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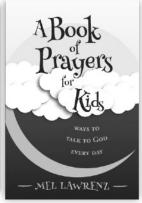
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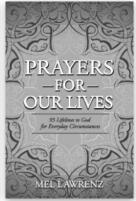
### A Chronicle of Grief: Finding Life After Traumatic Loss

A Book of Prayers for Kids: Ways to Talk to God Every Day

Prayers for Our Lives: 95 Lifelines to God for Everyday Circumstances









## When Someone Is Ill

## Dear God,

I am watching someone I love suffer in illness. This is so hard for me to witness. I wish I could do something to take the pain and distress away. I feel so helpless.

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I'm not sure what to say and what not to say,				
so I need your guidance and wisdom. Help me to				
remain faithful and patient. Help me to think more				
of than myself. Remove from me				
any hint of resentment I may have.				
Please reach into this situation with your				
restorative touch. Work in the hidden parts of				
the body. Help everyone to find connections				
with good physicians and other health care				
professionals. Please let				
have a sense of you as the Great Physician.				
Please, dear God, bring to				
a sense of your loving presence. Help loved ones				
to know that, too.				
We know we do not know the future,				
but I pray that you help us to see that you hold the future.				
Thank you, Lord Jesus, for suffering on our behalf.				

We need you, great Shepherd of the sheep, to lead us all through the valley of illness. In Christ's Name, Amen.

from <u>Prayers for Our Lives: 95 Lifelines to God for Everyday</u> <u>Circumstances</u>



### When We Are Ill

Dear God,

I hurt.

My body is not working like it used to. I do not like being weak. I do not like pain. I do not like uncertainty. Thank you for letting me tell you this.

Your word tells me that I can ask you for your healing.

So I do ask you now. I plead with you now. Please make me more well than I am now.

My spirit groans within me, dear God. Because my body hurts, my soul hurts. I am discouraged. I need you to strengthen my heart. I do not want the suffering in my soul to affect my family and friends.

Help me, dear Lord, when people say things that do more harm than good. They may not know I do not need platitudes right now. I need them.

Dear God, my hurting body causes me to feel so alone.

I don't want to be limited. I don't want to be confined to my bed. I feel ashamed that I am not able to accomplish what I used to. I hate feeling like I'm letting other people down.

Help me, dear God, not to listen to false promises.

But help me also not to be hopeless.

I look to you, Lord Jesus, my suffering savior, my hurting Lord, my rejected friend. As you looked beyond the cross, scorning its shame, and had joy for what lay ahead, give me faith to have a settled soul, whatever is in my path.

Amen.

from <u>Prayers for Our Lives: 95 Lifelines to God for Everyday</u> Circumstances



### When a Loved One Has Died

## Dear God,

That final moment has come. I know that we all die, but the finality of the death is hitting us very hard.

I am thinking of people whose lives will have to adjust to this loss. I want to believe that they will be able to carry on, even if it seems so difficult. I beg you to come alongside those who are grieving the most. Help them to honor their loved one who has passed. Help them to hang on for the

season of mourning that lies ahead.

Your word says that "it is better to go to a house of mourning," and that "a sad face is good for the heart."\*

This is challenging to believe, but we know we would not be grieving if not for the fact that the life of our loved one was a blessing you gave to all of us. So help us to hold on to hope, to have deep faith, and to appreciate love, in this difficult time. In Christ's name, Amen.

from <u>Prayers for Our Lives: 95 Lifelines to God for Everyday</u> Circumstances

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<sup>\*</sup> Ecclesiastes 7:2-3



## When Visiting Someone in the Hospital

D	ear Lord,	
Ιp	oray for	right now.
Ple	ease help	with the long hours
and in	convenience of being here.	
Ple	ease guide the medical staff	and doctors to provide
good c	care and to know exactly what	the problems are.
Bri	ring healing, dear Lord.	
Bri	ring comfort.	
Bri	ring love.	
We	e entrust	_ to your care,
О	Sovereign Lord, and will conti	nue to do so every day.
In	the name of Jesus, the Great I	Physician, Amen.
from 1	Prayers for Our Lives: 95 Lifel	lines to God for Everyday
Circun	nstances	



## When a Friend Is Grieving

Dear Lord,
My heart is breaking for
The loss is so great. The pain is so much. The loneliness
is so deep.
I want to be able to help, but I feel helpless. Please give
me wisdom to know what I might do to that shows my love
and support.
Help me to see when I should be
with, and when to stay away.
I want to be able to say things that will help, but I am
afraid of saying the wrong thing. Please give me the right
words at the right time. And help me to know when I should
say very little.
I ask, dear Lord, for your mercy for my friend.
Please help to know your
comfort and your love at this time.
In Christ's name, Amen.
from Prayers for Our Lives: 95 Lifelines to God for Everyday
<u>Circumstances</u>



## At a Funeral

We come to you, dear God, at this time of loss, because it is better for us to mourn before you than to mourn alone.

