

A Caregiver's Serenity Prayer

God, grant me the tender, openhearted love needed on the caregiving journey, the strength of body, serenity of mind, clarity of purpose and willingness of spirit to meet the extraordinary, everyday constant changes and challenges of caregiving with a smile and good cheer.

And, please grant me the compassion and courage to choose the right path through the myriad decisions, making the very best choices for the highest good of my loved one, my family and myself.

Allow me to know that I am enough, I do enough, and by giving of myself at the deepest soul level, caring with diligence *for my own health and well-being*, as priority, I will experience the beautiful rewards intrinsic to caring for another.

Let me seek, find, and *accept* help and loving support from family, friends, community and professionals for the journey of caring.



Let my loved one receive the gift of love from my heart and hands with gratitude and healing according to Your will.

Bless the hands, hearts and spirits of both giver and receiver in Your circle of light & life and keep us filled with gratitude and grace each day! Amen.