

Booklet of Prayers



**FOX CHASE
CANCER CENTER**

Pastoral Care

This *Booklet of Prayers* was developed by the Pastoral Care Service of Fox Chase Cancer Center, which supports and participates in the mission of the hospital to reduce the burden of human cancer. This booklet was specifically designed to aid in prayer and meditation for people of diverse faiths and traditions. May all who read these prayers find them to be a source of hope, comfort and inspiration.



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Contents

On Entering a Hospital	3
Sitting in a Hospital Room	3
Prayer Before Surgery	3
Prayer of St. Francis	4
Lord's Prayer	4
Scriptural Excerpts: Psalm 46:1; John 10:28; Psalm 118:24	4
A Prayer for Grace	5
When in Pain	5
A Prayer for Healing	5
For Serenity	5
Footprints	6
Hail Mary	6
Memorare	6
Act of Contrition	7
Trust in God	7
For Courage	7
For Coping	8
Prayer of Thanks	8
Psalm 23	8
Jesus, Walk With Me	9
For Support	9
Hear, O Israel	9
Healing Prayer (Jewish Tradition)	10
A Native American Prayer	10
Traditional Buddhist Blessing	11
Healing Reflection	11
Muslim Prayer	11
Healing Prayer	12
A Blessing	12
Before Going Home	12
Mother Teresa's Prayer	13

Cancer Is So Limited

It cannot cripple love.

It cannot shatter hope.

It cannot corrode faith.

It cannot eat away peace.

It cannot destroy confidence.

It cannot kill friendship.

It cannot shut out memories.

It cannot silence courage.

It cannot invade the soul.

It cannot steal eternal life.

It cannot conquer the spirit.

Cancer is so limited!

On Entering a Hospital

Lord, I ask you take my hand in yours, and walk with me to healing through these doors.

Make calm my heart and keep me without fear.

Impart your strength that I, with vision clear,
Secure that You are watching from above.

May I trust in You and Your unfailing love.



Sitting in a Hospital Room

Dear God, so much is strange and new to me that sometimes I don't understand what it's all about; and I become anxious and afraid.

Please take away all my anxieties, all my doubts and all my fears. Enable me to put my trust in You, Lord, that I may relax, grow calm and confident of Your love for me, become cheerful in the face of this adversity.

Lord, You are my constant source of strength.

Prayer Before Surgery

Dear Lord, the Source of all healing,
I surrender myself into Your creative healing hands, knowing with certainty that nothing can ever separate me from your eternal love.

I give heartfelt thanks to You for Your goodness and loving kindness to me, for those whom I love and who care for me, and for all that I possess and enjoy.

Increase my confidence in Your love for me, that I may rejoice gratefully in Your forgiving acceptance of me and pledge the renewal of my commitment to You and to those around me, even as I now ask for renewal of my ailing body.

Guide now, I pray, the minds and hearts and hands of the physicians, surgeons and staff who minister to me, that the blessing of health, of mind, body and soul may be restored to me.

Prayer of St. Francis

Lord, make me an instrument of
your peace.

Where there is hatred, let me sow
love.

Where there is injury, pardon.

Where there is doubt, faith.

Where there is despair, hope.

Where there is darkness, light.

Where there is sadness, joy.

Divine Master, grant that I may
not so much seek

to be consoled as to console; to be
understood,

as to understand; to be loved, as to
love.

For it is in giving that we receive;

it is in pardoning that we are par-
doned; and,

it is in dying that we are born to
eternal life.

Lord's Prayer

Our Father, who art in heaven,

Hallowed be Thy name,

Thy kingdom come,

Thy will be done on earth as it is
in heaven.

Give us this day our daily bread;

And forgive us our trespasses,

As we forgive those who trespass
against us,

And lead us not into temptation

But deliver us from evil.

For Thine is the kingdom and the
power,

And the glory forever and ever.

Amen.

Psalm 46:1

God is our refuge and our strength,
an ever-present help in distress.

John 10:28

I give them eternal life, and they
shall never perish.

No one shall snatch them out of
My hand.

Psalm 118:24

This is the day the Lord has made:
let us be glad and rejoice in it.

A Prayer for Grace

This is another day, O Lord.
I know not what it will bring
forth, but make me ready,
Lord, for whatever it may be.
If I am to stand up, help me to
stand bravely.
If I am to sit still, help me to sit
quietly.
If I am to lie low, help me to do it
patiently.
And if I am to do nothing, let me
do it gallantly.
Make these words more than
words, and grant me your grace
for this day, my God.