Thank you for what you did in and through the life of our loved one.

Thank you that nothing can take away our living memories.

Thank you that there is hope on the other side of this life
—where you wipe every tear from our eyes and where there
is no more death or mourning or crying or pain.\*

Please comfort everyone, especially our closest family and friends.

Help us to look at our lives differently.

Help us to cherish every hour.

Help us to long to live on a higher plane and to seek integrity in our lives.

Help us to be unsatisfied with our own misbehavior.

Help us to forgive.

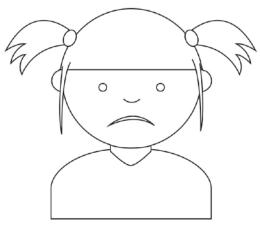
Help us to love.

Help us to hope.

<sup>\*</sup> Revelation 21:4

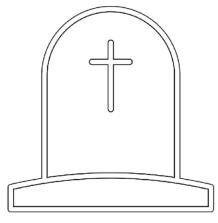
Help us to see Jesus Christ, alive and victorious, holding his outstretched hand in front of us. Help us to see light ahead and not darkness so that we will be children of light and so glorify you. In the name of the crucified and risen Christ, Amen.

from <u>Prayers for Our Lives: 95 Lifelines to God for Everyday</u> <u>Circumstances</u>



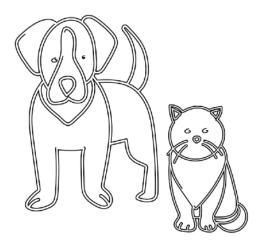
## when You Are Sad

Dear Lord,
Today I am sad. I do not like this.
You know why I am sad,
and I am glad that you do.
That lets me know I am not alone.
Show me if there is something I should do.
Tell me if there is something I should say.
I know I will not always feel this way.
I trust you. In Jesus' name, Amen.



# When Someone You Love Has Died

Dear God, I am facing a great loss. Someone I care about has died. This is so hard. I don't fully understand this. I am glad that I can trust you where my understanding falls short. I know that you are good, otherwise there would be no goodness in our lives. So help me to trust you today. Please help the others who are sad right now. Help me to show respect toward them. Amen.



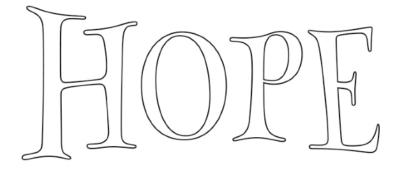
## When Your Pet Is III

Dear God, you are the creator of all things, including our pets. I know that you love everything that you have made, and that includes my pet.

I pray for things to get better.

Help us to know what we can do.

Amen.



# Prager for Hope

I do not know what will happen tomorrow, and in the months to come, dear God, but you do. You have promised that you will always be with us, and will never abandon us.

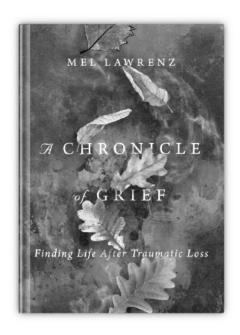
Help me to trust.

You are good in every way.

You are great in every way.

I know there are good things ahead.

In the name of Jesus, Amen.



#### A Chronicle of Grief: Finding Life After Traumatic Loss

by Mel Lawrenz

BOOK OF THE YEAR- Grief (Indies Forward 2020)

#### One reader:

"This book is like having a friend who has recently walked through their own grief journey sitting alongside you in your most bewildering moments, saying the things out loud you are feeling but afraid to speak. [The author] helps you through the "what if?" and "why God?" questions that plague the grieving, as well as seemingly holds your hand as you walk through your darkest days. Without an instructive voice, he teaches how to balance the joy your loved one is experiencing with Christ without diminishing the grief you're experiencing here. A must-have book as one walks this path we all will walk one day. I may even keep a copy with my will for those I leave behind."