

From the African Tradition

I have no other helper but you,
O God.
I pray to you.
Only you can help me.
My present misery is too great.
Despair grips me, and I am at
my wits end.
O Lord, Creator, Ruler of the world,
I thank you that you have brought
me through.

How strong the pain was —
but you were stronger.
How deep the fall was —
but you were even deeper.
How dark the night was —
but you were the noonday sun in it.

You are our father, our mother,
and our friend.

Dignity Health embraces the spiritual dimension of life. Staff chaplains are available by request to people of all beliefs and traditions through any member of the staff.



8680-64 (7/14)

From the Native American Tradition

O Great Spirit, whose voice I hear
in the winds, and whose breath gives life
to all the world, hear me!
I am small and weak; I need your strength
and wisdom.

Let me walk in beauty, and make my eyes
ever behold the red and purple sunset.
Make my hands respect the things you
have made, and my ears sharp to hear
your voice.

Make me wise so that I may
understand the things you have taught.
Let me learn the lessons you have hidden
in every leaf and rock.

I seek strength, not to be greater than
another, but to fight my greatest
enemy — myself.

Make me always ready to come to you
with clean hands and straight eyes.
So when life fades, as the fading sunset,
may my spirit come to you
without shame.

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8680-64 (7/14)

From the Bahai Tradition

O God! Refresh and gladden
my spirit. Purify my heart.
Illumine my mind.
I lay all my affairs in your hand.
You are my guide and my refuge.
I will no longer be sorrowful
and grieved.
I will be a happy and joyful being.

O God! I will no longer be full of
anxiety; nor will I let trouble
harass me.
I will not dwell on the unpleasant
things of life.

O God! You are kinder to me than
I am to myself.
I dedicate myself to you, O Lord.

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8680-64 (7/14)

From the Buddhist Tradition

Just as the soft rains fill the streams, pour into the rivers, and join together in the oceans, so may the power of every moment of your goodness flow forth to awaken and heal all beings — those here now, those gone before, those yet to come.

By the power of every moment of your goodness, may your heart's wishes be soon fulfilled as completely shining as the bright full moon, as magically as by a wish-fulfilling gem.

By the power of every moment of your goodness, may all dangers be averted and all disease be gone, may no obstacle come your way, may you enjoy fulfillment and long life.

For all in whose heart dwells respect, who follow the wisdom and compassion of the Way, may your life prosper in the four blessings of old age, beauty, happiness, and strength.

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8680-64 (7/14)

From the Zen Tradition

May suffering ones be suffering free, and the fear-struck fearless be.

May the grieving shed all grief, and the sick find health relief.

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8680-64 (7/14)

From the Christian Tradition

I arise today through a mighty strength:

God's power to guide me,
God's might to uphold me,
God's eyes to watch over me,
God's ear to hear me,
God's word to give me speech,
God's hand to guard me,
God's way to lie before me,
God's shield to shelter me,
God's host to secure me.

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8680-64 (7/14)

From the Christian Tradition

God be in my head and in
my understanding;

God be in my eyes and in
my looking;

God be in my mouth and in
my speaking;

God be in my heart and in
my thinking;

God be at my end and in
my departing.

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8680-64 (7/14)

From the Christian Tradition

God of life, there are days when the
burdens we carry chafe our shoulders
and wear us down;

when the road seems dreary and
endless, the skies gray
and threatening;

when our lives have no music in them,
and our hearts are lonely, and our
souls have lost their courage.

Flood the path with light, we beseech
you, turn our eyes to where the skies
are full of promise.

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8680-64 (7/14)

From the Christian Tradition

Loving God, there are times in each
life when there is no one. No one with
whom to share a word, a laugh, a sad
remembrance, a gentle touch, a fond
embrace, a kiss of love.

Bless each one who suffers from such
loneliness. Enrich life with a friend or
gentle stranger who will spend a
moment noticing and loving.

In those times your love shines
through, the world is reborn, and
Christ is known.

So be it! Amen.

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8680-64 (7/14)

From the Christian Tradition The Lord's Prayer

Our Father who art in heaven,
hallowed be thy name.

Thy kingdom come. Thy will be done
on earth as it is in heaven.

Give us this day our daily bread,
and forgive us our trespasses,
as we forgive those who trespass
against us,
and lead us not into temptation,
ut deliver us from evil.

For thine is the kingdom, the power,
and the glory for ever and ever.

Amen.

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8680-64 (7/14)

From the Christian Tradition Dietrich Bonhoeffer Prayer

Lord my God, thank you for
bringing this day to a close.
Thank you for giving me rest in
body and soul.

Your hand has been over me and had
guarded me and preserved me.

Forgive my lack of faith and any
wrong that I have done today,
and help me to forgive all who have
wronged me.

