

“Share a Prayer through Dementia”

Dementia Action Week Prayers

This year, people from across the Diocese of Lichfield have contributed prayers from the heart, with our “Share a Prayer through Dementia” initiative.

Bishop Michael invited prayers, writing: “Prayer is the first response of the human being to the God who has created and loves us, and it can be the last response too. Words may be forgotten, memories fail, thoughts be confused, but the Spirit always comes to us in our weakness to help us to pray. Dementia is no bar to our praying; rather, it is a place from which and through which we can pray from the heart.”

From this, the following three prayers are our Diocese of Lichfield prayers for Dementia Action Week, 15-21 May 2023.

*Prayer written by a child, contributed by* [*St Paul’s School*](https://stpaulsprimaryschool.org.uk/)*, a Church of England school in Longton, Stoke on Trent*

Please help those with dementia,
watch over them and keep them safe.
Help the people who care for them,
giving them peace and patience.
Amen

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*Prayer written by Di Holt, a Reader at St Luke’s Church, Cannock, whose husband lives with dementia*

God of the heart and of mind,
you know us completely;
though memory fades
your spirit dwells within us.
You are present in the glimpses of hope, and
with us in the joy and uncertainty of new seasons.
In the sadness and the loss
your steadfast love enfolds us;
your faithfulness endures 'til journey's end
where you have prepared a place for us.
Give us your peace and help us grow
in your likeness each and every day
through the grace of your Son our Saviour,
Jesus Christ our Lord.
Amen

*Prayer writtten by Ann Shephard, a Deacon in the Methodist Church in Shifnal who lives with dementia*

Lord, as doubt and the perplexity of daily life
become even more confusing and uncertain,
thank you for being always present
and gently guiding and protecting me.
Thank you for family and friends who continue
to love, support and encourage me
without judgement or disdain.
I pray that I may always be aware
of your loving, guiding presence in this life
and that I will come to meet with you in the next.
Amen

*Ann also contributed this prayer from (St Francis de Sales 1567-1622)*

Do not fear what may happen tomorrow;
the same everlasting Father who cares for you today
will take care of you then and everyday.
He will either shield you from suffering,
or will give you unfailing strength to bear it.
Be at peace, and put aside all anxious thoughts and imagination.

Amen

# We are glad to share other “Share a Prayer through Dementia” contributions:

Hear our cry, O God,
listen to our prayers for those living with Dementia.
May they always remember your love for them,
may they always remember that
though memories may fade like water
you are a rock that stays strong and true forever.

As the sun rises, we pray that we have kind hearts
so we can always treasure memories
even though some people may forget.
We pray for the charities who help to raise money
and pray that you always bring your comfort to those living with Dementia.

Sometimes, Lord the world seems a frightening and confusing place to be.
Some days it is so hard when life around seems fast and scary,
when I feel confused and struggle to keep up with daily routines, chores and money.
And yet Lord, Your death on the Cross conquered fear
and You are with me always –
in the kind hand that reaches out; the reassuring smile;
the person who helps me find the missing item and in those that keep me safe.
You love me just as I am;
walking with me through life’s challenges;
giving me strength and hope.

Lord, I am still the child that You so lovingly created,
although my world may seem different now.
You have been my constant guide and friend.
Please help those who seek to understand my world.
Please stay with me Lord when confusion and fear are present
and bless those who help me
and are Your hands and feet here on earth.
Help me to enrich their lives as they enrich mine.

Lord you know me better than I know myself,
You know my thoughts, my worries and my fears.
You also share my laughter, joy and tears.
You put the sunshine in my heart, you also feel my pain.
You suffered on the cross for us, before you rose again.
As we walk hand in hand, your strength you pass to me.
Now this is what I say to thee;
I give myself to you Lord,
I put myself into your care.
I know that you are with me,
All the time and everywhere.

Time flows like the tides
Solid boats may spring leaks
Unexpectedly
We thank you God
 For bringing the waters of life
 Back into our fragility
 On the ocean of faith and love
 That keeps us afloat
 Throughout our turbulent seas
 On which you never desert us.

I may not know you one day
Yet
I will feel you inside still
Around me
Inside my silent-somewhere with you,
Will smile with thanks
For your kindnesses
Sacrifices and unconditional love.

