# Prayer after the Unexpected, Devastating Diagnosis of a Loved One

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Be with me, Compassionate God; I find it impossible to take in the news we have just received that *name, my loved one/friend* has only *weeks/months* to live.

Everything has changed! My brain feels like it will explode. How do we navigate our changed life? We had plans. We need each other. I wanted so much to continue to be with *them* and to share family holidays, celebrations, travel, and all the precious moments of daily life: *eating breakfast, drinking coffee, sharing the crossword puzzle, shopping for the children/grandchildren.*

I am afraid for *name.* I worry about *their* suffering and helplessness. I want to be strong for *them* and for our family. But right now I feel so weak. I need your strength, Ever-Loving God. I need your active Holy Spirit as I struggle in the role of caregiver. I need your active Holy Spirit as I deal with the needs of family and friends.

I am angry. I am angry at *this sickness.* If I believed you allowed this to happen, I would be furious with you!

Now I turn to you as my source of strength and courage. I need to convey to *name* that we will be able to go on without *them*. *They* need to know we can do this. *They* need to know we will not forget *them*. *They* need to know we are strong enough.

Ever-Loving God, I need your strength right now. I need your Holy Spirit as I struggle to be positive, supportive, and caring with *name* when I often feel down-hearted, dispirited, and simply a mess. I want *them* to feel safe in openly sharing *their* fears with me. Help me to be *their* safe person.

Ever-Loving God, I need your strength right now, I need your Holy Spirit as I feel the pressure of family members and friends to explain, to give only good news, and to be available to them 24 hours a day.

Ever-Loving God, I believe you will give me the strength I need for the testing times that lie ahead. I believe it, but it is so difficult to be upbeat, so difficult to act positive.

When I fall back and despair, I believe you will enable me to pause, find support, and renew myself as the loving caregiver of *name.* Amen.