



When your child is sick, your world is turned upside down. Our pastoral care team has collected some prayers, quotes, and inspirational passages to keep with you to provide comfort during this stressful time.

### **Serenity Prayer**

God, grant me the serenity  
to accept the things I cannot change,  
the courage to change the things I can,  
and the wisdom to know the difference.

### **Scripture**

Jesus said, "Come to me, all you that are weary and heavy laden, and I will give you rest. Take my yoke upon you and learn from me; for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light." – Matthew 11:28-30

### **Inspiration**

Happiness is being in God's hands when you are sad and lonely. – Anonymous child

### **Prayers**

Hear my prayer, O God, source of all life.  
My child is ill and I am afraid.  
She is so fragile and young, so small and vulnerable.  
Deliver her from sickness.  
Make her strong, full of life and laughter once more.  
Bless her with your love that she may not be afraid and restore her to health. – Anonymous parent

### **Kol Haneshama Prayerbook**

May the Healer give him/her support and strength, patience of spirit and courage.

May the physician have wisdom and sound judgment for alleviating pain and suffering, and may the sufferer be thoroughly healed, in spirit and in body.

May he/she have many more years of life and health, for giving thanks and praise to the all-merciful and faithful Healer, for a length of days, and let us say: Amen.



### Sanskrit proverb

Look to this day, for it is life,  
The very life of life.  
In its brief course lie all the realities and verities of existence.  
The bliss of growth, the splendor of action,  
The glory of power...  
For yesterday is but a dream,

And tomorrow is only a vision,  
But today, well lived,  
Makes yesterday a dream of happiness  
And every tomorrow a vision of hope.  
Look well, therefore, to this day.

### Al Qur'an

All praise to the Blessed One,  
Lord of all the worlds,  
Most beneficent, ever-merciful,  
King of the Day of Judgment.

You alone we worship,  
And to you alone turn for help.  
Guide us, O Lord, to the path that is straight,