

## Helpful Prayers and Scriptures

### Comfort for the first day and night in hospital

God is our shelter and strength; always ready to help in times of trouble. (Psalm 46:1)

*I have the strength to face all conditions by the power that Christ gives me. (Philippians 4:13)*

I know not where His islands lift their froned palms in air, I only know I cannot drift beyond His love and care. (J.G.Whittier 1807-92)

God,

This is my first day in hospital and night has come.

The lights are dimmed and I feel...

lonely; afraid; anxious; and restless.

You have said, "Be still and know I am God".

Let me be at peace.

I miss my spouse, children and friends.

Take care of them too.

May, we all know that no one is beyond  
your love and care. *Amen.*

The day has begun and there is rush and bustle.

There are people all around

Like the crown that surrounded Jesus.

I bring those people to your presence, Lord.

This hospital... the patients... beside me.

The disturbed, the desperate and the dying.

Those who are feeling better and those  
about to go home soon.

I pray for... the sisters and nurses.

The many doctors, surgeons, cardiologists,  
physicians and physiotherapists, dietitians, pathologists and many more.

I pray for... those who cook and bring the meals,  
those who clean the wards.

I bring myself and my own needs.

Whatever happens this day grant me strength  
courage and peace.

You have said... "Come unto me all who suffer"...

"I am with you" Thanks Lord. *Amen*

### For those facing the unknown

We are always afraid of the unknown. We are not sure what we are going to meet and whether we can take it. Grant us courage knowing that one step at a time is all we need and also knowing that Jesus has gone before us. *Amen.*

The word of the Lord abides for ever. That word is the Good News which was preached to you. (1 Peter 1:25)

### For those undergoing clinical tests

Lord God,

I have to go through so many tests, some are simple and some seem so complicated. I am a little afraid. Take this fear from me as you took it away from your disciples on the stormy seas of Galilee. I am not sure whether I have the strength to stand up to it. Give me courage and faith. Be with me this day. The instruments and the machines look so massive, cold and foreboding. Just reassure me, Lord. *Amen.*

### For those feeling depressed, lonely or anxious

For I am certain that neither death nor life, neither angels nor heavenly powers, neither present nor future, neither the world above nor below - in fact nothing at all in the whole creation is able to separate us from the love of God through Jesus Christ our Lord. (Romans 8:38-39)

What a friend we have in Jesus, all our sins and griefs to bear;

We should never be discouraged, take it to the Lord in prayer. (Joseph Scriven 1820 - 1886)

Lord God,

Friend of all and my friend, there are so many people passing up and down the ward corridors and they are so busy. I feel lonely. I need to know I'm wanted. The hours of the night are long. The four walls of my room imprison me. Be a friend to me in my walk of life. Help me to know that nothing at all can separate me from you. *Amen.*

### For the quiet moments

He gives strength to those who are weak and tired;

Even those who are young grow weak; and young men can fall exhausted.

BUT...Those who trust in the Lord will have renewed strength.

They will mount up on eagles' wings. They will run and not get weary.

They will walk and not get weak. (Isaiah 40: 29-31)

Do not be afraid I am with you; Do not be dismayed I am your God.

I will make you strong; I will help you; I will uphold you with my strength. (Isaiah 41:10)

Blessed be the God and Father of our Lord Jesus Christ, The merciful Father, the God from whom all help comes. He comforts us in all our troubles so that we are able to help others with the same comfort we ourselves have received. (2 Corinthians 1: 3-4)

Do not be anxious about food or drink in order to stay alive, or about the clothes you wear. Isn't life more than food, drink and clothes? Look at the birds flying around. Your heavenly father takes care of them. Are you not of more value than those birds? Are you able to live longer by worrying? Why worry about clothes? Even King Solomon with all his wealth had no clothes as beautiful as these flowers. Do not even worry about tomorrow. There is no need to add to the troubles of each day. (Matthew 6: 25-34)

Rejoice in the Lord always, again I say 'REJOICE!' Don't worry about anything. In all your prayers simply ask God for what you need. Ask Him with a thankful heart. May the peace of God which is far beyond human understanding keep your hearts and minds safe in Christ Jesus. (Philippians 4: 4-7)

Let not your hearts be troubled, Believe in God, believe also in Me. Let not your hearts be troubled, Neither let them be afraid. (John 14: 1-27)

### JESUS SAID:

I am the Light of the World;  
I am the Bread of Life;  
I am the Good Shepherd;  
I am the Resurrection and the Life;  
I am the Way, the Truth and the Life;  
I am the True Vine. I am the Door.

