



The Royal
Children's
Hospital
Melbourne

Prayers and Readings

For patients, families,
visitors and staff

SPIRITUAL CARE

A thought on prayer by A.F. Vrieze

Not all prayers are words. We can trust God with the unspoken feelings of our hearts and the silent ramblings of our minds. Our groans and grumblings become prayers when shared with God. Our tears of joy, sadness, anger, shame or fear are prayers that cannot be put into words. A smile, a sigh, the pounding of a fist in a pillow, these too are understood by the One who cares for us.



Prayers you can say with your children or children can pray themselves



Hi, it's me!

Hi, it's me! I've just come to pray and thank you for a fun filled day! You've been with me, so I know you've seen all the great exciting things. But also when I'm sad or cross I know you love me, no matter what! So help me rest and go to sleep and feel the peace of your love for me. *Amen*



A children's prayer for the day ahead

Dear Father God, Help me to hear you today.
To hear your joy in the songs of the birds.
To hear your heart in their chattering voices and also
To hear your voice in the quiet
Help me to hear you today.
May it be so, *Amen*



A prayer for today

Dear Jesus,
Help me to enjoy today.
To have fun and play
To share toys and jokes
To love my family and friends
And to be happy. *Amen*



Thank you—for me

Dear God, You made a brilliant world.
Blue skies and fluffy clouds.
Warm sun and night time stars.
Flying birds and swimming fish.
Tall mountains and deep sea. Kind grandmas
and fun granddads. Funny brothers and caring
sisters. Lovely Mummies and fantastic Daddies
And wonderful me! Thank you!

A prayer before sleep

Now I lay me down to sleep, I pray the Lord
my soul to keep. May angels watch me through
the night and wake me with the morning light.

✚

A Parent's Prayer

God, I commit my child,in faith and trust into
your caring and tender hands. Guide and bless the
hearts, minds, and hands of all those who care for
them today. Through their efforts may your healing
presence restoreto strength and health. I ask for
your blessing for me too as I journey with my child
during these difficult days. Give us the strength
sufficient for whatever we have to face this day.
May we be open to your healing in whatever form
it takes and may your peace come to us today. *Amen*

✚

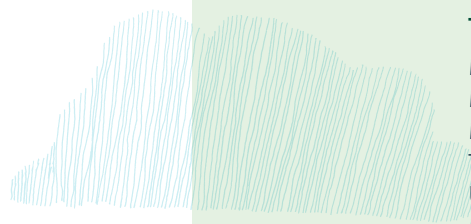
A Parents Prayer Before Surgery

Loving God, help us to trust in your care, Fill us with
patience and hope and let us trust in those who heal
in your name, When we are afraid, remind us that
you are always with us, Walk with us in our anxiety
as minutes seem like hours and as hours seem like
years. Be with my child as we face this day together;
be with me in the moment that I let my child go to
theatre; may I know that my child and I are always
safe in your strong embrace. *Amen*

✚

Blessing For All in this hospital

Lord, bless this place of healing
May your Spirit move in every part
Lay touch of soothing on each restless pillow
Breathe waves of comfort into every heart
Enable all who offer care
to be instruments of healing and peace



The Irish Blessing

May the road rise up to meet you
May the wind be always at your back
May the sun shine warm upon your face
The rains fall soft upon your fields and
Until we meet again
May God hold you in the palm of His hand

✚

Sun and Moon Blessing

May the warmth of the sun shine on you each day.
May the light of the moon caress you each night.
May the arms of God enfold you always:
to keep you from fear,
to guard you from harm,
to bless you with love
and to hold you in peace.

✚

A Jewish Blessing for Caregivers

May the One who blessed our ancestors be present
to those who provide help for the ill and troubled
among us. May they be filled with the fortitude and
courage, endowed with sympathy and compassion,
as they give strength to those at their side.
May they fight against despair, and continue to find
within themselves the will to reach out to those
in need. And in their love of others, may they know
the blessing of community, and the blessing of
renewed faith.

✚

A Prayer of Trust

Lord, you understand about suffering, loneliness
and pain; Strengthen me when I cannot feel your
presence in the darkness. Help me to believe that
even now you are leading me out of the darkness
and into your light

A Blessing for You Today

May Christ go with you
May he go:
Before you ... to show you the way
Behind you ... to encourage you
Beside you ... to befriend you
Above you ... to watch over you
Within you ... to give you peace

✦

A Buddhist Prayer for Peace

May all beings everywhere plagued with sufferings
of body and mind quickly be freed from their
illnesses. May those frightened cease to be afraid,
and may those bound be free.
May those who find themselves in trackless,
fearful wildernesses—the children, the aged, the
unprotected—be guarded by beneficent celestials,
and may they swiftly attain Buddhahood.

