

Trusting in the Lord in Times of Loneliness

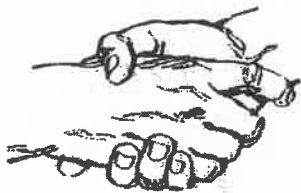
Oh God, my Father, you created me, and your care and love have sustained me and nourished me all these years of my life. You have blessed me since my birth.

You are my Father and I am your child. I come to you feeling alone and forgotten. Embrace me and hold me close to your fatherly heart. Be with me in my present stage in life. Time can take a toll on our lives, but you are eternal, and your love renews me even as the years go by.

Jesus, may I experience your presence as I lift my heart to you in prayer. Make me realize that I am not forgotten, no matter how alone I may feel. You are Emmanuel, "God with us." You are always with me.

Jesus, as your disciples cried out in fear when their boat was sinking, you said to them, "Have courage it is I." Then you said to the storm, "Be still." And the winds and waves died down and all was calm. Lord calm my fears of what the future may hold. If fears do arise, I will pause to listen to your words echo in my heart, "Peace! Do not be afraid. I am with you."

Jesus I trust in you.



Praise and Thanksgiving (Inspired by Psalm 8)

Oh Lord our God, how great is your Name in all of this earth! Your glory and majesty fill all creation. The heavens abound and overflow with your goodness and fill the hearts of all who call you Father—especially the hearts of little children who rejoice in you.

When I lift up my eyes and behold the heavens above—the moon, the stars and the work of your hand—I marvel at your great power and beauty. I feel so small and weak, yet you love me so. Your love has given me a worth beyond all telling.

Your presence beside me is assurance that nothing can truly harm me. Rather, the earth and its fullness are meant for my benefit and well-being. It does me good to lift my heart in praise of you.

Oh Lord my God, how great is your Name in all of this earth. Amen



Peace!
Do not be afraid.
I am with you.

Take a few moments
to quiet yourself
and reflect.

Lift your mind
and heart
in prayer.

Your Present Situation.....

The passing of time brings changes that demand new ways to view life. Reflect for a moment on your present situation. Or you may not be able to care for yourself as you once did. You may be home-bound or in a care facility. You may be asking yourself, "Why has this happened to me? What will be the outcome of my situation? What does the future hold?" What you are experiencing currently in your life is a reality. Even though you may find life to be difficult, your faith in Christ can transform your present situation into a meaningful experience. Face your present situation by calling upon Jesus. Ask him to come *into* your feelings of confusion, fear or isolation. Jesus is Light shining for you in darkness, hope in discouragement, and joy in sadness. He came to free you of the uncertainties that burden your heart. Jesus stands at the door of your heart and knocks. Invite him in. He will enter and abide with you and quiet your heart with his gift of inner peace.

Turn to the Lord and speak to him.....
 Jesus, growing older challenges me to pray in new ways. I ask you to lay your healing hand on my body, my soul, my memory and my emotions. Grant me patience with myself and with others. I desire to grow in wisdom and to be free from holding on to what I do not need. Grant me new life by the power of your Cross and Resurrection. Amen.



"Come to me all who are weary and find life burdensome. I will refresh you. Take my yoke on your shoulders and learn from me, for I am gentle and humble of heart. Your souls will find rest, for my yoke is easy and my burden is light" (Mt. 11:28-30).

Lord Jesus, I do believe, but I ask you to strengthen my faith in you. At times I find it hard to pray. I ask you to give me the words to speak to you. And if words do not come to my lips, just being with you in silence will be my prayer. I unite myself and my present situation with you—with your life, death and your resurrection. I unite myself to your Cross and to the healing power of your glorious Body. And from your open side flows the Blood and Water of your Divine Mercy with your gifts of forgiveness, strength, peace, and life. Jesus, I trust in you. Jesus, I love you.

Psalm 23
 The Lord is my Shepherd,
 I shall not want.
 He makes me lie down
 in green pastures;
 He leads me beside restful waters;
 He refreshes my soul.
 He guides me in right paths
 for his name's sake.
 Even though I walk
 through the valley of darkness,
 I fear no evil;
 for you are at my side;
 Your rod and your staff
 give me courage.
 You prepare a table before me
 in the sight of my foes.
 You anoint my head with oil;
 my cup overflows.
 Surely goodness and mercy
 shall follow me
 all the days of my life,
 and I shall dwell
 in the house of the Lord
 forever.

 Mary, Mother of Jesus, you are also, my Mother. I call upon you, as Jesus did when he was a child. Mother Mary hold me in your arms. Protect me, and comfort me as you comforted your Son Jesus when he came to you in need.