



I PLACE
My
TRUST
IN YOU

Prayers in Times of Suffering
by Joyce Rupp

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Introduction

When troubles and sorrow come into our lives we can get so caught up in them that it is difficult to find adequate words for prayer. Yet prayer is a vital source for sustaining and encouraging us when we are stumbling amid the pain of life. Prayer can be a deep source of hope and strength, reminding us that we are not alone, that we always have a Loving Companion to journey with us. However, we can be too dazed, too tired, or too discouraged to speak with this Compassionate One who never leaves us. The brief prayers in this pamphlet are meant to provide a source of communication with God for you. May these prayers express your spiritual longings, comfort you and bring you peace.

— Joyce Rupp
author of *Praying Our Goodbyes*,
Your Sorrow is My Sorrow, and other books on suffering

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IN PHYSICAL PAIN

We are afflicted in every way, but not crushed . . . always carrying in the body the death of Jesus, so that the life of Jesus may also be made visible in our bodies.

2 Corinthians 4:8-10

JESUS, CRUCIFIED ONE,

I unite in love with you today.

My own intense physical pain
reminds me of your great suffering.

Turn my mind away from
my discomfort.

Help me to endure my cross of pain
and to draw strength from you, especially
when I feel drained and defeated.

May I have the courage and stamina
to bear the misery of my present condition.

I long for a strong sense of your nearness.

Assure me that you are with me.

Let your enduring tenderness hold me close.

I unite my suffering with all those
who experience similar pain today.

I rest my entire being in your love.

Amen.

HOSPITAL PATIENT

All in the crowd were trying to touch him for power came out of him and healed all of them. Luke 6:19

COMPASSIONATE GOD, thank you that I can
receive the medical care and attention
I need at this time in my life.

Bless all those who are ministering
to my condition.

Let me welcome them and see them
as your servants.

Help me to treat myself kindly and to be patient
as I wait for my body to mend itself.

Bless me with the rest I need in order to heal.

Send visitors who respect my present condition
and who do not overextend their visit.

When I feel discouraged by my low energy,
be there to sustain and encourage me.

You sent your Son, Jesus,
to be a loving presence for those who were
hurting and in need of care.

May I also receive the touch of his great
kindness and the healing glance of his
affectionate gaze. *Amen.*

FOR OTHERS WHO ARE ILL

Bear one another's burdens, and in this way you will fulfill the law of Christ. Galatians 6:2

GRACIOUS HEALER,

I entrust my loved one into your care.
Ease the burdens that this illness brings.

Relieve the sharp edges of pain.
Stir up hope amid adversity.

Give her (him) spiritual strength to cope
with the difficulties of this situation.

Encourage her (him) to lean on you
and to find comfort in your presence.

May those who tend her (him)
do so with compassion and skill.

Let all who are near my loved one
be a source of love and hope.

I commit my loved one who is ill
into your care and safe keeping.

Hold her (him) close with your love
as you gather her (him) under your wings.

Amen.