✦

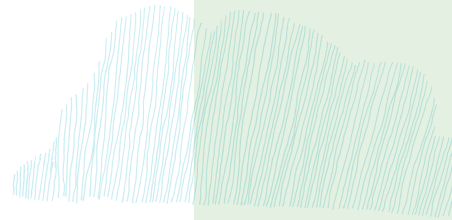
Prayer of Comfort

Grant me:
Patience in my waiting
Strength in my weariness
Courage in my apprehension
Comfort in my loneliness
Stay close to me Lord

✦

The Serenity Prayer

God grant me the serenity to accept the things
I cannot change, the courage to change the things
I can and the wisdom to know the difference.



A Blessing

May God be your comfort
May God be your hope and support
My God be your light and your way
May the blessing of God: Creator, Redeemer
and Giver of life
Remain in you and go with you now and forever

✦

The Spirit of Christ *by Marty Haugen*

May the Spirit of Christ be our hope
through the day
Be our guard through the night
Our companion on the way
Christ be ever before us
Christ be ever behind us
Christ be ever within
Christ on our left hand watching
At our right hand guiding
Christ above, beneath us guarding
Near to us abiding
Christ be in each holy silence
Christ be in our speaking
Christ in every work we offer
Ever in our seeking
Let us be God's light in the darkness
Let us be God's kindness
Let us be God's justice and mercy
The hands and feet of Christ
God, Creator, bless and keep us
Christ be ever near us
Spirit be the light before us
Gentle be our pathway

When I Panic by Naomi Levy

When I panic, God teach me patience
When I fear, teach me faith
When I doubt myself, teach me confidence
When I despair, teach me hope
When I lose perspective, show me the way
The way back to love
The way back to life
The way back to you

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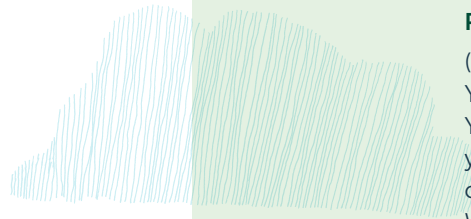
Prayer at Night by St. Augustine

Watch now, dear Lord
with those who watch or weep tonight
And give your angels charge over those who sleep
Tend your sick ones, O Lord Christ
Rest your weary ones
Bless your dying ones
Soothe your suffering ones
Pity your afflicted ones
Shield your joyous ones
And all for your love's sake

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St Ignatius Prayer

O Christ Jesus, when all is darkness
And we feel our weakness and helplessness
Give us the sense of your presence
Your love, and your strength; help us to have
perfect trust
In your protecting love and strengthening power
So that nothing may frighten or worry us
For, living close to you, we shall see your hand,
your purpose your will through all things



Peace, Peace, Peace Be unto All!

(Om Shanthi, Shanthi, Shanthi)
You are omnipresent, omnipotent, and omniscient
You are in everything and nothing is beyond you
you are our Mother and Father and we are all your
children
Whatever you do is for our good
You are the ocean of mercy and you forgive
our errors
You are our teacher and you guide us into
righteousness
We end with a prayer from the ancient scriptures of
India: May all be happy
May all be free from disease
May all realise what is good
May none be subject to misery
Peace, Peace, Peace be unto all!

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The Blessing of Unanswered Prayers Anonymous

I asked for strength that I might achieve
I was made weak that I might learn humbly to obey
I asked for health that I might do greater things
I was given infirmity that I might do better things
I asked for riches that I might be happy
I was given poverty that I might be wise
I asked for power that I might have the praise of people
I was given weakness that I might feel the need of God
I ask for all things that I might enjoy life
I was given life that I might enjoy all things
I got nothing that I had asked for
But everything that I had hoped for
Almost despite myself my unspoken prayers
were answered
I am, among all people, most richly blessed

I cannot do this alone by *Dietrich Bonhoeffer*

O God, early in the morning I cry to you
Help me to pray
And to concentrate my thoughts on you
I cannot do this alone.
In me there is darkness
But with you there is light
I am lonely, but you do not leave me
I am feeble in heart, but with you there is help
I am restless, but with you there is peace
In me there is bitterness, but with you
there is patience
I do not understand your ways
But you know the way for me
Restore me to liberty
And enable me to live now
That I may answer before you and before me
Lord, whatever this day may bring
Your name be praised

✝

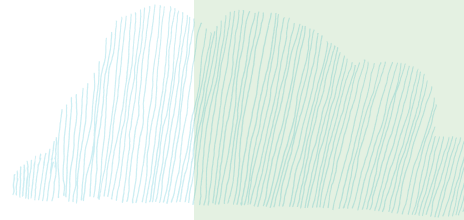
Our Marker, Mother and Friend by *Frances Copsey*

My God our maker, our mother, our friend
Wrap us in wholeness, keep us in kindness
And bless our journey homewards.

