

## An evening prayer

**T**hank you, O God, for this day,  
for the love and patience of all  
who have looked after me, for  
laughter and smiles, cards, flowers  
and the visitors who came.

O God our Father, give strength to the  
nurses who will be busy all night, calm  
those patients who will be restless and  
for whom the night will be long, give  
comfort to those who are lonely, missing  
their loved ones.

O God, into your care I commit myself.  
Help me to sleep, knowing your peace.

Amen

## God's response

**W**hen I lie down, I go to  
sleep in peace; you  
alone, O Lord, keep  
me perfectly safe.'  
Psalm 4:8

'He will cover you with his wings;  
you will be safe in his care;  
his faithfulness will protect and  
defend you. You need not fear  
any dangers at night.'

Psalm 91:4-5a



**I am the one**  
*who strengthens you*

## Coming into hospital can be a worrying experience

**Y**ou may feel weak and uncertain. Am I going to be all right? How long will I be in hospital? What are my real problems?

There may be worries about your home and family or about your job.

Very often there is spiritual questioning. Why does God allow suffering? Why should I suffer?

God's word to you is: 'I am the one who strengthens you.'

May you know his love and his strength during this time.

**O** God  
Help me In my weakness, to discover your strength.

Help me to face discomfort without complaining, to bear pain if need be with courage.

O God, I want to go through this time in hospital with my hand in yours.

I come to you now through Jesus Christ.  
Amen

## A Prayer before an operation

**O** God  
You understand my feelings at this moment; you know my fears and the nervousness; you know the thoughts that I cannot put into words. I thank you for all the skills and wisdom of the surgeon, the anaesthetist and the nursing staff. Give them strength for their work today, and help me to place myself in their hands.

I now place myself confidently in your loving hands, knowing that nothing can separate me from your love in Christ Jesus. I say, as long ago Jesus said, 'Father into your hands I commit myself ... may your will be done.'

'The Lord's unfailing love and mercy still continue, fresh as the morning, as sure as the sunrise.'

Lamentations 3:22-23