awake. You are with me; I shall not fear.

TRADITIONAL



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.

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

Amen.

REINHOLD NIEBUHR

LOVE IS PATIENT

Love is patient,
Love is kind.

It does not envy;
it does not boast;
it is not proud.

It is not rude; it is not
self-seeking;
it is not easily angered
and it keeps no record
of wrongs.

Love does not delight
in evil but rejoices
with the truth.

It always protects,
always trusts, always
hopes and always
perseveres.

1 CORINTHIANS
13:4-7

PRAYER

WHILE WAITING

Gracious God, so
much is strange
and different that
sometimes I do
not understand what
it is all about; then
I become anxious
and afraid.

Please take away my
anxieties, my doubts
and my fears.

Enable me to trust
You, Lord, that I may
relax into Your love,
grow calm and
peaceful even in the
face of difficulties.

Lord, You are my
constant source of
hope and strength.

AUTHOR UNKNOWN



FOR COURAGE

Almighty God, teach me, I humbly ask You, the secret of casting fear out of my mind. With deep regret, I confess to You, that I am often afraid.

Life's challenges overwhelm me.

Some days are too much for me to bear with my tiny store of courage and strength. I need help.

Remind me that You are always there for me. May I hear over and over deep within my soul, Your voice and Your words: "Be not afraid."

In hearing, may I trust You, and in trusting may I find strength and courage in Your love. Amen.

AUTHOR UNKNOWN

WHEN IN PAIN

Eternal and loving God, hear me, when in the midst of pain, my heart cries out to You for ease. Give me thoughts of You and Your love.

Strengthen me, comfort me.

Enable me to hold on with courage, until I find relief.

Let me never lose sight of Your unfailing love for me.

Amen.

AUTHOR UNKNOWN

BLESSING FOR ENCOURAGEMENT

Go forth without fear, for He who created you has made you holy, has always protected you, and loves you.

SAINT CLARE
OF ASSISI

GOD'S LOVE FOR US

For I am persuaded, that neither death, nor life, nor angels, nor principalities, nor powers, nor things present, nor things to come, Nor height, nor depth, nor any other creature, shall be able to separate us from the love of God, which is in Christ Jesus our Lord.
ROMANS 8:38-39



**PRAYER TO THE
INVISIBLE BUT
EVER PRESENT
GOD**

Oh God, You are my
hope — how can I be
disappointed!

You are my trust —
how can I ever despair!

Our eyes cannot
discern You, hidden
as You are in the cloak
of Your glory, but our
hearts perceive Your
majesty, visible as it is in
the perfection of Your
splendor.

You are ever manifest
— how can You be
hidden!

You are ever present
and constantly watch
over —how can you
be absent!

AUTHOR UNKNOWN

PSALM 23

The Lord is my shepherd;
I shall not want.

He maketh me to lie
down in green pastures;
he leadeth me beside
the still waters.

He restoreth my soul.
He leadeth me in the
paths of righteousness
for His name's sake.

Yea, though I walk
through the valley of
the shadow of death, I
will fear no evil for Thou
art with me; Thy rod
and Thy staff, they
comfort me.

Thou preparest a
table before me in
the presence of mine
enemies. Thou anointest
my head with oil; my
cup runneth over.

Surely goodness and
mercy shall follow me all
the days of my life and
I will dwell in the house
of the Lord forever.

**GRANT US
TRUE PEACE**

O God! O our Master!
You are eternal life and
everlasting peace by
Your essence and attri-
butes. The everlasting
peace is from You and
it returns to You. O our
Sustainer! Grant us the
life of true peace and
usher us into the abode
of peace. O Glorious
and Bounteous One!
You are blessed
and sublime.

ISLAMIC PRAYER



**PRAYER OF SAINT
THERESE OF LISIEUX**

May today there be
peace within.

May you trust God
that you are exactly
where you are meant
to be.

May you not forget
the infinite
possibilities that are
born of faith.

May you use those
gifts that you have
received and pass on
the love that has been
given to you.

May you be content
knowing you are a
child of God.

