

Prayer Book



Caring for You: Body, Mind and Spirit

Texas Health Resources
Prayer Book

You are welcome in this place

All are welcome to enter here for comfort and care. Texas Health Resources is an organization of people with healing hands and caring hearts.

Our foundation as a faith-based health care organization is rooted in the healing ministries of the Presbyterian and United Methodist churches. As a faith-based health system, Texas Health recognizes the importance of caring for the whole person: body, mind and spirit. We practice this in many ways, respecting and welcoming the diversity of religious faiths and the many ways people nurture their spirit.

These prayers offer comfort in times of uncertainty, guidance in times of confusion and a beacon of hope in times of despair for you and those you love.

*The Healing Hands and Caring Hearts
of the employees, physicians, volunteers
and chaplains serving this hospital*

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Prayers for Special Occasions

The First Hours in the Hospital

Lord, you have promised us your presence. I feel the need of that presence now for comfort, for strength.

My illness saps my energy.
My routine is disrupted by the unknown.
My family and friends are hurting, too.
Sometimes the anxiety is too much.
Sometimes you seem distant.
Sometimes I hurt in loneliness.

Gracious God, heal my spirit and my body.
Walk with me.
Assure me that you are here.
Remind me that I can lean on you.
For being here with me, thank you.
Amen.



O God, our help in ages past, help me now in my helplessness. The strange surroundings, the pain and weakness I feel, the anxiety and fear of the unknown, and the need to leave decisions in another's hands – all these, I find so hard to manage or accept. Help me to trust in you and to turn to you for what I need. Assure me that you are here.

Be with those who care for me. Help me to care for them, as well. Remember those who walk this path with me; in your great love, remember us all. Amen.

In the Morning

This is another day, O Lord. I do not know what will take place today; but I pray that you will prepare me for what may come. If I am to stand, help me to stand bravely. If I am to sit still, help me to sit quietly. And if I am to do nothing, give me the grace to do so. Amen.

Late at Night

Keep watch, O God, with those who work, or watch, or weep this night. Give your angels charge over those who sleep. Tend the sick, give rest to the weary, bless the dying, soothe the suffering, pity the afflicted, shield the joyous; all for your love's sake. Amen.



When I can't sleep, I turn to you, Holy One, because I know that you never sleep and that you will hear me. I worry even though I try to trust you. I am afraid even though I try to be brave.

I am surrounded by people who love me, but I feel alone. Even though I seem calm on the outside, on the inside I am anxious.

With the night, you bring a stillness to the busy-ness of the day. Bring that stillness to me, as well, that I may let go of the worry and the fear and the loneliness and the anxiety and finally fall asleep. Amen.



Lord, we have troubles all around us, but because of your love, we are not defeated. We do not always know what to do, but because of your love, we do not give up hope. We hurt sometimes, but because of your love, we are not destroyed. Protect us all this night with your loving hand. Hear our prayer. Amen.

For Sleep

O God of the hours, you give to us sleep for the refreshing of soul and body. I pray that you will give this gift to me; keep me in that peace that 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. Amen.

When Afraid

Holy One, you know that I am afraid as I think about the next few days – afraid of the words I might hear, the decisions I might have to make, the pain I might suffer, the treatments I might have to undergo. Hold me especially close during this time; take away my fears; and comfort me with a sense of your strengthening presence. Amen.

Before Surgery

Strengthen me, O God. Go with me as I enter surgery today. Offer skill to those who will tend to me during my surgery. Keep their hands steady and their minds clear that they may be instruments of your healing care. In the days ahead following my recovery, I pray that you will restore me to wholeness and health. May I ever be grateful. Amen.



Holy One, I entrust myself to you this day. Guide with wisdom and skill the minds and hands of those who will care for me. As healing hands and caring hearts reach out to me, may I be grateful for those who bring healing and hope to me and those who suffer this day. Grant that I may be restored to health and learn to live in harmony with you and with those around me. Amen.

