

Help Me Cope

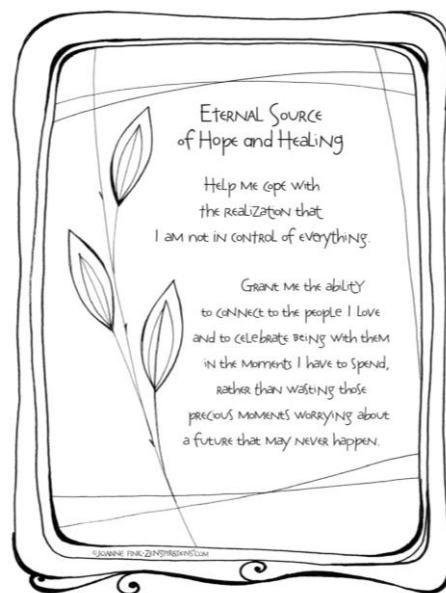
GRIEF
SPACE
Support Practices Adapted FOR THIS Challenging Era

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Eternal Source of Hope and Healing,

Help me cope with the realization
that I am not in control of everything.
Grant me the ability to connect to the people I love
and to celebrate being with them
in the moments I have to spend,
rather than wasting those precious moments
worrying about a future that may never happen.



You are welcome to print and share this prayer. Please credit the artist and use #griefspace and #soulbooster when you share. For additional soul-boosting content, visit GriefSPACE at www.internationalgriefinstitute.com/griefspace. For more information about the author, visit www.zenspirations.com and www.WhenYouLoseSomeone.com.