

Prayer for Caregivers

An original prayer prepared for this page, followed by the traditional Hail Mary.

Lord Jesus, you see the person I care for, and you see me. You know the work of this day, the interrupted sleep, the decisions, and the worries I cannot easily put into words. I place them all before you.

Give me patience when a task must be repeated, gentleness when I am tired, and wisdom when I do not know what to do next. Help me notice the person before me, with their dignity, their fears, and their need to be loved.

Bless the one entrusted to my care. Ease their suffering, protect them from harm, and give them the comfort of your presence. Guide everyone who shares in their care.

When I feel helpless, keep me from despair. When resentment rises, renew my charity. Forgive my impatience and give me grace to begin again. Receive the quiet work that no one notices and unite it with your love.

Help me accept support without shame and rest without believing I have failed. Bring trustworthy people alongside us. Give me the courage to acknowledge my limits and ask for the help we need.

Stay with us through the long hours and the uncertain days. Help me entrust to you what I cannot change, and give me enough strength for the next act of love. I place myself and the person I care for in your hands. Amen.

The Hail Mary

Hail, Mary, full of grace, the Lord is with thee. Blessed art thou among women, and blessed is the fruit of thy womb, Jesus.

Holy Mary, Mother of God, pray for us sinners, now and at the hour of our death.

Amen.