After Surgery

Holy God, I thank you that this operation is safely past, and now I rest in your healing presence. Help me to relax my tension, release my care and anxiety, and receive more and more of your healing grace into every part of my being. Help me, O Lord, in moments of pain, to turn to you for strength and in times of loneliness to feel your loving presence. Grant that your peace, love, and joy may flow through me for my own healing and the healing of others in your Holy Name. Amen.

For Doctors and Nurses

Gracious God, our Great Physician, bless those who offer medical care to me. Give to them knowledge and skill, compassion and care. Give to physicians and nurses clear minds and steady hands so that all things may work together for good and I may be restored to health. Amen.



Merciful God, your healing power is everywhere about me. Strengthen those who work among the sick and give courage and confidence in everything they do. Amen.

For Health Care Givers

Gracious God, bless the doctors, nurses, technicians, and all you have called to be agents of your healing hand. Be their guide, I pray, that through their actions I may be restored to wholeness of body, mind and spirit. Amen.

Health

God, you are the source of all health and healing. Help me to feel your presence and to have faith in your love, that I may be open to your healing touch. Amen.



Holy One, from my sickness I seek in you the road to health. Move through my illness; and if it be possible, cast out my disease. Give to the doctors and the nurses the wisdom and the will to be agents of your purpose. In this time and place help restore me to strength. But if I cannot be healed, hold on to me with your saving peace. Take not your Spirit from me, and grant that neither life nor death will separate me from your love of me. Amen.

Hope

Loving God, I turn to you with trust that you may fill me with the hope, joy, peace, and comfort of your Spirit during my time of need. Bless me with strength and patience so if I feel abandoned, I am reminded that I can be assured of your presence in the middle of what I will face this day. Amen.

Trust in God

O God, source of all health, fill my heart with trust in your love. Help fill me with a calm spirit so that I may make room to accept gracefully your healing presence. This I pray in your Holy Name. Amen.

In Gratitude

O God, you know how relieved and grateful I am for the good news I received today. I am still nervous – hoping for the best, but often imagine the worst. Thank you for being with me and helping me handle the tension and anxiety I faced. With the questions behind me, may I now put my energy into getting healthier every day. Amen.

Recovery from Sickness

O God, you are the strength of the weak and the comfort of those who suffer. In your mercy, accept my prayers, and grant me the help of your power, that my sickness may be turned into health and my sorrow into joy. This I pray in your Holy Name. Amen.

Prayer for Those Who Wait

I am aware this day that many are keeping me in prayer. Help me to remember my family, friends, and community as I keep them in prayer. And remind me that we are all part of the circle of your care every moment. Amen.

Prayer of Thanksgiving

Gracious God, accept my thanks and praise for the many blessings I receive from you. I give thanks for the dedicated service of doctors and nurses, clergy and counselors, family and friends. Thank you for not giving up on me when I am in denial or in doubt. Help me to recognize that you are present with me even in the silence of the moment. Thank you for the times of renewal and refreshing that come from your presence. Amen.

Prayers from Many Faiths

From the Jewish Faith

For Healing

Merciful God, we pray to you for the recovery of all who are ill. Grant them renewed strength and confidence. Give wisdom and skill to those who help in healing. Help all of us who share the anxiety of this illness to be brave and hopeful. Inspire us with courage and faith. Grant your blessings to all who call upon you.

Oh God, who blessed our ancestors, Abraham, Isaac, and Jacob; Sarah, Rebekkah, Leah, and Rachel, send your blessings to all who are ill – those we now name in our hearts...

Have mercy on them, and graciously restore their health and strength. Grant them a r'fu-ah sh'lei-mah, a complete recovery. May healing come speedily, and let us say: Amen.

Give ear, O Eternal, to my prayer, heed my plea for mercy. In my time of trouble I call you, for you will answer me.

When pain and fatigue are my companions, let there be room in my heart for strength.