When in Pain

Eternal God, my loving Lord:
Hear me, when in the midst of
pain,
my heart cries out to you for ease.
Give me thoughts of You and
Your love.
Steady me. Relax me.
Enable me to hold on with
courage, until I find relief.
Let me never lose sight of Your
unfailing love for me.

A Prayer for Healing

Most merciful God, look upon me
with the eyes of Your
compassion.
Let Your healing hand rest upon
me.
Let Your life-giving power flow
throughout my body
and into the very depths of my
being.
Cleanse, purify, restore me to
wholeness.
Empower me for service in Your
Name.
Be merciful to me, O God, be
merciful, for I have taken refuge in
you;
in the shadow of your wings will I
take refuge until this time of
trouble has gone by.

Psalm 57:1



For Serenity

Oh God, give me the Serenity to
accept the things
that cannot be changed,
the Courage to change the things
that can be changed,
and the Wisdom to know the
difference

Footprints

One night a man dreamed he was walking along the beach with the Lord.

Across the sky flashed scenes from his life.

For each scene, he noticed two sets of footprints in the sand; one belonged to him, and the other to the Lord.

When the last scene of his life flashed before him, he looked back at the footprints in the sand.

He noticed that many times along the path of his life there was only one set of footprints.

He also noticed that it happened at the very lowest and saddest times in his life.

Bothered by this, he said, "Lord, you said that once I decided to follow you, you'd walk with me all the way.

But I have noticed that during the most troublesome times in my life, there is only one set of footprints. I don't understand why when I needed you most you would leave me."

The Lord replied, "My precious, precious child,

I love you and would never leave you.

During your times of trial and suffering, when you see only one set of footprints, it was then that I carried you."

Hail Mary

Hail Mary, full of grace,
the Lord is with you.
Blessed are you among women,
and blessed is the fruit
of your womb, Jesus.
Holy Mary, Mother of God,
pray for us sinners, now
and at the hour of our death.

Amen



Memorare

Remember, O most compassionate Virgin Mary, that never was it known that anyone who fled to your protection, implored your assistance, or sought your intercession, was left unaided.

Inspired with this confidence, we fly unto you,

O Virgin of Virgins, our Mother.

Oh, Mother of the Word

Incarnate, despise not our petitions,

but in your clemency hear and answer them.

Amen.

Act of Contrition

My God, I am sorry for my sins
with all my heart.
In choosing to do wrong and fail-
ing to do good,
I have sinned against You, whom I
should love above all things.
I firmly intend with Your help, to
do penance, to sin no more,
and to avoid whatever leads me to
sin. Our Savior,
Jesus Christ, suffered and died for
us. In His name,
My God, have mercy.

Amen



Trust in God

One thing I ask of the Lord; this I
seek:
To dwell in the house of the Lord
all the days of my life,
That I may gaze on the loveliness
of the Lord and
contemplate his temple.

Psalm 27:4

For Courage

Almighty God: Teach me, I
humbly ask You, the secret of
casting fear out of my mind.

With deep regret, I confess that
frequently I am afraid.

Life piles up too big for me and
the multiple threats that the days
bring are too much for my small
store of strength and courage.

I need help.

Remind me of my resources in
You.

May I hear over and over deep
within my soul Your voice
and Your word: "Be not afraid."

So hearing, may I trust You and so
trusting may I find my
sure strength in Your love.

For Coping

God, You know my feelings.

You know that I want to feel better; I want to be better; I want to have my health back.

But the hours of testing, the days of diagnosing, and the question marks concerning my future seem nearly more than I can take!

Grant me, O God, the strength to face each hour of this and every day.

In fact, when it seems that I cannot face even this hour, fill me with sufficient strength to face the next five minutes.

Prayer of Thanks

God, You know how relieved and grateful I am for the good news I have received!

Naturally, I was apprehensive – hoping for the best, but often worrying and imagining the worst.

Thank you for being with me and enabling me to handle the tension and anxiety that were mine.

With the question marks behind, may I now devote my thoughts and energy to becoming healthier and stronger each day.

Psalm 23

The Lord is my shepherd; I shall not want.

In verdant pastures He gives me repose;
Beside restful waters He leads me;
He refreshes my soul.

He guides me in right paths for His name's sake.

Even though I walk in the dark valley, I fear no evil; for You are at my side.

With Your rod and Your staff that give me courage,
You spread the table before me in the sight of my foes;
You anoint my head with oil, my cup overflows.

Only goodness and kindness follow me all the days of my life;

And I shall dwell in the house of the Lord forever.

