

# PRAYERS FOR PARTICULAR TIMES AND OCCASIONS



## *Morning Prayer*

Dear God,

I wake up to face another day without my loved one. How I yearn for her (his) presence in my life. I keep asking myself if I can get through this day without her (him). And yet I've done just that for many days now. Somehow I've managed to find another way besides physically to have her (him) with me. It's not the same, certainly, but my memories of her (him) are giving me a strength I didn't realize I had. I know you are responsible for that, dear God, and I thank you. Just keep on helping me to remember. Help me to share those memories with others who loved her (him). Help me to listen to their stories about

\_\_\_\_\_ (*name*), so that together we can keep her (him) a part of our everyday lives.

Dear God be with me as I begin this day. I commend my loved one to you. Bless \_\_\_\_\_. Bless me and all those she (he) loved.

Amen.

### *Prayer Before a Meal*

Dear God,

As I prepare to eat my meal, I ask you to bless this food and bless me. May this meal give me strength for my body so that I may continue throughout this day. Help me to be aware that food is a gift from you and that it is meant to nourish me physically and sustain me spiritually.

Bless all those I love and who love me, especially \_\_\_\_\_ (*name*), who is no longer here to share this meal with me. May I be reunited one day with you and him (her) at your heavenly table.

Amen.

### *Prayer at Bedtime*

Dear God,

The day is over, and I'm preparing to go to bed. So many times I dread doing this because I often don't sleep well. I'm tired, but I'm restless. Somehow, I can't turn off my thoughts, especially of \_\_\_\_\_ (*name*). It seems as though he (she) should be with me this evening after being absent the whole day. But I know he (she) can't be, and that makes me lonely.

I want to put myself into your hands as I prepare for bed. Help me to let go of the day with its heaviness and sadness. Let me focus on a happy memory of \_\_\_\_\_, a memory that will bring him (her) close to me. Let me awake tomorrow morning refreshed by a restful sleep in the knowledge that you have watched over my loved one and me throughout the night.

Amen.

### *In Winter*

Dear God,

This winter season is a constant reminder to me of the death of my loved one. I look around me and see that the trees are bare; there are no flowers in the gardens; everything seems dull and dreary, cold and desolate. And I feel the same! The person who brought me so much beauty and light, warmth and joy, is with me no longer. I know it's not good for me to continually feel this way, and so I am asking you to remind me each day during this winter season that life still goes on, especially in nature, although it appears that everything is dead.

Remind me also, gentle God, that life can continue in me even though my loved one is not beside me. Help me to understand that just as the winter snows will enrich and give nourishment to the trees and flowers that now lie dormant, so, too, my memories of \_\_\_\_\_ can nourish me and give meaning to my life. Let me make the most of this winter season as a time to gather those memories and then share them with others who loved him (her) also.

Bless my loved one, and keep him (her) close to you.

Amen.