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“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