Jesus, Walk With Me

My Jesus, my Friend, walk with me today.

Hand in hand, guide me to learn and to know what is good.

Arm in arm, help me to grow in my faith and in love for others.

Side by side, stay by me to protect me and show me Your ways.

Heart to heart, help me to pray and to be all that You want me to be.

Thank you, Jesus, for the special love You have for me.

Amen.



For Support

God, You know the disappointment, the discouragement, the anxiety, the loneliness, yes, even the anger I feel because my prognosis is not good.

I can only pray that you will give me and my loved ones the strength to face whatever lies ahead.

Don't let us panic.

Let us be open and honest with one another, and enable us to make the most and the best of the coming days.

Hear, O Israel

Hear, O Israel: The Lord our God, the Lord is One.

Blessed be His name; His glorious kingdom is forever and ever. And thou shalt love the Lord thy God with all thine heart, and with all thy soul, and with all thy might.

And these words, which I command thee this day, shall be upon thine heart; and thou shalt teach them diligently unto thy children, and shalt talk of them when thou sittest in thine house, and when thou liest down, and when thou risest up. And thou shalt bind them for a sign upon thine hand, and they shall be fore frontlets between thine eyes. And thou shalt write them upon the doorposts of thy house, and upon thy gates.

Deuteronomy 6:4-9

*Healing Prayer
(Jewish Tradition)*

God, hear my prayer,
And let my cry come to You.
Do not hide from me in the day
of my distress
Turn to me and speedily answer
my prayer.
Eternal God, Source of healing,
Out of my distress I call upon
You.
Help me sense Your presence
At this difficult time.
Grant me patience when the
hours are heavy;
In hurt or disappointment give me
courage.
Keep me trustful in Your love.
Give me strength for today, and
hope for tomorrow.
To your loving hands I commit my
spirit
When asleep and when awake.
You are with me;
I shall not fear.

*A Native American
Prayer*

O Great Spirit, whose voices I
hear in winds and whose breath
gives life to all the world, Hear
me!
I am small and weak. I need your
strength and wisdom.
Let me walk in beauty and make
my eyes ever behold the
sunset.
Make my hands respect the things
you have made and my ear sharp
to hear your voice.
Make me wise so that I may under-
stand the things you have taught
my people.
Let me learn the lessons you have
hidden in every leaf and rock.
I seek strength, not to be greater
than my brother, but to fight my
greatest enemy—myself.
Make me always ready to come to
you with clean hands and straight
eyes.
So when life fades, as the fading
sunset, my spirit may come to you
without shame.

Traditional Buddhist Blessing

Just as the soft rains fill the
streams,
pour into the rivers and join
together in the oceans,
so may the power of every
moment of your goodness flow
forth to awaken and heal all
beings,
Those here now, those gone
before, those yet to come.

By the power of every moment of
your goodness
May your heart's wishes be soon
fulfilled as completely shining as
the bright full moon,
as magically as by a wish-fulfilling
gem.

By the power of every moment of
your goodness
May all dangers be averted and all
disease be gone.
May no obstacle come across your
way.
May you enjoy fulfillment and
long life.

For all in whose heart dwells
respect,
who follow the wisdom and
compassion of the Way,
May your life prosper in the four
blessings of old age, beauty,
happiness and strength.

Healing Reflection

Cleanse the thoughts of your
mind and heart and invite the
peace of God's Spirit to dwell in
you. Take a deep breath and
inhale God's peace, exhale all that
has burdened your heart and
mind. Slow and deepen your
breathing and take in God's peace
with every breath. Surround your-
self in His divine healing presence
and rest in His love for a few
peaceful moments.



Muslim Prayer

Oh God, bring happiness to the
souls of those who have passed on,

Oh God, provide for the deprived,

Oh God, feed the hungry,

Oh God, dress the unclothed,

Oh God, help us solve our prob-
lems,

Oh God, return all the displaced
to their homes,

Oh God, free all who are impris-
oned,

Oh God, heal all patients,

Oh God, turn our bad times to
good in your image,

Almighty God, you are the One
who is aware of everything.

Healing Prayer

Lord, make me an instrument of Your peace, Your peace is all I need to calm my senses, my body, and my mind. Let Your peace give me rest and a deep tranquility so that I am not overburdened with the events of my life. Your peace gives me strength, thank You, Lord.

Amen.



A Blessing

The Lord bless you and keep you!
The Lord let his face shine upon you and be gracious to you!
The Lord look upon you kindly and give you peace!

Numbers 6:24-25

Before Going Home

Lord, as I am about to leave for home, I offer my thanks to all who have cared for me, made my stay more pleasant, and Your healing possible.

