

Loving God,

I belong to you

- you have created me in your image and likeness
- your faithfulness is steadfast
- you surround me by your love

When I find it difficult to believe and when I suffer pain

- remind me of your presence
- give me courage
- help me to be made whole

Gracious God -

I open myself to your love enfold and surround me and give me peace. Amen

Based on the St Albans Diocesan Fellowship of Prayer

## PRAYER CARD

“The eternal God is our refuge and underneath are the everlasting arms.”

Deuteronomy 33:27



**This card comes with love from the  
Mothers' Union**

It comes to remind you that even though for a while, you may be “out of circulation”, you matter to us, and that you always matter to God.

This card brings loving good wishes and the promise of our prayers. It is not always easy to pray, so we have included some words to help or you can use your own words to express your deepest needs to God. Sometimes when words fail, simply let God's love enfold you.

“I am certain that nothing can separate us from the love of God in Christ Jesus our Lord.” Romans 8:38-39

**SHORT PRAYERS**

**When in pain:** Lord, be with me in this pain and help me to endure it with courage.

**When lonely or frightened:** Lord, give me the faith to turn to you in trust and know that I am not alone.

**When you cannot sleep:** Lord, help me to relax and “let go”. Give me the healing power of sleep and refresh me with the knowledge of your presence.

**For my family:** Ease the worries and concerns of those who are concerned about me. Bless them in their present needs and keep us in your love.

**For those who are ill:** Be with them, Lord, and bring them strength and peace and healing.

**For doctors and nurses:** Lord, in your great care, care for those who care for us. Thank you for their skill and attention.