

Prayers of the World

This is a very small opening selection which we hope you will add to by sending us your favourite prayers of comfort from your own belief, faith or religion. We include them here in the hope that you can access them for yourselves or for your patients "in the small hours" when all seems black and hopeless.

Baha'i

O thou who art the Lord of all names and the maker of the heavens! I beseech thee by them who are the day-springs of thine invisible essence, the most exalted, the all glorious, to make my prayer a fire that will burn away the veils which have shut me out from thy beauty, and a light that will lead me unto the ocean of thy presence.

Buddhist

May I become a medicine for the sick and their physician, their support until sickness come not again. May I become an unfailing store for the wretched, and be first to supply them with their needs. My own self and my pleasures, my righteousness past, present and future, may I sacrifice without regard, in order to achieve the welfare of beings.

Celtic

On the day when the weight deadens your shoulders and you stumble, may the clay dance to balance you and when your eyes freeze behind the grey window and the ghost of loss gets into you, may a flock of colours, indigo, red, green and azure blue come to welcome you in the meadow of delight. When the canvas frays in the depth of thought and a stain of ocean blackens beneath you, may there come across the waters a path of yellow moonlight to bring you safely home. May the nourishment of the earth be yours, and the protection of Christ Jesus be yours and so may a soft warm breeze work these words of love around you, and invisible cloak to protect your life.

Spiritual Wisdom from the Celtic World

Chinese

All the numerous tribes of animated beings are indebted to thy favour from the beginning. Man and creatures are emparadised, O Ti, in thy love. All living things are indebted to thy goodness, but who knows whence his blessings come to him. It is thou alone, O Lord, who art the true parent of all things.

Christian

Our Father, who art in heaven, hallowed be thy name; thy kingdom come; thy will be done; on earth as it is in heaven. Give us this day our daily bread, and forgive us our trespasses, as we forgive those who trespass against us. And lead us not into temptation; but deliver us from evil. For thine is the kingdom, the power and the glory, for ever and ever. Amen.

Father, I abandon myself into your hands;
Do with me what you will
Whatever you may do I thank you

I am ready for all, I accept all
Let only your will be done in me and all your creatures
I wish no more than this, O Lord
Into your hands I commend my soul;
I offer it to you
With all the love of my heart
For I love you, Lord,
And so need to give myself,
To surrender myself into your hands
Without reserve and
With boundless confidence,
For you are my Father
Prayer of abandonment of Bro.

Charles de Foucauld who lived as a hermit in the Sahara and was murdered in December 1916

Hindu

What is this rush, this burden of earthly duties?
God's purpose stand firm, and you, his little one, need one thing only – trust that he is able and willing to satisfy your needs.
Rest your burden on him, and you his little one, may play in safety by him
Give me strength lightly to bear my joys and sorrows
Give me strength to make my love fruitful in service
Give me strength never to disown the poor or bend my knees before insolent might
Give me strength to surrender my strength to your will with love

Prayer of Turkaram (1608 – 1949)

From the unreal lead me to the real!
From darkness lead me to light!
From death lead me to immortality!
O God! You are the giver of life, the healer of pain and sorrows, the giver of happiness.
O Creator of the universe, send your purifying light and lead our thoughts in your ways

Prayer of Rabindranath Tagore (1861 – 1941)

May there be peace in heaven, may there be peace in the skies
May there be peace on earth, may there be peace in the waters
May there be peace in the plants, may there be peace in the trees
May we find peace in all the divine powers, may we find peace in the supreme Lord
May we all be in peace may that be mine

Gayatri Mantra

I would like to contribute a taste of the dharma, this is one of my favourite prayers by Shantideva, a great Indian practitioner of the 8th century. May all who read it benefit abide in joy and compassion.

May all beings everywhere
Plagued by sufferings of body and mind
Obtain an ocean of happiness and joy
By virtue of my merits.

May no living creature suffer,
Commit evil or ever fall ill.
May no one be afraid or belittled,
With a mind weighed down by depression.

May the blind see forms,
And the deaf hear sounds.
May those whose bodies are worn with toil
Be restored on finding repose.

May the naked find clothing,
The hungry find food;
May the thirsty find water
And delicious drinks.

May the poor find wealth,
Those weak with sorrow find joy;
May the forlorn find hope,
Constant happiness and prosperity.

May there be timely rains
And bountiful harvests;
May all medicine be effective
And wholesome prayers bear fruit.

May all who are sick and ill
Quickly be freed from their ailments.
Whatever diseases there are in the world,
May they never occur again.

May the frightened cease to be afraid
And those bound be freed;
May the powerless find power
And may people think of benefiting each other.

Jewish

Our God and God of our fathers, may our rest be pleasing to you. Make us holy by doing your commands and let us share in the work of your Torah. Make us content with your goodness and let our souls know the joy of your salvation. Purify our hearts to serve you in truth. In your love and goodwill let us inherit your holy Sabbath and may all Israel who seek holiness find it in their rest, Blessed are you Lord, who makes the Sabbath holy.

Muslim

O God, I ask of thee a perfect faith, a sincere assurance, a reverant heart, a remembering tongue, a good conduct of commendation, and a true repentance, repentance before death, rest at death, and forgiveness and mercy after death, clemency at the reckoning, victory in paradise and escape from the fire, by thy mercy, O Mighty One, O Forgiver, Lord increase me in knowledge and join me unto good.

Sikh

Prayer is the medium, the way, that enables us to communicate with the unseen reality which is the ground of the universe. To a God awakened soul, forgetting God for an instant is a great affliction of the mind. The very act of prayer gives us a strange sense of peace and links us with something far greater than us

Prayer is not a magical spell to coerce God to do our will or force him to avert a natural disaster. There is no guarantee that a sick person will become whole if we pray for their recovery from illness. The purpose of prayer is not to escape these harsh realities of everyday life, but to nerve us for the life of effort and sacrifice. It focuses our attention on the problem. When we pray for others, our hearts flow in sympathy for them and lead us to appreciate their needs better. If it fails to move us or to alleviate their sufferings, it means that we were not sincere and our prayer for them was just lip service

Not even the scorching wind touches him who takes refuge in the Lord. He throws his protective ring around us so that no suffering can overpower us. We have met the true teacher and guide, who has led us into this state. He blesses us with the name of God, so that the love of God is enshrined within us. He has saved us, who is protector of all; he has cured us of all our ills. How fortunate we are that God is our support.

Guru Arjan

Blessed be the hour when I see you. I am glad to be in your presence. You are the giver of life, my beloved God

I maintain my whole being by keeping you in mind. Your teaching is true, your word is sweet. Your eyes see everthing, you are calmness itself. Your patience is the source of my peace

Your law is unchanging, my Sovereign. My God is beyond birth and death

Guru Arjan

Zoroastrian

In thy image let me pattern my life, O Ahurs Mazda. Let me awake with thy name on my lips. In my eyes let me ever carry thy image, to enable me to perceive thee, and thee alone, in every one else.