When days and nights are filled with darkness, let the light of courage find its place.

Help me to endure the suffering and dissolve the fear, renew within me the calm spirit of trust and peace.

Ba-ruch a-tah A-do-nai, ro-feh ha-cho-liim. Blessed are you, Adonai, Healer of the Sick.

Shema

Hear, O Israel: the Eternal One is our God, the Eternal One alone!

From the Muslim Faith

Prophet Muhammad (P) used the following prayer when visiting the sick:

○ Allah remove the hardship, ○ Lord of mankind, grant cure for you are the Healer. There is no cure but from you, a cure which leaves no illness behind.

○ Allah cure my body, cure my heart and cure my eyesight from any illness. (Repeated 3 times)

Use of Meditation (dhikr, Zikrullah) in prayer and healing. Dhikr are acts of remembrance and communications with God as ordained to us.



Your Lord says: "Call on Me and I will answer your call."

Quran 40:60



Those who believe and whose hearts find rest in the remembrance of God, for in the remembrance of God do hearts find rest.

Quran 13:28

Buddhist Healing Prayer

Just as the soft rains fill the streams,
pour into the rivers, and join together in the oceans,
so may the power of every moment of your goodness
flow forth to awaken and heal all beings –
those here now, those gone before, those yet to come.

By the power of every moment of your goodness,
may your heart's wishes be soon fulfilled
as completely shining as the bright full moon,
as magically as by a wish-fulfilling gem.

By the power of every moment of your goodness,
may all dangers be averted and all disease be gone.
May no obstacle come across your way.
May you enjoy fulfillment and long life.

For all in whose heart dwells respect,
who follow the wisdom and compassion, of the Way,
may your life prosper in the four blessings
of old age, beauty, happiness and strength.

From the Hindu Faith

Maha Mrityunjaya Mantra

Om Tryambakam Yajamahe
Sugandim Pushti Verdnam
Urvaarukamiva Bandhanaan
Mrityor Muksheeya Maamritaat
Om Shanti, Shanti, Shanti

We worship the All-Seeing One
Fragrant, He nourishes bounteously
From fear of death may He release us
Free to realize immortality
May there be peace everywhere

Shanti Mantra

Om sarveshaam swastir bhavatu
Sarveshaam shantir bhavatu

Sarveshaam poornam bhavatu
Sarveshaam mangalam bhavatu

Sarve bhavantu sukhinah
Sarve santu niraamayaah

Sarve bhadraani pashyant
Maakaschit dukkha bhaag bhavet

May auspiciousness be onto all, may peace be onto all,
may fullness be onto all, may prosperity be onto all.

May all be happy. May all be free of disease.

May all look to the good. May none suffer from sorrow.

From the Bahá'í Faith

Maha Mrityunjaya Mantra

Thy name is healing, O my God, and remembrance of thee is my remedy. Nearness to thee is my hope, and love for thee is my companion. Thy mercy to me is my healing and my succor in both this world and the world to come. Thou, verily, art the All-Bountiful, the All-Knowing, the All-Wise.

O God! Refresh and gladden my spirit. Purify my heart. Illumine my powers. I lay all my affairs in Thy hand. Thou art my Guide and my Refuge. I will not dwell on the unpleasant things in life.

O God! Thou art more friend to me than I am to myself. I dedicate myself to Thee, O Lord.

From the Christian Faith

Prayer of St. Francis of Assisi

Lord, make me an instrument of your peace.
Where there is hatred...let me sow love.
Where there is injury...pardon.
Where there is discord...unity.
Where there is doubt...faith.
Where there is error...truth.
Where there is despair...hope.
Where there is sadness...joy.
Where there is darkness...light.

O Divine Master, grant that I may not so much seek
To be consoled...as to console.
To be understood...as to understand.
To be loved...as to love.

For:

It is in giving...that we receive.
It is in pardoning, that we are pardoned.
It is in dying...that we are born to eternal life.

