Prayers for Healing and Coping

Dementia of any kind often presents a challenge to faith. Watching someone you love virtually disappear, being powerless to bring them back, is truly an agonizing ordeal. Prayer can become a struggle. Even ministers, especially those who have not experienced dementia themselves, may have difficulty praying for people who live with this condition.

Sometimes just listening, meditating, or moving through the daily routine of care, is the best prayer you can offer.

But for those occasions when words are needed, I offer here some prayers that may help. Adapt them to your use, keeping in mind that the true prayer whispers in the silence between and beyond the words. May God bless you!

Barbara Hemphill

An Advent Litany

\[ \text{R: Come, O Lord, and save us.} \]

O Wisdom, O Holy Word of God,
Come and show your people the way to salvation. \[ \text{R} \]
Come, stretch out your mighty hand to set us free. \[ \text{R} \]

God With Us, our hope and our healing,
Come, let nothing keep you from coming to our aid. \[ \text{R} \]
Come and lead to freedom those imprisoned by dementia. \[ \text{R} \]

O Radiant Dawn, splendor of eternal light, sun of justice,
Come, shine on those who dwell in darkness and the shadow of death. \[ \text{R} \]
Come and save the creatures you fashioned from the dust. \[ \text{R} \]

(Adapted from the traditional “O Antiphons,” which are chanted or sung in the Roman Catholic and Episcopal liturgy during the Advent season.)

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Alzheimer’s & Dementia Prayers

For those with dementia and their caregivers

SynapseSite.net

Lake Houston Dementia Caregiver Support
At a New Diagnosis

Ever-present God,
you continually offer fullness of life,
even in the midst of our frailty.
Grant [name] courage to face the reality of his condition
and patience to endure without losing hope.
Bring peace where there is anger,
trust where there is fear.
Help him to find moments of joy in the midst of his sadness.
Let him know your love through the care and compassion of others.
Remind him of your presence with him at every moment and in all circumstances of this difficult journey.

(This prayer can also be used for a caregiver when there is a new diagnosis. The only change required is in the fourth line. It would read – “Grant [caregiver] courage to face the reality of [diagnosed person’s] condition.”)

For a Dementia Caregiver

God of compassion, you continually reach out to the weak, the poor, the outcast, the misunderstood.
As ____ cares for ____ in your Name
grant her patience to respond with grace to repetitive questions and irrational behaviors.
Inspire her with creativity in designing a safe environment.
Empower her to make difficult decisions without self-blame.
Enlighten her with wisdom to know the limits of her own strength and ability.
Give her confidence to advocate on behalf of her care partner.
Help her to accept help from others.
Mercy to forgive her own mistakes and others’ failures.
Open her heart to your presence and your love.
Above all, bring her peace in the storms and relentless faith.

A Dementia Caregiver’s Prayer

Gracious and loving God,
This is my daily task: to love and care for someone who has dementia, who is losing her memory, her judgment, her ability to function in ordinary ways.
You are the God who promises that even if our father or mother forgets us, you will remember.
We are inscribed on the palms of your hands.
You are the God whose judgments are always true, and your power is made perfect in our weakness.
As I move through the duties and difficulties of this day, enlighten my mind and lighten my heart by your grace.
Awaken within me your wisdom, your courage, your strength, your patience and forgiveness.
Make me worthy of the task to which you have called me.

Prayers for Healing

God at whose word the lame walk, the blind see, the deaf hear,
speak your word now to your child with Alzheimer’s.
Restore agility of body and harmony of mind.
Open the eyes of memory.
Open the ears of reason.
Lift him up to rise and walk in the power of your Name.

Creator God, you designed this person’s brain for inspiration and awareness, to receive your thoughts, to sense your presence, to conceive plans and dream dreams in accord with your loving purpose for the world.
Restore this person’s brain now to wholeness and harmony that it may become an instrument of your will.
And so lead to freedom this prisoner, this child of yours, who now sits in darkness and the shadow of death.

Photo by Jimmy Hemphill