

# Be still and know that I am God

**All sorts of questions may be in your mind at this time.**

What is wrong with me? Will my family cope? What about my job? Is there a God? Does God care? What is the meaning of suffering? God's word to you now is, 'Be still and know that I am God.' May God help you to receive His comfort, His strength, and His courage during your illness.

## **A PRAYER**

O God, thank you  
for this new day,  
for the rest of the past night,  
for the nurses and doctors,  
and for all those who have  
worked  
through the night, caring for  
the  
patients in this hospital.

O God, help me  
to remember that I cannot  
undo  
the past;  
to remember that I cannot see  
into the future;  
to leave the past and future  
in your hands.

## **FOR THOSE WHO ARE ANXIOUS**

1 Peter 5:7 'Cast all your anxieties on Him, for He cares about you.'  
John 14:27 Jesus said, 'Peace I leave with you; my peace I give to you ... Let not your hearts be troubled, neither let them be afraid.'

## **MORNING PRAYER**

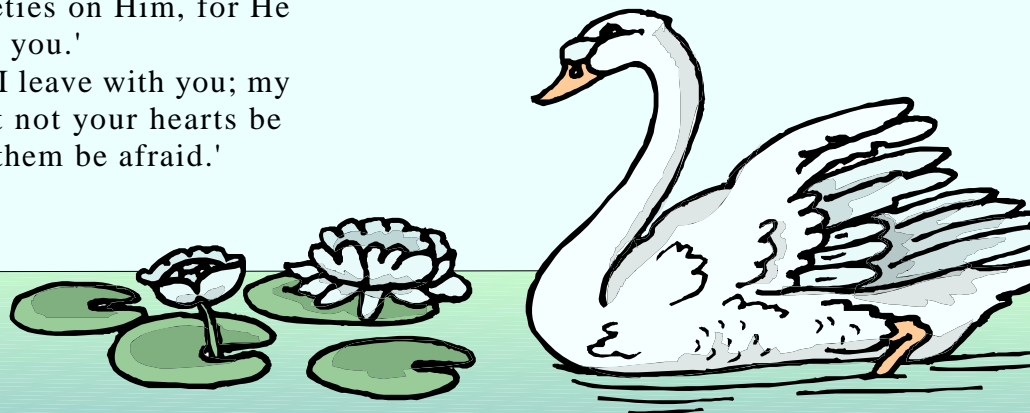
Isaiah 43:2-4

'When you pass through the waters I will be with you; and through the rivers, they shall not overwhelm you; when you walk through the fire you shall not be burned, and the flame shall not consume you. For I am the Lord your God ... you are precious in my eyes ... and I love you.'

Help me  
to bear pain, if need be, without  
complaining;  
to cause as little trouble, and  
to  
give as much help as  
possible,  
to both patients and nursing  
staff.

I remember and claim Your  
promise, that You never  
allow Your children to be  
tested beyond what they  
can bear.

Amen



### **A PRAYER**

O God I can't seem to stop worrying. I worry about my family, and how they will cope.  
I worry about myself and what is wrong with me.

I worry about how long it will take to get better.

Help me  
to cast my worries upon You;  
to trust You with my future,  
and my family;  
to know the peace which  
Jesus promised, that peace  
which passes all  
understanding.

I thank You that You understand  
my worries and fears and do  
not lose patience with me.  
Amen

### **A PRAYER**

Thank you, O God,  
for all the people who have  
looked after me today;  
for all those who visited me  
today; for the letters and the  
get-well cards;  
for the flowers and gifts  
friends have sent.

I know that sleep  
is one of the best medicines  
for both the body and the  
mind. Help me to sleep  
tonight.

Into Your strong hands I place  
all the patients in this ward;  
the night staff on duty tonight;  
my loved ones whose names I  
now mention;  
myself, with my fears, my  
worries and my hopes.

Help me to sleep, thinking of  
You and Your promises.  
Amen

### **PRAYER BEFORE AN OPERATION**

O God, You understand my feelings at this moment;  
You know my fears and my nervousness; You know the  
thoughts that I cannot put into words.

I thank You for all the skill and wisdom of the surgeon,  
the anaesthetist, and the nursing staff. Give them Your  
strength during all their work today, and help me to place  
myself in their hands.

I now place myself confidently in Your loving hands,  
knowing that nothing can separate me from Your love  
in Christ Jesus. Like my Saviour long ago, I say to You,  
'Father into Your hands I commit myself ... may Your  
will be done.'

