

WORDS OF COMFORT

For Times of Worry, Distress and Grief

A Collection of Prayers and Psalms

The Rev. Nina R. Pooley and St. Bartholomew's Pastoral Care Committee commend these prayers to our use.

From our Book of Common Prayer; Enriching our Worship 2, Supplemental Liturgical Materials, prepared by The Standing Commission on Liturgy and Music, 2000; and other sources as noted.



The pandemic has impacted our lives profoundly. We are unable to be physically together to share courage and comfort during times of distress. Our concerns encompass family and friends across the nation and the world. Trying to comfort our loved ones from afar is challenging. Thus, Nina Pooley and the Pastoral Care Committee commend these prayers for the St. Bart's community in the hope it may offer solace during difficult times.

The booklet is available digitally and is found on the [St. Bart's website](#). For ease of printing portions of the booklet, we have created a Table of Contents with page numbers and we have made the Psalms/Canticles a separate pdf.



The Reverend Dr. Nina R. Pooley

Imelda Schaefer
Barbara Barhydt
Paule French
Pam Hobson

John Perkins
Susie Peixotto
The Rev. Lin Peyton
Heather Sylvester
Susannah White

Layout/design: Meredith Mazur, Administrative Assistant



Table of Contents	Page
i. In the Morning and In the Evening	3
ii. For Healing, Comfort and Restoration	
For Trust in God's Comfort	4
For Health and Recovery	4
For Serenity and Rest	5
For Health Care Providers	6
iii. For Loss and Grieving	
For the Dying	7
For Those Keeping Watch	7
For the Departed	7
For Those Who Mourn	8
iv. For Blessings and Peace	10
v. Psalms (<i>separate Pdf</i>)	
Psalm 13	1
Psalm 22: 1-11	1
Psalm 23	2
Psalm 25: 15-21	2
Psalm 30	2
Psalm 46	3
Psalm 69: 31-38	4
Psalm 71	4
Psalm 86: 1-7	6
Psalm 91: 1-11	6
Psalm 121	7
Psalm 139: 1-17	7
Psalm 145: 14-22	8
Psalm 147: 1-7	9
Canticles	
Canticle I, A Song of Jonah, <i>Jonah 2:2-7, 9</i>	10
Canticle Q, A Song of Christ's Goodness, <i>Anselm of Canterbury</i>	10

PRAYERS FOR IN THE MORNING AND IN THE EVENING¹

In the Morning

- ◇ This is another day, O Lord. I know not what it will bring forth, but make me ready, Lord, for whatever it may be. If I am to stand up, help me to stand bravely. If I am to sit still, help me to sit quietly. If I am to lie low, help me to do it patiently. And if I am to do nothing, let me do it gallantly. Make these words more than words, and give me the Spirit of Jesus. Amen.



In the Evening



- ◇ Keep watch, dear Lord, with those who work, or watch, or weep this night, and give your angels charge over those who sleep. Tend the sick, Lord Christ; give rest to the weary, bless the dying, soothe the suffering, pity the afflicted, shield the joyous; and all for your love's sake. Amen.
- ◇ God, your unfailing providence sustains the world we live in and the life we live: Watch over those, both night and day, who work so others can rest, grant that we may never forget that our common life depends upon each other's toil; through Jesus Christ our Lord. Amen.
- ◇ O heavenly Father, you give your children sleep for the refreshing of soul and body: Grant me this gift, I pray; keep me in that perfect peace which you have promised to those whose minds are fixed on you; and give me such a sense of your presence, that in the hours of silence I may enjoy the blessed assurance of your love; through Jesus Christ our Savior. Amen.
- ◇ Lord,
it is night.
The night is for stillness.
Let us be still in the presence of God.
It is night after a long day.
What has been done has been done;
what has not been done has not been done;
let it be.
The night is dark.
Let our fears of the darkness of the world and of our own lives rest in you.
The night is quiet.
Let the quietness of your peace enfold us, all dear to us,
and all who have no peace.
The night heralds the dawn.
Let us look expectantly to a new day,
new joys, new possibilities.
In your name we pray. Amen.²

¹ *The Book of Common Prayer*. New York: Seabury Press, 1979. All prayers from this source unless otherwise noted.