✝

Precious Lord by *Rev. Thomas Dorsey*

Precious Lord take my hand
Lead me on, let me stand
I am tired, I am weak, I am worn
Through the storm, through the night
Lead me on to the light
Take my hand precious Lord
Lead me home



A Bidding Prayer for Health and Healing

(Bidding prayers combines words and silence, after each topic there is a brief silence in which you may offer your prayer/s)

Dear God of our understanding,
We give you thanks for this day with its joys
and its challenges...
We come to you knowing that you love and accept
us exactly as we are in this moment...
We offer prayers for the children who are patients
here today we offer prayers for their parents and
caregivers...
We acknowledge anxiety, our pain,
our uncertainty, and our weariness...
We offer to you ourselves and all those whose lives
are touched by the illness of our child...
We pray for your gift of health, healing,
and everything good for our child...
We pray that we will be given patience to accept
the limitations forced on us today...
We pray that your will be done on earth
as in heaven...
Give to us all what we need this day...*Amen*

✝

Islamic Bedtime Prayer attributed to *Al-Ghazali*

In thy name, Lord, I lay me down and
In thy name will I rise up
O God, now at the first and before thee
there is nothing
Thou art the last and after thee there is nothing
Thou art the outmost and above
the there is nothing
Thou art the inmost and below the there is nothing
Waken me, O God, in the hour most pleasing to thee
And use me in the works most pleasing to thee
That thou mayest bring me even nearer to thyself.

A Prayer for Healing *attributed to Timothy Daile*

Dear God,
Help my unbelief, when I am in pain,
I forget that you care about me
I forget that you have helped me through my trials,
I forget that you hold me in your arms
to keep me safe,
I forget that you are feeling my pain with me,
I forget that you love me,
I forget that I am important to you
Show me your presence—let me feel your
enveloping love, heal my hurting soul,
Thank you for staying with me even in my unbelief.
Amen

✦

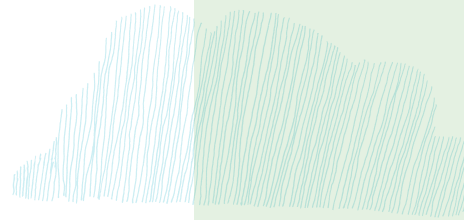
St Francis Prayer

Lord, make me an instrument of your peace
Where there is hatred let me sow love
Where there is injury, pardon
Where there is doubt, faith
Where there is despair, hope
Where there is darkness, light
Where there is sadness, joy
O Divine Master, grant that I may not so much
Seek to be consoled as to console
Not so much to be understood as to understand
Not so much to be loved as to love
For it is in giving that we receive
It is in pardoning that we are pardoned and
It is in dying that we awake to eternal life.

✦

A blessing for my neighbour *by Peter Millar*

O God,
bless my next door neighbour
for sometimes I certainly cannot.



Be with Me Today, Lord

Every day I need you Lord, but this day, I need some
extra strength to face whatever is to be. This day
more than any other day I need to feel you near—to
fortify my courage and overcome my fear.
By myself I cannot meet the challenge of this hour,
and so Lord I pray: hold onto my trembling hand
and be with me today.

✦

A Prayer of St. Patrick

Christ with me, Christ before me,
Christ behind me
Christ in me, Christ beneath me, Christ above me
Christ on my right, Christ on my left
Christ where I lie, cross where I sit,
Christ where I arise
Christ in the heart of everyone who thinks of me
Christ in the mouth of everyone who speaks of me
Christ in every eye that sees me
Christ in every ear that hears me
Salvation is of the Lord
Salvation is of the Christ
May your salvation, Lord, be ever with us.

✦

The Light of God

The light of God surrounds me
The love of God enfolds me
The power of God protects me
The presence of God watches over me
Wherever I am, God is.