Let this presence
settle into your bones
and allow your soul
the freedom to sing,
dance, praise and love.

It is there for each and
every one of you.

AMEN

**PRAYER OF
PROTECTION**

The light of God
surrounds me.

The love of God
enfolds me.

The power of God
protects me.

The presence of God
watches over me.

Wherever I am,
God is.

JAMES FREEMAN

HINDU PRAYER

Lead me from the
unreal to the real.

From darkness lead
me to light.

From death lead me
to immortality.

O Thou shining one,
Thou knowest all our
ways, we utter praise
of Thee!

Thou art woman,
Thou art man;

Thou art you,
Thou art maiden.

Thou art the dark
blue bee, Thou art
the green parrot with
red eyes, Thou art the
thunder cloud, the
seasons, the seas.

Thou art father. Thou
art mother. Thou art
beloved friend.

AUTHOR UNKNOWN

**A PRAYER FOR
THE CAREGIVER**

Unknown and often unnoticed, you are a hero nonetheless. For your love, sacrificial, is God at His best. You walk by faith in the darkness of the great unknown, and your courage, even in weakness, gives life to your beloved. You hold shaking hands and provide the ultimate care: Your presence, the knowing, that you are simply there. You rise to face the giant of disease and despair. It is your finest hour, though you may be unaware.

You are resilient, amazing, and beauty unexcelled, You are the caregiver and you have done well!

BRUCE MCINTYRE

A PRAYER TO THE MOTHER OF MERCY
Mary, Mother of Mercy, intercede for us.

Ask the Father in Jesus' name to grant health to the sick, strength to the weak, comfort to the sorrowing, grace to all souls, love to all hearts, peace to all families, justice to all nations, and heaven to each of us as life's final goal. Amen. AUTHOR UNKNOWN

**SAINT AUGUSTINE'S
EVENING PRAYER**

Watch, dear Lord, with those who wake, or watch, or weep tonight, and give Your angels charge over those who sleep.

Tend Your sick ones,
O Lord Jesus Christ.

Rest Your weary ones.
Bless Your dying ones.
Soothe Your suffering ones. Pity Your afflicted ones.

Shield Your joyous ones, and all for Your love's sake.

AMEN

A NURSES PRAYER

Loving God, Divine Healer of all, grant me strength and courage in my calling.

Give to my heart compassion and understanding.

Give to my mind knowledge and wisdom.

Especially, help me always to remember the true purpose of my vocation, that of selfless service and dedication to the weak and despairing in body and spirit.

AUTHOR UNKNOWN



**PRAYER OF SAINT
CLARE OF ASSISI**

What you hold, may
you always hold, what
you do, may you
always do and never
abandon.

But with swift pace,
light step, unswerving
feet, so that even your
steps stir up no dust,
may you go forward
securely, joyfully, and
swiftly, on the path of
prudent happiness.

THE SPIRIT

I love you when you
bow in your mosque,
kneel in your temple,
pray in your church.
For you and I are sons
of one religion, and it
is the spirit.

KHALIL GIBRAN

**BLESSING FOR
CAREGIVERS**

May the One who
blessed our ancestors
be present to those
who provide help for
the ill and troubled
among us. May they
be filled with
fortitude and courage,
endowed with
sympathy and
compassion, as they
give strength to those
at their side. May they
fight against despair,
and continue to find
within themselves the
will to reach out to
those in need. And in
their love of others,
may they know the
blessing of
community, and
the blessing of
renewed faith.

TRADITIONAL
JEWISH PRAYER

**A PRAYER OF
SAINT FRANCIS**

Lord, make me an
instrument of Thy
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; and 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; it is in
pardoning that we
are pardoned; and it
is in dying that we are
born to eternal life.
AMEN



PSALM 100

Make a joyful noise
unto the Lord, all ye
lands.

Serve the Lord with
gladness: come
before his presence
with singing.

Know ye that the Lord
He is God: it is He that
hath made us, and not
we ourselves; we are
His people, and the
sheep of His pasture.

Enter into His gates
with thanksgiving, and
into His courts with
praise: be thankful
unto Him, and bless
His name.