² *A New Zealand Prayer Book*, Anglican Church in Aotearoa, New Zealand and Polynesia, William Collins Publishers LTD, 1989.
HarperCollins Web site: <http://www.harpercollins.com>.

PRAYERS FOR HEALING, COMFORT AND RESTORATION ¹ (pages 4-6)



For Trust in God 's Comfort

- ◇ O God, the source of all health: So fill my heart with faith in your love, that with calm expectancy I may make room for your power to possess me, and gracefully accept your healing; through Jesus Christ our Lord. Amen. *[For Trust]*
- ◇ Lord Jesus Christ, by your patience in suffering you hallowed earthly pain and gave us the example of obedience to your Father's will: Be near me in my time of weakness and pain; sustain me by your grace, that my strength and courage may not fail; heal me according to your will; and help me always to believe that what happens to me here is of little account if you hold me in eternal life, my Lord and my God. Amen. *[For Pain]*
- ◇ God of all comfort, our very present help in trouble, be near to me. Look on me with the eyes of your mercy; comfort me with a sense of your presence; preserve me from the enemy; and give me patience in my affliction. Restore me to health, and lead me to your eternal glory; through Jesus Christ our Lord. Amen. *[For Comfort]*
- ◇ Gracious God, only source of life and health: Help, comfort, and relieve me, and give your power of healing to those who minister to my needs; that my weakness may be turned to strength and confidence in your loving care; for the sake of Jesus Christ. Amen. *[For Comfort]*
- ◇ God, you are my help and comfort; you shelter and surround me in love so tender that I may know your presence with me, now and always. Amen. *[For Comfort]*

For Health and Recovery

- ◇ God of all comfort, our very present help in trouble: be near to *N.* for whom our prayers are offered. Look on *her/him* with the eyes of your mercy; comfort *her/him* with a sense of your presence; preserve *her/him* from the enemy; and give *him/her* patience in *her/his* affliction. Restore *her/him* to health, and lead *her/him* to your eternal glory, through Jesus Christ our Lord. Amen. *[For Person Who Is Sick]*
- ◇ God, the strength of the weak and the comfort of those who suffer: Hear my prayers and grant me the power of your grace, that my sickness may be turned into health, and my sorrow into joy; for Jesus Christ's sake. Amen. *[For Recovery From Sickness]*
- ◇ In your tender mercies O God, remember, *N.* who [*expects/has just received*] a grave diagnosis. Help *her/him* to trust in your goodness and believe that after a time of trial *she/he* shall be established on the firm foundation of your deliverance. Amen. *[For a Poor Prognosis]*



For Health and Recovery, *continued*

- ◇ Strengthen me, O God, to go where I have to go and bear what I have to bear; that, accepting your healing gifts at the hands of surgeons, nurses, and technicians, I may be restored to wholeness with a thankful heart; through Jesus Christ our Savior. Amen. *[For an Extended Course of Treatment]*
- ◇ Loving God, we pray that you will comfort *N.* in *her/his* suffering, lend skill to the hands of *her/his* healers, and bless the means used for *her/his* cure. Give *her/him* such confidence in the power of your grace, that even when *she/he* is afraid, *she/he* may put *her/his* whole trust in you; through our Savior Jesus Christ. Amen. *[Before an Operation]*
- ◇ Jesus, at Gethsemane you toiled with terrifying choices. Be with me now as I struggle with a fearful choice of treatments which promise much discomfort and offer no guarantee of long-term good. Help me know that you will bless my choice to me, and, good Savior, be my companion on the way. Amen. *[For Difficult Treatment Choices]*
- ◇ Merciful God, in your love and wisdom you know the needs and fears of your people before we can name them. Grant that *N.* and we who watch with *her/him* may be enabled to surrender all *her/his* cares to you, as you care for *her/him*. Give *her/him* peace of mind and unshakable trust in you; through Jesus Christ our Redeemer. Amen. *[For those who are unconscious]*
- ◇ In the midst of illness, God, I pause to give you thanks: for the glory of creation, which reveals in many forms your matchless beauty; for the life, death, and resurrection of Jesus our Savior; for your gift of my life and the presence of the Holy Spirit; for loved ones who care for me; and for the companionship of the Church. I thank you, blessed Trinity, holy God, for the gifts which sustain me in my time of need. Amen. *[In Thanksgiving]*

