

# Be With Me

GRIEF  
SPACE  
Support Practices Adapted FOR THIS Challenging Era



[www.InternationalGriefInstitute.com](http://www.InternationalGriefInstitute.com)

*Dear God,*

Be with me during this difficult time!

I feel so vulnerable.

There are things I cannot do for myself,  
yet it frustrates and irritates me to be dependent on others  
especially people I don't even know.

Sometimes the fear is overwhelming

I know that I am mortal and I don't want to die.

Help me cope, God.

Lessen my anxiety. Enable me to focus.

Give me hope for the future.

Bless my doctors with wisdom and skill  
and my entire medical team with kindness and compassion.

Bless my loved ones with patience and understanding.

Help me find the words to tell them how I feel and how much they mean to me.

Allow me to face the challenges of this illness  
with dignity and courage, serenity and strength.

May it be Your will, that I return to health.

*Amen.*