And I offer heartfelt thanks to You, Almighty God, for Your unwavering presence and for allowing me to return to my part of Your world.

Grant me the wisdom and will to follow my physician's instructions in the days ahead, that my healing may continue.

Mother Teresa's Prayer

People are often unreasonable,
illogical, and self-centered;
...Forgive them anyway.

If you are kind, people may accuse
you of selfish, ulterior motives;
...Be kind anyway.

If you are successful, you will win
some false friends and some true
enemies;
...Succeed anyway.

If you are honest and frank,
people may cheat you;
...Be honest and frank anyway.

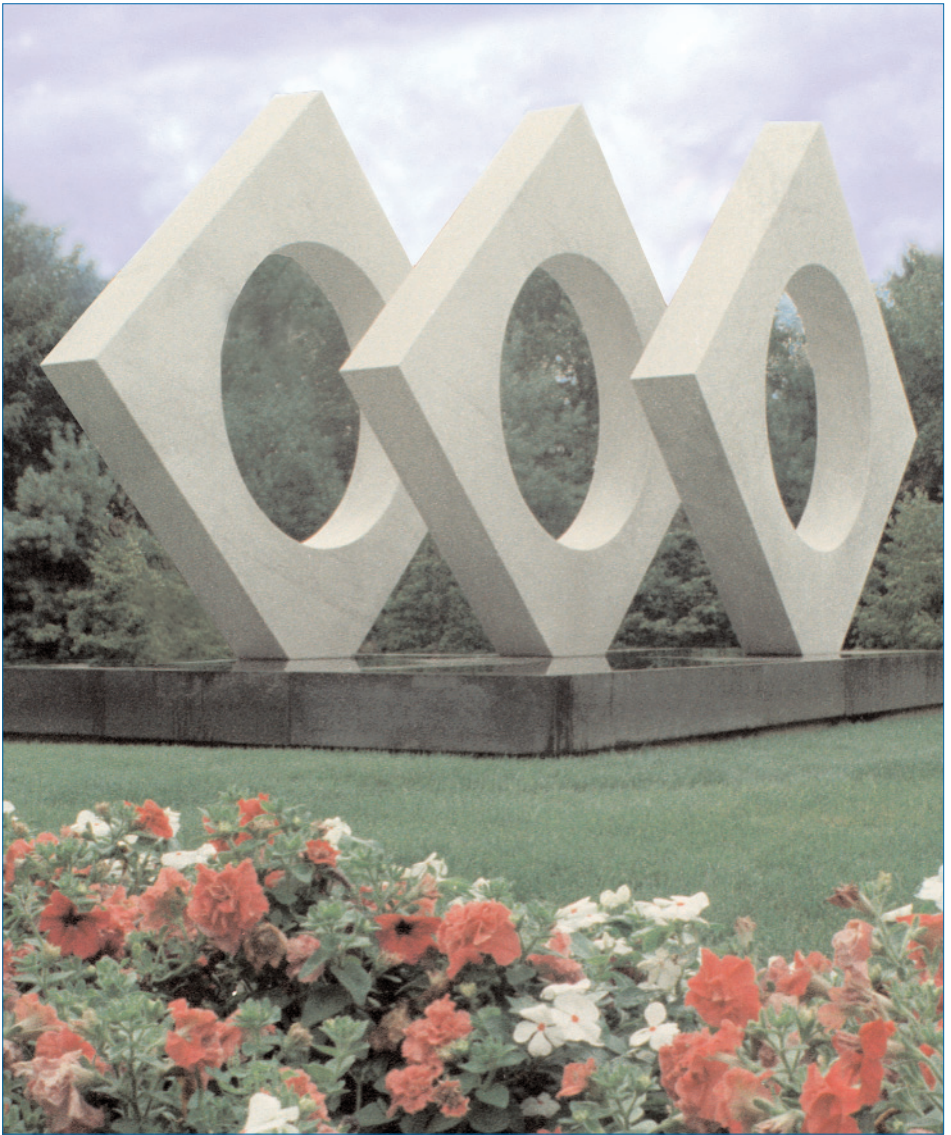
What you spend years building,
someone could destroy overnight;
...Build anyway.

If you find serenity and happiness,
they may be jealous;
...Be happy anyway.

The good you do today, people will
often forget tomorrow;
...Do good anyway.

Give the world the best you have,
and it may never be enough;
...Give the world the best you've
got anyway.

You see, in the end, it is between
you and God;
it was never between you and them
anyway.



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