For the Lord is good;
His mercy is everlast-
ing; and His truth
endureth to all
generations.

PRAYER FOR GOD'S PRESENCE

Father, Mother, God,

Thank You for Your presence during the
hard and mean days, for then we have you
to lean upon.

Thank You for Your presence during the
bright and sunny days, for then we can
share that which we have with those who
have less.

And thank You for Your presence during the
Holy Days, for then we are able to celebrate
You and our families and our friends.

For those who have no voice, we ask You to
speak. For those who feel unworthy, we
ask You to pour Your love out in waterfalls
of tenderness.

For those who live in pain, we ask You to
bathe them in the river of Your healing.

For those who are lonely, we ask You to
keep them company.

For those who are depressed, we ask You
to shower upon them the light of hope.

Dear Creator, You, the borderless sea of
substance, we ask You to give to all the
world that which we need most — Peace.

MAYA ANGELOU



PRAISE AND THANKSGIVING FOR ALL GOD'S BENEFITS

O Lord our God,

We give You praise and honor for all
Your kind mercies that You have
bestowed on us through another week.

We offer You continual gratitude for creating
us after Your own likeness...for Your help
and care in our needs, for Your protection in
countless dangers of body and soul, for Your
consolation in our sorrows, for sparing us
life, and for giving us time to repent.

O most merciful Father, we thank You for all
the benefits which we have received from
Your goodness alone.

And we beg You to grant us always Your
Holy Spirit that we may grow in grace, in
unshakable faith, and in perseverance in all
good works.

JOHN KNOX

REJOICE EVERMORE

Always be joyful.
Never stop praying.
Be thankful in all
circumstances, for this
is God's will for you
who belong to
Christ Jesus.

1 THESSALONIANS
5:16-18, NLT



MY SPIRIT IS STILL ALIVE

Do not stand at my
grave and weep.
I am not there;
I do not sleep.
I am a thousand winds
that blow.
I am the diamond
glints on snow.
I am the sunlight on
ripened grain.
I am the gentle
autumn rain.
When you awaken in
the morning's hush
I am the swift uplifting
rush
Of quiet birds in
circled flight.
I am the soft star that
shines at night.
Do not stand at my
grave and cry;
I am not there; I did
not die.
MARY E. FRYE

PRAYER THAT EVERYTHING MAY LEAD US TO GOD

O Lord, by all Your dealings with us, whether of
joy or pain, of light or darkness, let us be brought
to You.

Let us value no treatment of Your grace simply
because it makes us happy or because it makes
us sad, or because it gives us or denies us what
we want.

But may all that You send us bring us to You,
that knowing Your loving kindness we may be
sure in every disappointment that You are still
loving us, and in every darkness that You are still
enlightening us, and in every infirmity that You
are still using us.

Yes, even in death, that You are giving us life.
PHILIPS BROOKS

PRAYER TO ST. JOSEPH

O Blessed Joseph, you gave your last breath in
the loving embrace of Jesus and Mary. When the
seal of death shall close my life, come with Jesus
and Mary to aid me. Obtain for me this solace for
that hour — to die with their holy arms around me.
Jesus, Mary, and Joseph, I commend my soul,
living and dying, into your sacred arms. AMEN



A NATIVE AMERICAN PRAYER

O Great Spirit, whose voice I hear in the winds and whose breath gives life to all the world, hear me! I am small and weak. I need Your strength and wisdom.

Let me walk in beauty and make my eyes ever behold the red and purple sunset. Make my hands respect the things You have made and my ears sharp to hear your voice.

Make me wise so that I may understand the things You have taught my people. Let me learn the lessons You have hidden in every leaf and rock. I seek strength, not to be superior to my brother but to fight my greatest enemy, myself.

