



## The Carer's Prayer

God of love, our true shepherd!  
Fill our hearts with your strength,  
joy and compassion  
to continue to care for those in our lives,  
to care for those we find it difficult to care for  
and to be open to those in need of care.

'The fruit of the Spirit is love, joy, peace,  
patience, kindness, generosity,  
faithfulness, gentleness and self control.'  
May the fruit of the Spirit  
continually nourish us  
and be ever-present within us,  
those we care for and those who care for us.

Lord of hope!  
Give us the courage to be people of hope,  
to show respect, dignity, empathy,  
love, faith and friendship.  
Help us to be truly present with those  
we care for and those who care for us.

And when we are over-burdened,  
restore us...  
comfort us...  
strengthen us...

We thank you God for the many opportunities  
of being Christ-like to others.  
Amen.

*('The fruit of the Spirit' – Galatians 5:22)*