For Serenity and Rest

- ◇ Merciful Jesus, you are my guide, the joy of my heart, the author of my hope, and the object of my love. I come seeking refreshment and peace. Show me your mercy, relieve my fears and anxieties, and grant me a quiet mind and an expectant heart, that by the assurance of your presence I may learn to abide in you, who is my Lord and my God. Amen. *[For Serenity]*
- ◇ Jesus, let your mighty calmness lift me above my fears and frustrations. By your deep patience, give me tranquility and stillness of soul in you. Make me in this, and in all, more and more like you. Amen. *[For Serenity]*
- ◇ O God our refuge and strength: in this place of unrelenting light and noise, enfold *N.* in your holy darkness and silence, that *she/he* may rest secure under the shadow of your wings. Amen. *[For Rest]*



For Health Care Providers

- ◇ God, our Healer and Redeemer, we give thanks for the compassionate care *N.* has received. Bless these and all health care providers. Give them knowledge, virtue, and patience; and strengthen them in their ministry of healing and comforting; through Jesus Christ our Savior. Amen.
[For Health Care Providers]



- ◇ Give your blessing, gracious God, to those whom you have called to the study and practice of the arts of healing, and the prevention of disease and pain. Give them the wisdom of your Holy Spirit, that through their work the health of our community may be advanced and your creation glorified; through your Son Jesus Christ. Amen. *[For Health Care Providers]*



- ◇ Divine Physician, hear our prayers for those in emergency medicine. By your healing power, grant them quick minds and skillful hands. Strengthen them in times of trauma. In quiet times, give them rest and assurance of the value of their work. Keep them ever prepared for the work you have called them to do, for your mercy's sake. Amen. *[Emergency Medicine]*

- ◇ God our strong deliverer: when those charged with the urgent mediation of your healing power feel overwhelmed by the numbers of the suffering, uphold them in their fatigue and banish their despair. Let them see with your eyes, so they may know all their patients as precious. Give comfort, and renew their energy and compassion, for the sake of Jesus in whom is our life and our hope. Amen. *[For Emergency Responders]*

PRAYERS FOR LOSS AND GRIEVING (pages 7-9)

For the Dying

- ◇ Blessed Jesus, in your last agony you commended your spirit to your Father. We seek your mercy for N., and all who are dying. May death become for them, as it was for you, a birth to ever-lasting life. Receive those whom we commend to you with the blessed assurance that whether we wake or sleep, we remain with you, one God, forever. ¹
- ◇ God our creator and our end, give us grace to bear bravely the changes we must undergo, the pain we may have to face to come to our home with you. Give us the courage to welcome that unimaginable moment awaiting us; give us trust and confidence; and at last give us peace. ²

For Those Keeping Watch



- ◇ For Those Keeping Watch at a Death³

God of the dark night,
you were with Jesus praying in the garden,
you were with Jesus all the way to the cross
and through to the resurrection.
Help us to recognize you now, as we watch with N.,
and wait for what must happen;
help us through any bitterness and despair,
help us accept our distress,
help us to remember that you care for us
and that in your will is our peace.

For the Departed

- ◇ For the Departed⁴
Go forth on your journey, beloved of God,
From this world to the world which is to come.
Go with the encompassing of God the loving Father who created you.
Go with the companionship of Christ the Saviour who redeemed you.
Go with the protection of the Holy Spirit who brought you to live
and who sustains you through death.
Go in company of the Sacred Three, enfolded in their love.
Go now from your struggles to your eternal rest.
Enter the joys of heaven.

For the Departed, *continued*

- ◇ God our Father,
We thank you that you have made each of us
In your own image,
And given us gifts and talents
With which to serve you.
We thank you for (N.),
The years we shared with (him/her),
The good we saw in (him/her),
The love we received from (him/her).
Now give us strength and courage,
To leave (him/her) in your care,
Confident in your promise of eternal life
Through Jesus Christ our Lord. Amen.⁵



For Those Who Mourn

- ◇ Merciful God, whose Son Jesus wept at the death of Lazarus: look with compassion on all who are bound by sorrow and pain through the death of *N.* (*or* a loved one). Comfort them, grant them the conviction that all things work together for good to those who love you, and help them to find sure trust and confidence in your resurrection power; through Jesus Christ our deliverer. Amen.⁶
- ◇ My heart was wilderness; I heard Your voice.
My grief divided me; You held me close
My aching sorrow consumed me; You overflowed with trust.
I longed to be with You; You, O God, let me stay.⁷
- ◇ Taking courage (dealing with loss)⁸
No one can change what I'm going through.
There are no words to make a difference:
 no answers or solutions
 to make things easier for me.
Help me not to resent those who want to say they care.
Help me to know that even when I'm lonely
 I'm not alone.
Give me companions for this journey,
 supporting me,
 cheering for me,
 praying for me,
 for whatever I need,
for as long as it takes...
 and maybe I can learn to lean on that love.

