PRAYER for people facing unchosen challenges and increased caring responsibilities

God of our past, present and future,

When memory slips and fades or when faces, events, challenges and the rush of life threaten to overwhelm us, be our still centre.

Hear my cry, O God, listen to my prayer from the end of the earth I call to you, when my heart is faint. (Psalm 62:1&2)

In caring, when we are unsure what to do, when we are at full stretch and beyond, help us to cross the bridge from facts to feelings, from head to heart, to meet one another with love.

Hear my cry, O God, listen to my prayer; from the end of the earth I call to you, when my heart is faint. (Psalm 62:1&2)
Amen

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