I am not muddled, forgetful or angry
Really
That’s just how you may see me
I am just a traveller like you but
On a new unseen path
Holding a hand out,
I thank you for holding it
Even touching my fingertips
Or just
Smiling in your thoughts and prayers.
God’s love clothes us all.

Lord, I pray for the insight to look at the world I take for granted
through the eyes of those for whom it may often be
a frightening and confusing place.
Forgive me when I fail to step outside of the reality as I see it.
Please help me to recognise fear and confusion;
grant me patience and generosity with my time.
May I be creative and unlimited by my world
as I seek to enter the reality of others
and to see the world through their eyes.
Help me to enrich their lives with fun and laughter as they enrich mine
 and to recreate memories that bring smiles to faces.
Lord, may I walk with others on their journey as You walk with me.

**D**ear Father God,
**E**nfold me in your loving care.
**M**y life, my memories, my soul are yours. Your
**E**verlasting love protects and surrounds me,
**N**urturing my soul as dementia reveals my innermost vulnerabilities.
**T**ake all that I am, protect and guide me through this confusing journey.
**I**nstil in me peace and trust in you to hold me safely in your loving arms as I grow closer to you.

**A**men

Lord, may we never feel alone

God-with-us
in the mess and mystery of life
open us to grace and truth,
community and compassion,
trust and unconditional love. Amen

Abba Father…….hear our prayers,
as we connect heart and head,
navigating our way through the confusion that memory loss brings.
Be alongside …………………………………………. today and always.
Pour understanding, patience and peace
into our very being as we journey together
the way of this life being Christian family, together.

Lord, our Heavenly Father,
Creator of all that was and is and will be to come,
we share today the parts of us deeply hidden
but there within the very core of us, your children.

I am but a child, not in body but sometimes in my mind.
I might not always be aware,
But Lord I know somewhere you are there.
On the days I am here……
And those I am far away,
You are with me,
Each and every minute through the day.
I offer up a daily prayer,
One of love to those who care,
Those who meet my daily needs,
For which I might not always show I’m pleased.
Lord, when my days are up and down,
To you I talk and pray,
You give me strength, you reassure,
You guide me on my way.
Without you, how would I get through?
Just let your love shine like a light through my fog,
Oh Lord I do love you.

God forgive, me for being the person I was and not being able to cope with
my mum’s illness, the Care system, The Hospital, and Social Services,
in particular, the Safeguarding Team.
I found it all so harrowing,
whilst supporting my dad watching the apple of his eye
and love of his life (of nearly seventy years) be lost to him.
God forgive me when I could not understand, respond appropriately
and connect my head with my heart.
It’s a burden that does not go away, is still sometimes overwhelming.
Mea Calpa… God Forgive me, God forgive me.

Lord we bring all those suffering with memory loss
and the army of your angels that care for them daily,
administrators, all in Social care, the policy makers and its implementers
concerning the health and well-being of those living with memory loss.

We also bring to you those at Alzheimer’s research
who in their work are striving to discover drugs
to alleviate the symptoms of memory loss
and halt the progress of brain damage
that results in such devastating life changes.

Lord, Abba Father,
pour out your healing balm on all those hurting today,
bring a sense of being loved to all those who feel desperate and unsupported…….
Let them be still and know that you are God. Amen.

Lord of the jumble of my mind,
Who knows the uncertainty, the worry of the loss of who I used to be -
AND the joy of the freedom of who I am today.
Walk with me on my journey, my sure guide who never falters;
Comfort all who struggle to meet me on the bridge,
Who search for words to reach me –
I know your smile and gentle touch:
I am here; take time to find me.
Amen

**Heavenly Comfort**

Dementia’s simple and complex
Up one minute, down the next
Don’t suffer in this see-saw state
Recall, we are who we are; this stays innate

Take heart then family, near and far,
Let Jesus meet us where we are
His yoke is there for all to wear
To lift the load, so all can bear

Don’t strain and stress to turn the tide
For this is harmful deep inside
Seek out lightness, joy and fun
Together as our race is run

Reach up to 7 stars, The Plough
And just enjoy the here and now.

**Blessed are the Poor in Spirit**

May you yoke with God the son
And make your burden light
May Jesus be there at your side
To ease your fears and fright
May He meet you where you are
Within the race you run
May His blessing rest on you
Through all the days to come