Make me always ready to come to You with clean hands and straight eyes, so when life fades, as the fading sunset, my spirit may come to You without shame. LAKOTA CHIEF YELLOW LARK

TIBETAN BUDDIST PHOWA PRAYER

Through your blessing, grace, and guidance, through the power of the light that streams from You:

May all my negative karma, destructive emotions, obscurations, and blockages be purified and removed,

May I know myself forgiven for all the harm I may have thought and done,
May I accomplish this profound practice of phowa, and die a good and peaceful death,

And through the triumph of my death, may I be able to benefit all other beings, living or dead. SOGYAL RINPOCHE



EVENING PRAYER

Before I go to sleep, O Lord, I want to say this prayer: that You will always keep me, in Your kind and loving care.

That You will let my body rest, and let my mind relax, and fill my dreams with holy thoughts, instead of worldly facts.

I ask that you forgive me, for my failures of today.

And give me all the grace I need, to live a better way.

Watch over me tonight, O Lord, and in my heart instill the fervor and the constancy, to do Your holy will.

I want to follow You and grow more worthy in Your sight. O Lord, please listen to my prayer and hear me say goodnight.

JAMES J. METCALFE

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, and the power, and the glory, for ever and ever. AMEN

**HINDU PRAYER
FOR PEACE**

Oh God, lead us from the unreal to the real.

Oh God, lead us from darkness to light.

Oh God, lead us from death to immortality.

Shanti, Shanti, Shanti unto all.

May there be peace in celestial regions.

May there be peace on earth.

May the waters be appeasing.

May herbs be wholesome and may trees and plants bring peace to all.

May all beneficent beings bring peace to us.

May all things be a source of peace to us.

And may Thy peace itself bestow peace on all and may that peace come to me.

AUTHOR UNKNOWN



PRAYER FOR PEACE

O Allah, unite our hearts and set aright our mutual affairs, guide us in the path of peace.

Liberate us from darkness by Your light, save us from enormities whether open or hidden.

Bless us in our ears, eyes, hearts, spouses, and children. Turn to us; truly you are oft-returning, Most Merciful.

Make us grateful for Your bounty and full of praise for it, so that we may continue to receive it and complete Your blessings upon us

MUHAMMAD
AL-JAZRI

GANDHI'S PRAYER FOR PEACE

I offer you peace.

I offer you love.

I offer you friendship.

I see your beauty.

I hear your need.

I feel your feelings.

My wisdom flows from the Highest Source.

I salute that Source in you. Let us work together for unity and love.

TOUCHING PEACE

Our true home is in the present moment. To live in the present moment is a miracle. The miracle is not to walk on water. The miracle is to walk on the green Earth in the present moment, to appreciate the peace and beauty that are available now. Peace is all around us — in the world and in nature — and within us — in our bodies and our spirits. Once we learn to touch this peace, we will be healed and transformed. It is not a matter of faith; it is a matter of practice. We need only to find ways to bring our body and mind back to the present moment so we can touch what is refreshing, healing, and wondrous.

THICH NHAT HANH



A PRAYER FOR PEACE OF MIND

Almighty God, we bless You for our lives, we give You praise for Your abundant mercy and grace we receive. We thank You for Your faithfulness even though we are not that faithful to You. Lord Jesus, we ask You to give us all around peace in our mind, body, soul, and spirit. We want You to heal and remove everything that is causing stress, grief, and sorrow in our lives.

Please guide our path through life and make our enemies be at peace with us. Let Your peace reign in our family, at our place of work, businesses and everything we lay our hands on.

Let your angels of peace go ahead of us when we go out and stay by our side when we return. In Jesus' name, Amen.

AUTHOR UNKNOWN

All photographs copyright
Angela Hospice.

Note that some of the prayers
in this booklet attributed to
"unknown" have been passed
down from generations, and are
now in the public domain.



"OUR LABOR HERE IS
BRIEF, BUT THE REWARD
IS ETERNAL."

SAINT CLARE
OF ASSISI

HOME HOSPICE CARE • HOSPICE CARE CENTER
GRIEF CARE • PALLIATIVE CARE
PEDIATRIC & PRENATAL HOSPICE • SPIRITUAL CARE

TOLL FREE 866.464.7810 • ASKFORANGELA.COM
14100 NEWBURGH ROAD, LIVONIA, MI 48154
A FELICIAN-SPONSORED MINISTRY

