

Prayers for
Healing
Body and Soul

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Introduction

This pamphlet is dedicated to all the patients I've had the privilege to listen to in my years as a hospital chaplain. They have powerfully witnessed to the strength of the human spirit, and I am grateful for their trust in me. I have tried to incorporate their common struggles into my prayers.

I believe the healing process is a partnership between our human efforts and the providence of our gracious God. So many patients have told me how important prayer was to them in their recovery process. I hope this pamphlet helps lead other patients, both inside and outside the hospital, to prayer and healing.

Loneliness

*“Turn to me and be gracious to me,
for I am lonely and afflicted.”*

PSALM 25:16

I am alone, grappling with my sickness in this strange environment. Its sights and sounds are foreign to me, and my hospital bed is nowhere as comfortable as my bed at home.

I feel so lonely.

But you, O Lord, are as close to me as the air I breathe. I am never alone, for you are with me always.

I turn to you, Lord, in my loneliness. In your love and compassion, show me your presence.

With you by my side, I can face anything. With you in my heart, I can find rest, assured of your love.

Let my heart find its home in you, and only in you.

Remaining Hopeful

“Happy are those whose help is the God of Jacob, whose hope is in the LORD their God.”

PSALM 146:5

I am so uncertain about the future and I am starting to lose hope. I don't know what's going to happen, and the medical staff, though caring, cannot give me the assurance I need.

But you are a God of hope. You are a God who promises only goodness. You are a God who wants life for me and for all your creation.

I turn to you, Lord, with my questions and fears, and ask that you fill me with hope. Help me to trust in your love so that I can face the future with peace.

Give my family, too, the hope that they need, so that together we can rest in the arms of your love.

Prayer Before Surgery

*“You are my hiding-place and my shield;
I hope in your word.”*

PSALM 119:114

Lord, I ask for your protection before my operation. I am anxious and fearful, but I pray for the grace to trust in you.

Bless my surgeon and the operating team. I thank you for their skill and knowledge, and for bringing me to them in my time of need. Fill them with your wisdom and guidance as they perform my surgery.

If it be your will, Lord, I ask that my surgery be successful, but give me the ability to accept whatever may happen, knowing you are with me always.

You are the Divine Physician, and I place myself in your care.

I Am Weary

*“At an acceptable time, O God,
in the abundance of your steadfast love,
answer me.”*

PSALM 69:13

I am tired of this illness, and I long for easy solutions. Yet it seems that those solutions evade me.

Be with me, God, in my weariness. Be a stronghold for me as I face this new challenge. Let me know you are with me and you will never leave me to face my burdens alone.

I ask for your guidance as I face the decisions that await me. I ask for the best outcome to this situation, you who are my shield.

Give me the strength to welcome the future, secure in the knowledge of your love for me. With your wisdom, make straight my path.

Confronting Pain

*"Hear my cry, O LORD; let my cry come to you.
Do not hide your face from me
in the day of my distress."*

PSALM 102:1-2

I hurt. All I can think about is my pain. I am engulfed in pain, and I can't take it much longer.

Jesus, you were nailed to a tree; you know what it's like to be in pain. You know my misery, and I believe you long to take it away from me.

God, if it be your will, take away my pain, but if not, be with me in my suffering. Wrap your loving arms around me and help ease my burden.

In the Garden of Gethsemane, Jesus, the Father gave you the strength you needed. I beg you to do the same for me.