

The Blessing for the Weary

You who feel lost in the darkness:

may a beam of light shine on your face and your path.

You who journey through death:

may you encounter a surprise in the valley, a sign of new life.

You who feel sunk into despair:

may hope come near to you, for true hope is born in the depths.

In exhaustion,

may you find sleep and rest.

In suffering,

may you receive peace and relief.

In isolation,

may you feel presence, a steady hand on your back.

You who have poured out all that you are:

may life be restored to you.

You who have lost more than you can face:

may you discover you are never alone.

You who can go no further:

may you find strength to lay down in the presence of the One Who Heals & Renews.

By Catherine McNiel
Adapted by Chaplain Donnel
From the book: *Prayers & Blessings
for Healthcare Workers*