God Himself will be with His people; He will wipe away all tears from their eyes; There will be: no more **death**; no more **grief**; nor **crying**; nor **pain**. The old things have passed away.(Revelation 21:6)

Eternal God,

I am anxious... about what might happen to me. Give me inner assurance that will make me at peace. I am depressed. I do not seem to feel better as I would like. I am grateful for all that has been done. Grant me strength to accept my present circumstances.  
*Amen.*

### On Receiving Good News

Lord God,

I can go home tomorrow; Back to the same familiar routine as before, joined with those I love, I know it will take me a little time to settle down again but that will not be too difficult. I want to say thanks to You, to all here and to my friends and family. *Amen*

### On Receiving Bad News

Father God,

I have received bad news today. I'm shattered and shaken, even tearful. I don't know what to say or think. But I don't want it to happen. I can't face meeting those I love and care for. I'm bitter and helpless. Calm me down. Help me to know that you care and that you will be with me - always. *Amen.*

### For those in Aged Care Homes

Our years fade away like a whisper, seventy years is all we have.

Eighty years, if we are strong.

Yet all they bring is trouble and toil, life is soon over and we are gone.

(Psalm 90: 9-10)

Our God, our help, in ages past, our hope for years to come.

Our shelter from the stormy blast, and our eternal home.

(Isaac Watts 1674 - 1748)

Lord

Our bones ache, and our mind is slowing up.

We cannot remember things as well as we once did.

Our feet are not steady. Responsibility is too much for us.

Independent we want to be but cannot,

So Lord, give us grace to accept all this. *Amen*

Lord God, Almighty.

We cannot go to our accustomed place of worship.

Nor can we go along the usual streets and places we so love.

We feel unwanted. At times, like birthdays and Christmas, a sword pierces our hearts. We are grateful for so many who do so much but we are still sad at times. Help us to pray for others. In our own way and in our own time. May we be useful to our church, this is our home and to our family. *Amen.*

## Helpful Prayers and Scriptures

Lord God,

We pray for those in the room with us and those near us.

Sometimes it is hard to accept them and live with them but we are all one family in you.

We remember all those who work in this home to satisfy our physical, emotional, intellectual and spiritual needs.

Bless them all. We thank you we can go through day and night knowing others care for us, even as you do, too. *Amen*

### Celebrating a new baby

Gracious Father,

You have given us great joy, with the gift of our baby,

We promise to bring our baby up to the best of our ability.

You have made our home complete and our family closely united.

May our baby be a good citizen of this country and of your Kingdom. *Amen.*

### For those preparing for an operation

I'll be wheeled to the theatre in a little while, Lord.

I feel a little scared but I place my trust in you.

Bless all those who take part in this operation; guide them,

And Lord bless all others who go to the theatre this day, too.

Be with my waiting, anxious family and sustain them. *Amen*

The eternal God is my dwelling place and underneath  
are His everlasting arms. (Deuteronomy 33:27)

Lord, you keep those in perfect peace who trust in you and have firm purpose. (Isaiah 26:3)

Do not be afraid - I have redeemed you;

I have called you by name. You are mine.

When you pass through deep waters

I will be with you. Your troubles will not overwhelm you. (Isaiah 43: 1-2)

### Peace from the Psalms

When I lie down, I go to sleep in peace;

You alone, O Lord, keep me perfectly safe. (Psalm 4:8)

He who dwells in the shadow of God, Most High,

And he who abides under the protection of the Almighty can say to Him;

You are my protector and defender. In you I trust (Psalm 91: 1-2)

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Do not forget how kind He is;  
He forgives all my sins and heals all my diseases;  
He blesses me with love and mercy and fills my life with good things. (Psalm 103: 1-5)  
I lift up my eyes to the hills. Where will my help come from?  
My help comes from the Lord who made heaven and earth. (Psalm 121: 1-2)

My heart breaks when I remember the past; Why am I so sad?  
Why am I so troubled? I place my hope in God.  
I will praise Him, my God and my Saviour. (Psalm 42:11)

### The Shepherd's Psalm

The Lord is my shepherd, I shall not want,  
He lets me rest in fields of green grass;  
He leads me to quiet pools of fresh water;  
He gives me new strength;  
He guides me in His promised paths.  
Even though I go through the deepest darkness I am not afraid.  
You are with me.  
Your shepherd's rod and staff protect and comfort me;  
Your goodness, love and mercy are with me all my life.  
Your house is my home always.  
(PSALM 23)

### The Lord's Prayer

Our Father who is in heaven, Hallowed be your Name.  
Your Kingdom come, Your will be done,  
On earth as it is in heaven.  
Give us today our daily bread,  
And forgive us our sins  
As we forgive those that sin against us.  
Lead us not into temptation,  
But deliver us from evil,  
For the Kingdom, the Power and the Glory  
Are yours for ever and ever. *Amen.*