From the Catholic Tradition

Hail, Mary, full of grace, the Lord is with you.
Blessed art you among women,
And blessed is the fruit of your womb, Jesus.
Holy Mary, Mother of God,
Pray for us sinners, now, and at the hour of our death.
Amen.

Vocation Prayer

O Lord, you know me.
You know when I sit and when I stand.
You have me always present in your mind.
For this, Lord, I thank you.
You know the path for my life and what is best for me.
Lord, reveal to me the path I am to walk.
Bless me and guide me and be Lord to me so that
 whichever road I take I may do all for your glory.
In Jesus' name. Amen.

From the Protestant Tradition

O God, you are our refuge.

When we are exhausted by life's efforts;

When we are bewildered by life's problems;

When we are wounded by life's sorrows:

We come for refuge to you.

O God, you are our strength.

When our tasks are beyond our powers;

When our temptations are too strong for us;

When duty calls for more than we have to give to it:

We come for strength to you.

And now as we pray to you, help us to believe in your
love, so that we may be certain that you will hear
our prayers;

Help us to believe in your power, so that we may be
certain that you are able to do for us above all that
we ask or think;

Help us to believe in your wisdom, so that we may be
certain that you will answer,

Not as our ignorance asks, but as your perfect wisdom
knows best.

All this we ask in Jesus' name. Amen.

Serenity Prayer

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

Living one day at a time;
Enjoying one moment at a time;
Accepting hardships as the pathway to peace;

Taking, as He did, this sinful world as it is,
not as I would have it;

Trusting that He will make all things right
if I surrender to his will;

That I may be reasonably happy in this life and
supremely happy with Him forever in the next.

Amen.

Prayers of Thanksgiving

God of grace, we thank you for all your gifts; for your grace, for food and freedom, for love and friendship, for days of health and times of joy. Teach us, O God, to know you are with us even in difficult times: for the midday darkness of sorrow and pain; for the hours of toil, the loneliness of older years; for the days that were lean and hungry and our only riches were the riches of your grace, when our only hope was in your goodness; when our only strength was in your everlasting arms holding us from falling. We are thankful, O God, for all your gifts to us. Amen.



We thank you, God of mercy and grace, for the love we receive from others, and for the love we are able to give to them; for shared love with parents, brothers and sisters, a marriage partner, children, and friends. We thank you, God, for all that love does; for all the wrongs forgiven, all the mistakes overlooked, all the ugly moods endured, all the appreciating, believing, trusting, encouraging; for hands held, hugs shared, and prayers said in the giving and receiving of love. I thank you, good God, for all we are that would have never been without the love we have received from you and from others. Amen.

Holy Words

The Lord is my Shepherd; I shall not want. He makes me lie down in green pastures; He leads me beside quiet waters. He restores my soul; He guides me in the paths of righteousness for His name's sake.

Psalm 23



You are a hiding place for me; you guard me in times of trouble; you surround me with songs of deliverance.

Psalm 32:7



As a desert wanderer longs for springs of cool water, so my thirsty soul reaches out for you, O God.

Psalm 42:1



I lift up my eyes to the hills. From whence does my help come? My help comes from the Lord who made heaven and earth.

Psalm 121:1, 2



Be strong and courageous. Do not tremble or be dismayed, for the Lord your God is with you wherever you go.

Joshua 1:9



May the Lord bless you and keep you.

May the Lord make His face shine upon
you and be gracious unto you.

May the Lord lift up His countenance
upon you, and give you peace.

Amen.



Prayer Resources

www.worldprayers.org (all faith groups)

www.catholic.org/prayers

www.bahaiprayers.org

Hospital Chapel

A chapel is located on site. Please inquire about times for religious services in the hospital.

Chaplain Visits

The Pastoral Care Department is here to help meet your pastoral and spiritual needs while you are a patient in our hospital. To request a chaplain, please ask your caregiver.

