

# Summer

## prayers for healing

### AIM

To open up more of ourselves and our situations to the healing presence of God.

### INTRODUCTION

Sometimes there is no physical activity that will help to bring healing or change to a situation. It can be tempting to give up or do or say things just for the sake of it. There are times when we have cried out to God and done all we humanly can but now we are at the end of our capacity and power. It seems the only thing we can do is to wait.

The first two pieces below are a meditation and a prayer to explore the idea that God is still present in such situations. They aren't trite answers to the problem of pain; they were written during times of suffering and tell stories of opening up to God's presence. They are therefore very personal, but perhaps they will bring hope to others struggling with a sense of powerlessness or tempted to despair in their situation.

If you offer either of these first two prayers/meditations to another person, please do so with love and humility. It's empowering to someone in pain to be given the choice of what to do, including whether to accept or reject some offer of help or support. So admit that you can't really understand how they are feeling but wondered if this prayer/meditation might be helpful.

If you read these for yourself, do so in the knowledge that all emotions and memories can be expressed safely in God's presence. Open yourself to the healing presence of your loving Lord. Sometimes this leads to us realising we need more help – maybe professional help. This is your choice; God will be with you whatever you decide.

### WAITING AND WATCHING

Waiting and watching -  
Hoping and praying,  
Patience and worry,  
Hopes and fears,  
Smiles and tears,  
Loneliness and hugs,  
Sleepless nights and exhausted days.

Waiting and watching -  
Emotions and confusions.  
The mind races with possibilities  
That dare not be expressed.  
Eyes meet, tears start,  
Averted looks, embarrassed faces -  
How to respond?

Waiting and watching -

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Heartache and hope,  
Helplessness and action,  
Shock and acceptance,  
Dreams turned to nightmares,  
Jumbled days and nights -  
Has life changed forever?

Waiting and watching -  
God knows the pain.  
God knows the wretchedness  
Of watching those we love.  
God knows the heartache  
Of being powerless to help.  
God knows the cost of living and loving.

God knows,  
God shares,  
God cries,  
God cares.  
God's arms are strong to hold our weakness,  
His presence is peace to receive our fear,  
And his patience and strength  
Are there for us -  
Always.

### I'M TIRED OF WAITING, LORD

I'm tired of waiting, Lord.  
The jagged edges of my broken heart are getting worn smooth.  
I no longer feel the agony like I used to,  
(except when it suddenly bubbles up  
and scares me with it's intensity.)  
I'm resigned to the brokenness,  
I've adapted to being incomplete,  
I protect myself from hurt,  
putting a guard over my broken heart whenever I feel vulnerable.

My pain threshold has risen,

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I don't expect it to ease – ever! (pause)

That's not true!!

I DO want this situation to change!

I DON'T want to this to go on forever!

O how I long for change!

How I long for breakthrough!

How I yearn for reconciliation, unity,  
and for your love to flow freely between us.

I won't grow resentful and cold.

I won't give in to despair,  
and I won't give up on this situation.

Lord Jesus, keep pouring out your Holy Spirit upon us!

Keep me holy and strong – in spirit and in faith.

Keep me humble and loving,  
keep my dignity and self worth intact.

For only you can provide the peace that passes all human understanding.

Only you can keep my heart and mind safe.

Only you can heal, love and restore.

Only you, O Lord ...

Only you.

I run to you, O Lord!

I ask you to show me your perspective in this situation.

Help me see with your eyes,

to hear with your ears,  
and understand with your heart.

I release my broken heart to you, O God.

Cradle it gently,  
'till it's mended.

And if it takes a lifetime,

I believe your grace will be sufficient for me ...

Each day.

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### A PRAYER FOR LIFE

*This one is a bit different! I wrote this when I was in danger of taking myself and life a little too seriously. Also to remind myself that I rely on God's love, grace and provision at all times. It's could be a daily prayer. Or you may like to use it before/after particularly challenging situations. This prayer is also about recognising God is present at all times.*

Lord, Go before me and meet me as I begin.

Lord, Stay behind me and clear up the mess I never meant to cause.

Lord, Live within me and grow me in your love. Amen

### EVALUATION

Please try to answer these questions for yourself and for others who will use this material:

1. What was the most helpful thing?
2. What was the least helpful thing?
3. What would you like to try now?

### THE NEXT STEP

If you want more seasonal materials please revisit the website. There are more materials on the theme of healing and prayer in the summer selection.

### Acknowledgements

This material is by Ruth Sermon to whom copyright belongs, and who has given permission for it to be used in the Vision4life process.

### HOW TO FEEDBACK TO VISION4LIFE?

If you wish to offer any feedback – brickbats and bouquets are equally welcome! – you can do so in various ways.

You can email the Vision4Life steering group about general or website V4L issues via the website or at [admin@vision4life.org.uk](mailto:admin@vision4life.org.uk)

If you have comments and particularly contributions to the prayer year, you can email the V4L prayer year coordinator via [prayer@vision4life.org.uk](mailto:prayer@vision4life.org.uk)

If you want to make contributions or ask questions about other V4L years you can email:

Year 3 – Transformed for Evangelism: [evangelism@vision4life.org.uk](mailto:evangelism@vision4life.org.uk)