

# A Caregivers Prayer

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

Guide us to reach out to them  
with eyes that see deeply without questioning  
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 attentively and gently assist  
in finding solutions to their concerns.

When they need comfort,  
help us to show love, 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.

*- adapted from a prayer written by Jane McConnell OSF*

*May every Blessing be with you  
and about you.*

*Mary Aikenhead, 25 September 1849*



A caregiver and patient at  
St Joseph's Hospital, Auburn 1982

*Taken by Christine Henry RSC*