For Those Who Mourn, *continued*



◇ Into my grieving⁹

Into my grieving

I weave
the strength of the Father.

Into my grieving

I weave
the compassion of the Son.

Into my grieving

I weave
the comfort of the Spirit.

Into my grieving

I receive
the presence of the Three in One.

Into my anger

I invite
the patience of the Father.

Into my numbness

I invite
the healing of the Son.

Into my confusion

I invite
the wisdom of the Spirit.

And we shall grieve together,

I, in community
with the Three in One.

1 *Enriching our Worship 2, Supplemental Liturgical Materials*, prepared by The Standing Commission on Liturgy and Music, 2000.

2 *A New Zealand Prayer Book*, Anglican Church in Aotearoa, New Zealand and Polynesia, William Collins Publishers LTD, 1989
HarperCollins. Website: <http://www.harpercollins.com>.

3 Ibid.

4 *Celtic Daily Prayer*, Book Two, William Collins, HarperCollins Publishers, London, 2015 [WilliamCollinsBooks.com](http://www.williamcollinsbooks.com).

5 *A New Zealand Prayer Book*, Anglican Church in Aotearoa, New Zealand and Polynesia, William Collins Publishers LTD, 1989
HarperCollins Website: <http://www.harpercollins.com>.

6 *Enriching our Worship 2, Supplemental Liturgical Materials*, prepared by The Standing Commission on Liturgy and Music, 2000

7 Ibid.

8 By Andy Raine from *Celtic Daily Prayer*, Book Two, William Collins, HarperCollins Publishers, London, 2015. [WilliamCollins-Books.com](http://www.williamcollinsbooks.com).

9 Ibid.

PRAYERS FOR BLESSINGS AND PEACE¹

For Blessings

- ◇ The Lord bless you and keep you;
the Lord make his face to shine on you
and be gracious to you;
the Lord look on you with kindness
and give you peace. Amen.



For Peace

- ◇ Peace, Adapted from Gaelic by Mary Rogers²
Deep peace of the running wave to you,
of water flowing, rising and falling,
sometimes advancing, sometimes receding. . .
May the stream of your life flow unimpeded!
Deep peace of the running wave to you!

Deep peace of the flowing air to you,
which fans your face on a sultry day,
the air which you breathe deeply, rhythmically,
which imparts to you energy, consciousness, life.
Deep peace of the flowing air to you!

Deep peace of the quiet Earth to you,
who, herself unmoving, harbours the movements
and facilitates the life of the ten thousand creatures,
while resting contented, stable, tranquil.
Deep peace of the quiet Earth to you!

Deep peace of the shining stars to you,
which stay invisible till darkness falls
and discloses their pure and shining presence
beaming down in compassion on our turning Earth.
Deep peace of the shining stars to you!

Deep peace of the watching shepherds to you,
of unpretentious folk who, watching and waiting,
spend long hours out on the hillside,
expecting in simplicity some coming of the Lord.
Deep peace of the watching shepherds to you!
- ◇ John 14:27
“Peace I leave with you; my peace I give you.
I do not give to you as the world gives.
Do not let your hearts be troubled,
And do not let them be afraid.”
- ◇ God of peace, you have taught us that in returning and rest we shall be saved,
in quietness and confidence shall be our strength. By the might of your Spirit lift us,
we pray, to your presence, where we may be still and know that you are God;
through Jesus Christ our Lord. Amen.

¹ *The Book of Common Prayer*. New York: Seabury Press, 1979. All prayers from this source unless otherwise noted.

² United Nations World Interfaith Harmony week, 2016, <https://worshipandliturgysustm.com/category/interfaith-harmony-week-2016/>.