



TODAY'S PRAISE

PRAYERS AND
PROMISE FOR
SENIORS

RICH BIMLER

INTRODUCTION

Welcome to *Today's Praise, Prayers and Promise for Seniors!* When you think about it, prayers and God's promise to us are what life is all about, and prayers and God's promise are what this prayer book is all about. Enjoy these prayers designed especially for older adults to help you focus on God's continued promise to love and forgive and watch over you in your later years. As you pray daily, remember all that the Lord has blessed you with through these many years of life. Let the words on these pages stir you to be an example to the younger (and the older!) among you of faithful living in word and deed. Each day is a wonderful chance to pray to and praise our great God of promise, especially during these challenging and changing days of aging, in the name of Jesus!

—*Rich Bimler*

IN THE MORNING

Praying even before coffee, or tea is a great way to start another day in the Lord! A quick “Thanks, Lord, for another day!” won’t hurt either. Greet this day as another gift from the Lord, and plan to celebrate it as another blessing from him... because it is.

A NEW DAY

Lord, it is a new day. You give this day to me as a gift. Empower me to use this day by giving it away to other people—to those who are struggling with pain, to those who are lonely and to those who think that you have forsaken them. And, Lord, let me be thankful in all that I do this day, because I am blessed by your love and forgiveness. **AMEN.**

AWAKEN ME

Lord, I know it will be a good day because you are with me. Awaken me from my slumber, enlighten me by shining brightly in these hours and empower me with your Spirit. Open my eyes to see the needs of others. Open my ears to hear the cries of worry from those around me. Then give me the strength to bring a generous measure of your love to those in need. **AMEN.**

AT NIGHT

Too tired to pray? Then you really *are* too tired! Seek the rest you need, but do know that the Lord is with you, whether you pray to him or not. He's that kind of Lord. He never forgets you. And that's something to pray about!

COUNTING BLESSINGS

Lord, I've made it through another day thanks to your presence and promise. And now, as "I lay me down to sleep," remind me again that you are here, loving, protecting and comforting me. Help me to not only count sheep tonight but also to count my blessings from you, the Good Shepherd.

AMEN.

SETTLE IN

Thank you, Lord, for leading me this day. Where I have failed (and I have), forgive me. Where I have ignored people (and I have), shower me with your grace. Where I have done something well (and I have), help me to celebrate the gifts you have given to me. And now, settle me in, slow me down and tuck me in for another restful night, reminding me that you are with me, and you are! **AMEN.**

AT MEALTIME

“Three meals a day helps you to pray and play” is an old adage my mom would often quote. As we eat our food this day, pray also for those who have little to eat as you thank the Lord for the food that will help you to help others through your day.

GIVER OF ALL

I pray for this food, Lord, to remind me that you are the giver of all things—for meals, of course, but also for my home, my friends, my clothes, my TV, my music, my neighbors, my life itself! May this food and all these gifts give me a foretaste of the feast to come in heaven with you forever. **AMEN.**

STRENGTH TO SERVE

Thanks for providing these morsels for strength and also for enjoyment. Help me to see that eating is not all there is to life. You feed me so I can serve others, by providing them with your joy, peace and forgiveness. Turn the food I eat today, Lord, into the strength and grace I am able to give to others in your name. **AMEN.**



CREATION

Marvel this day at God's creation. In your thoughts and prayers and actions, continue to allow the Lord's world to grow and stay healthy, and encourage others as well. Celebrate the beauty of flowers, the chirping of birds and the freshness of the breeze. And encourage others to do the same.

THE GIFTS OF NATURE

Help me this day, Lord, to give thanks to you for your creation all around us. Slow me down to listen to the chirps, to touch a crawling creature, to bring a smile to a little child. Thanks, Lord, for reassuring me that your Son, Jesus, is with me always, even when the dark clouds appear. **AMEN.**

PRESERVING THE ENVIRONMENT

Lord, the earth is yours and you have given it to us to cherish and to keep. So often we are too wasteful and selfish with the gifts of water, food, air and oil. Forgive us for taking these gifts for granted and for keeping these goods for ourselves. Move us, Lord, to share what you give us and to conserve what we do not need so that others may also enjoy your gifts of this world. **AMEN.**

GRATITUDE

How great it is to thank the Lord for all of the people, young and old, with whom the Lord has blessed us! Thank him and thank them for their love, forgiveness and joy that they bring to us. Let us continue to thank the Lord and sing his praise and tell everyone what he has done.

THANKSGIVING FOR LOVED ONES

We pray today, Lord, for family and friends near and dear to us. We pray that you will watch over them, guide and direct them and continue to bring hope and forgiveness to them. When they stray, bring them back to your fold. When they rejoice, help us to rejoice with them. Enable us, too, to love, forgive and support them, as you do for all of us. **AMEN.**

FOR TIME

Lord, thanks for the time you give to me each day to relax, to sing, to visit, to read, to play, to laugh and just to do nothing. I hope it is okay, Lord, just to do nothing, because it reminds me that I need to do nothing in order for you to love and forgive me. You have done it all for me, and now that is something I want to tell others in the time you continue to give to me. **AMEN.**

FOR THE GIFT OF AGING

Lord, thanks for the gift of aging. We often take life for granted. Remind us again today what our role is in life—to show and tell the story of you to the young and old whom you have gathered around us. Make our words and actions speak love and forgiveness to those you place in our lives today.

AMEN.

THE GIFT OF PRAYER

Thanks for the prayers my grandpa prayed, Lord. He called them “Grand Pause” prayers. He would say, “When in doubt, pause. When angry, pause. When tired, pause. When stressed, pause. And when you pause, pray!” It worked for him, Lord; help it work for us as well. **AMEN.**

THE BLESSINGS OF OUR NATION

Lord of all nations, we thank you for the gift of this country. Keep us focused on this land of liberty. At times we can become weary and worried about injustices and conflicts. Let your compassion for all flourish in and through us. Bless us as we strive toward sharing your love, forgiveness and peace to those near and far. Remind us again that this is your country, and you have gifted us to live here. **AMEN.**

FAMILY

Let us consider the beauty of the family of God. Our heavenly Father provides blessings, love, forgiveness and all we need to celebrate and serve others—beginning with our family. The younger and the older need each other. We need to laugh and cry, serve and obey, encourage and teach those closest to us. Thank the Lord for families!

FOR FAMILIES

Lord, we know that a home is where people know each other well and still love each other in spite of it all. Thanks for bringing us together as a family, even in times of struggle and conflict and turmoil. We know, Lord, that a home where you live is a place where things are not perfect but rather a place where people are forgiven. Thanks, Lord, for loving and forgiving us as your spiritual family, the Church. **AMEN.**

FOR FAMILY GATHERINGS

Lord, you gather families together daily to remind us of your love for us and our love for you and one another. Thanks for calling all families as your one family throughout the world. There often are family members who are not with us because of miles and deaths and shaky relationships. Mend the broken, Lord, forgive the hurts, bring comfort and hope to the bereaved and keep us celebrating as your family each and every day. **AMEN.**



TODAY'S PRAISE

The topical prayers
and brief reflections in
this 32-page booklet

in LARGE PRINT highlight the gifts, concerns and unique perspectives that faith-filled senior adults encounter. Prayers for health, children and grandchildren, enjoyment of life, reflection, engagement and vitality are among the many original petitions that speak to the real-life issues of older adults as they live out these prayers and faithfully serve the needs of family and friends around them.

