



4 Prayers

FOR HEALTHCARE PROFESSIONALS

*A quiet place to pause.....pray.....and remember that you are not carrying
this work alone.*

WITH HIM, FOR REAL

In Scrubs

A Prayer for Me

BEFORE THE SHIFT

Father.....

Before I take care of anyone else today, remind me that You are already taking care of me.

Settle whatever is restless in me before I walk into the day.

Help me not to move so fast that I miss what matters.

When the day starts pulling at me from every direction.....slow me down on the inside.

Help me notice the person in front of me.....not just what needs to be done.

When I feel frustrated, help me respond in a way that reflects You.

When I know I need to speak up.....give me the courage to say what needs to be said, and the wisdom to say it well.

Remind me that I do not have to carry everything by myself.

Let me receive help without feeling like I have failed.

And when the work feels heavy.....meet me there.

Let there be something about the way I show up today that makes people feel seen.

Help me care well.

Help me lead well.

Help me love people well.

And when this shift is over.....help me leave behind what was never mine to carry home.

Amen.



A Prayer for My Patients

TODAY

Father.....

Today, I bring the people I will care for before You.

You already know who they are.

You know what brought them here.....what they are afraid of.....what they have not said out loud.

Meet them in those places.

Bring peace where fear has taken over.

Bring comfort where the body is hurting.

And where there are questions without easy answers.....help them feel that they are not alone.

Lord, help me really see them.

Not just the diagnosis.

Not just the task.

Not just what needs to happen next.

Help me see the person.

Give me patience when I feel rushed.

Help me listen long enough to hear what they are really trying to tell me.

And if something does not feel right.....give me the courage to pay attention.

Let my hands be gentle.

Let my words bring calm.

And let my presence make the room feel a little safer.

For the things I can change.....give me wisdom.

For the things I cannot.....help me remain compassionate.

At the end of this day, may the people I cared for know that they mattered.

Amen.



A Prayer for My

HEALTHCARE TEAM

Father.....

Thank You for the people I get to work beside today.

We will not always think alike.

We will not always communicate perfectly.

And some days.....we will all be carrying more than anyone else can see.

Help us give each other room for that.

When the day gets busy, keep us from becoming short with one another.

Help us ask questions before we make assumptions.

Help us listen.

If someone needs help.....let us notice.

If I need help.....give me the humility to say so.

When tension rises, help me choose respect over reaction.

When something needs to be addressed.....help us handle it in a way that protects both the work and the relationship.

Remind us that none of us does this alone.

The care we give is stronger when we trust one another enough to speak honestly.....to receive correction.....and to show up for each other.

Protect the way we work together.

Help us make the load lighter where we can.

And when this day is over.....may we know that we cared for our patients well because we also cared for the people standing beside us.

Amen.



A Prayer of Gratitude

FOR THIS HOLY WORK

“.....they took note that these men had been with Jesus.” — Acts 4:13

Father.....

Thank You for allowing me to do this work.

Thank You for trusting me with people in moments when they are vulnerable.....afraid.....hoping for answers.

I never want to become so familiar with this work that I forget what a privilege it is.

Keep my heart tender.

Keep me teachable.

And when the work feels ordinary because I have done it so many times.....remind me that it may not feel ordinary to the person receiving my care.

Lord, let the way I show up say something about the time I have spent with You.

I do not need people to be impressed by me.

I want there to be something about the way I care.....the way I speak.....the way I treat people.....that makes it evident I have been with Jesus.

Thank You for giving me work that matters.

Thank You for letting me be present in moments that people may remember for the rest of their lives.

And on the days when I feel tired or unsure.....remind me that You are still with me in it.

May this work never become just something I do.

Let it remain something I steward with gratitude.

Amen.