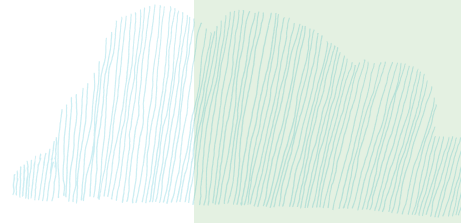
Of Dancing things by Ian M Fraser adapted

Loving God we bless you whose spirit breathes into
life a host of dancing things:
of insects in the sun
of children at play
of the eyes of lovers in their meeting
of waterfalls and wind tussled trees
of the ballet on stage and on the footy field
We honour you for your delight in your world
and in all the living things that inhabit it,
that teaches us to delight in it too,
and to join the dancing which draws the earth into
a rhapsody of response, producing a sharing of joy.
We honour you who meets us, affirms and renews us
at every point of life, in our pain as in our pleasure.
You have called us by name and made us your own
so that passing through the waters of grief and
suffering we find you at our side,
not distant but one who is moved by our affliction,
whose presence with us, saves us.
May we in whatever life brings us, look for the ways
in which you are with us in the celebrations
and in the sad moments, seeking out the threads
of your love throughout our experiences. *Amen*

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The Lord's Prayer

Our Father in heaven
Hallowed be your name
Your Kingdom come
Your will be done
On earth as in heaven
Give us today our daily bread
Forgive us our sins as we forgive those
who sin against us
Save us from the time of trial, and deliver us from evil
For the kingdom, the power, and the glory are yours,
now and forever. *Amen*



Little big moments by Neil Paynter

May you stop and see the way light falls and rocks
glow, and may God bless you with little,
big moments that make your heart dance.
Moments when you suddenly become aware
of all the overwhelming beauty and wonder
and richness and love living in the middle of where
you are standing already.
Moments when you gaze around understanding
that the Kingdom of God is now.

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A Universal Prayer

To the universe, to God, or from humankind
to humankind ...
May we know wellness and the easing of pain.
May we have hope in the light and also in the dark.
May we have courage to face the sunrise
each morning,
And may we find solace, even joy,
in the small and the fleeting;
In the things that are lovely but often overlooked,
Whose sum is a beautiful world.
May we know peace of mind and peace of heart.
May we have wisdom for the crossroads,
for choices that are hard.
May our homes be filled with love, laughter
and friendship,
And when our minds are breaking and our legs
are weak,
May the kindness of others lift us, and hold us
in the storm,
As they carry us through to a calmer shores.

A Blessing for Absence by John O'Donohue

May you know that absence is full of tender presence
and that nothing is ever lost or forgotten.

May the absences in your life be full of eternal echo

May you sense around you the secret Elsewhere
which holds the presence that have left your life.

May you be generous in your embrace of loss.

May the sore well of grief turn into a well
of seamless presence.

May your compassion reach out to the ones we
never hear from and may you have the courage
to speak out for the excluded ones. May you become
the gracious and passionate subject of your own life.

May you not disrespect your mystery through brittle
words or false belonging.

May you be embraced by the one in whom dawn
and twilight are one and may your belonging inhabit
its deepest dreams within the shelter
of the Great Belonging.

(Eternal Echoes 275)—A Prayer for loss

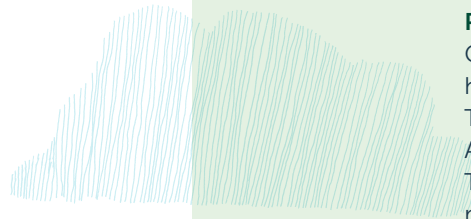


From the Sacred Texts

Come to me all that are weary and are carrying
heavy burdens and I will give you rest.

Take my yoke upon you and learn from me
for I am gentle and humble in heart, and you will find
rest for your souls. **Matthew 22: 37-39**

Let the children come to me and do not
stop them for it is to such as these that the kingdom
of heaven belongs. **Matthew 19:14**



Psalm 46

God is our refuge and strength an ever-present
help in trouble

Therefore will we not fear, though the earth give way,

And the mountains fall into the heart of the sea

Though its waters roar and foam, and though the
mountains quake with their surging. There is a river
whose streams make glad the city of God, the holy
place where the Most High dwells.



Psalm 23

The LORD is my shepherd; I shall not want.

He makes me lie down in green pastures;

he leads me beside still waters;

he restores my soul.

He leads me in right path for his name's sake.

Even though I walk through the darkest valley,

I fear no evil, for you are with me; your rod and your
staff, they comfort me. You prepare a table before
me in the presence of my enemies;

you anoint my head with oil; my cup overflows.

Surely goodness and mercy shall follow me all the
days of my life, and I shall dwell in the house of the
LORD forever.

Qur'an 2:186

When my servant asks you (O Mohammed) about me (tell them) I am close to them: I listen to the prayer of each supplicant when he asks me. Let them listen to my call and believe in me but they walk that they may walk in the right way.

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Qur'an 40:60

The Lord says,
"Call on me and I will answer your call"

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Qur'an 13:28

Those who believe and whose hearts find rest in the remembrance of God, for in the remembrance of God do hearts find rest. When the prophet visited the sick, he would comfort them by saying the following prayer: "O Allah remove the hardship, O Lord of mankind, grant cure for You are the healer. There is no cure but from You, a cure which leaves no illness behind."





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