

A LITTLE BOOK OF PRAYERS



FOR THOSE
LIVING WITH DEMENTIA
AND THEIR CAREGIVERS

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.



A Blessing from the Old Testament

May the Lord bless you and keep you.
May the Lord make his face to shine upon you,
and be gracious unto you.
May the Lord lift up the light
of his countenance upon you,
and give you peace.
Amen.

Numbers 6: 24-26



Prayer of St Richard of Chichester

O dear Lord,
Three things I pray,
To see you more clearly,
love you more dearly,
and follow you more nearly,
day by day.
Amen.



God be in my Head

God be in my head,
and in my understanding;
God be in mine eyes,
and in my looking;
God be in my mouth,
and in my speaking;
God be in my heart,
and in my thinking;
God be at mine end,
and at my departing.

Sarum Primer



Psalm 23

The Lord is my shepherd; I shall not want.
He makes me to lie down in green pastures:
He leads me beside the still waters.
He restores my soul:
He leads 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 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 runs over.
Surely goodness and mercy shall follow me
all the days of my life:
and I will dwell in the house of the Lord for ever.



St Patrick's Breastplate

Christ be with me, Christ within me,
Christ behind me, Christ before me,
Christ beside me, Christ to win me,
Christ to comfort and restore me,
Christ beneath me, Christ above me,
Christ in quiet, Christ in danger,
Christ in hearts of all that love me,
Christ in mouth of friend and stranger.



Leaning on the Heart of God

I am leaning on the heart of God.

I am resting in silence.

All the turmoil that exhausts me
is brought to bear on this great love.

No resistance or complaint is heard
as I lean upon God's welcome.

There is gladness for my coming.

There is comfort for my pain.

I lean, and lean, and lean upon this heart which hurts with me.

Strength lifts the weight of my distress.

Courage wraps around my troubles.

No miracle of instant recovery.

No taking away of life's burdens.

Yet, there is solace for my soul,
and refuge for my exiled tears.

It is enough for me to know the heart of God is with me,
full of mercy and compassion,
tending to the wounds I bear.

Sr Joyce Rupp OSM



The Caregiver's Prayer

Compassionate and healing God,
help us to see your face
in the faces of our sisters and brothers
who are sick or injured.

Guide us to reach out to them
with hearts of compassion
and hands which serve their needs.

When they are anxious,
help us to know how to reassure them.

When they feel alone,
help us to notice and be present.

When they feel confused, help us to listen
and assist in finding answers to their concerns.

When they need comfort,
help us to communicate care and understanding.

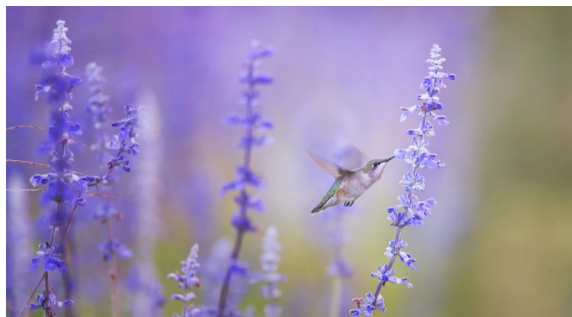
When they are weak or discouraged
help us find ways to refresh their spirits.

When doubt or darkness touches them,
give your Light to guide them and lift them up.

Help us as caregivers to always turn to You
as the source of our own strength and compassion
as we seek to serve the needs of our sisters and brothers
who are vulnerable.

Amen.

From the Catholic Health Association of the United States



A Prayer for Dementia Action Week

In moments of confusion, God keep us safe.

In moments of clarity, God grant us joy.

In moments of frustration, God give us peace.

In moments of sorrow, God bring us comfort.

May God who sees into the secret places of our mind,
beyond anything which limits us,
to the person that is us,
has always been and will always be us,
encircle us in His arms,
until that day when all is made new
in His eternal home.
Amen.

From the Diocese of Lichfield



Beatitudes for Caregivers

Blessed are those who sleep poorly
because they're worried about their loved one, or because
their loved one wakes in the middle of the night and needs help,
for theirs is the kingdom of heaven.

Blessed are those who mourn
because their loved one, though still alive,
is slipping away because of dementia,
for they will be comforted.

Blessed are the meek
who force themselves to speak up and speak out
to make sure their loved one receives the help he or she needs,
for they will inherit the land.

Blessed are those who hunger and thirst for answers
to why this is happening to their loved one
and how much longer it will go on,
for they will be satisfied.

Blessed are those who show mercy, kindness and compassion
to their loved one,
for they will be shown mercy, kindness and compassion.

Blessed are those who keep clean a loved one
who is physically or mentally unable to keep himself or herself clean,
for they will see God.

Blessed are those who help their loved one find moments of peace,
for they will be called children of God.

Blessed are those who are misunderstood, not appreciated,
and taken for granted in their role as caregiver,
for theirs is the kingdom of heaven.

Blessed are you whose caregiving efforts are unjustly criticized –
or who are falsely accused of not caring about others –
because of your love for your care-receiver and your love for God,
who has asked you to help his beloved son or daughter.

Rejoice and be glad, for your reward will be great in heaven.

Bill Dodds

A Prayer for Peace

The peace of God,
which passes all understanding,
keep your hearts and minds
in the knowledge and love of God
and of his Son Jesus Christ our Lord;
and the blessing of God almighty,
the Father, the Son, and the Holy Spirit,
be among you and remain with you always.
Amen.

Philippians 4: 7



Images from Unsplash, Pixabay, and Elizabeth Wang at radiantlight.org.uk

ST ASAPH DIOCESAN SPIRITUALITY GROUP
GRŴP YSBRYDOLRWYDD ESGOBAETHOL LLANELWY
stasaphspirituality@ChurchinWales.org.uk