Let me sleep in peace under your
protection, and keep me from all the
temptations of darkness.

Into your hands I commend my loved
ones, and all who are in this place.

I commend to you my body and
my soul.

O God, your holy name be praised.

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8680-64 (7/14)

From the Christian Tradition Peace Prayer

Lord, make me an instrument of
your peace.

Where there is hatred, let me sow
love; where there is injury, pardon;
where there is doubt, faith;
where there is despair, hope;
where there is darkness, light;
and where there is sadness, joy.

Grant that I may not so much seek to
be consoled as to console;
to be understood as to understand;
to be loved as to love.

For it in giving that we receive;
it is in pardoning that we
are pardoned;
and it is dying that we are born to
eternal life.

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8680-64 (7/14)

From the Christian Tradition Psalm 23

The Lord is my shepherd, I shall not want. He makes me to lie down in green pastures; he leads me beside still waters; he restores my soul.

He leads me in right paths for his name's sake. Even though I walk through the valley of darkness, I fear no evil, for you are with me with your rod and staff that comfort me.

You prepare a table before me in the presence of my enemies. You anoint my head with oil; my cup overflows.

Surely goodness and mercy shall follow me all the days of my life, and I shall dwell in the house of the Lord my whole life long.

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8680-64 (7/14)

From the Christian Tradition The 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;

living one day at a time, enjoying one moment at a time; accepting hardship as a path-way to peace; taking this sinful world as it is; trusting that you will make things right if I surrender to your will; so that I may be reasonably happy in this life and supremely happy with you forever in the next.

Amen.

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8680-64 (7/14)

From the Christian Tradition Prayer of St. Francis de Sales

Do not look forward to what might happen tomorrow. The same everlasting God who takes care of us today will take care of tomorrow and every day.

God will either shield us from suffering, or give us the unfailing strength to bear it.

Be at peace, then, and put aside all anxious thoughts and imaginations.

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8680-64 (7/14)

From the Hindu Tradition

From Death to Immortality
From the unreal, Lead us to the Real.
From darkness, Lead us to Light.
From death, Lead us to Immortality.

Every thought of my mind,
every emotion of my heart,
every movement of my being,
every feeling and every sensation,
each cell of my body, each drop of my
blood — all is yours, yours absolutely,
yours without reserve.

You can decide my life or my death,
my happiness or my sorrow, my
pleasure or my pain.

Whatever you do with me, whatever
comes to me from you, will lead me
to the Divine Rapture

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8680-64 (7/14)

From the Hindu Tradition

Look to this day! For it is life, the
very life of life.

In its brief course lie all the truths and
realities of your existence:
the bliss of growth, the glory of
action, the splendor of achievement.

For yesterday is but a dream,
and tomorrow is only a vision.

But today, well lived, makes every
yesterday a dream of happiness,
and every tomorrow a vision of hope.

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8680-64 (7/14)

From the Islamic Tradition

God is the Greatest.
God is the Greatest.
I bear witness that there is nothing
outside of God.
I bear witness that there is nothing
except God.
I bear witness that Muhammad is a
messenger of God.
I bear witness that the spirit of the
Prophet guides us.
Come to prayer. Come to remember.
Come to salvation.
Come to enter unity.
There is nothing other than God.
God is the Greatest.
There is no god but God.
Everything exists inside the
hands of God. There is only oneness.

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8680-64 (7/14)

From the Islamic Tradition

I pray, O Lord, let my way be resolute and my purpose firm in your good counsel.

Grant me, O Lord, the boon of gratefulness for your grace and the beauty that belongs with worshipping you.

Give me a pure and reverent heart, uprightness of character, a tongue that speaks right, and deeds that are worthy, O Lord God.

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8680-64 (7/14)

From the Islamic Tradition

I seek protection for my soul in the Lord of the earth and the Lord of the heavens.

I seek protection for my soul in the one whose name sickness can hurt.

I seek protection for my soul in the one whose name is blessed and a cure.

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8680-64 (7/14)

From the Jewish Tradition

Lord God, sometimes I feel lonely, and from the depths I cry out to you. From within me your voice answers me, and I know that you, Eternal Friend, are with me.

Sometimes the sense of failure seizes me, and I am disheartened. I raise my eyes to you and your heavenly light shines upon me and bids me to persevere.

Sometimes my daily life oppresses me. To you I lift up my soul, and I realize that by doing my duty faith-fully and cheerfully I am serving you, Divine Master, and my task is revealed to me as something good and sacred.

Sometimes I am sad and sick at heart. I think of you, Spirit of perfect righteousness and love, and a wonderful joy comes to me for I know that you are guiding me.

O Lord God of Hosts, you will always comfort me. Blessed be your name for ever and ever.

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8680-64 (7/14)

From the Jewish Tradition

Support us, Lord, when we are silent through grief!
Comfort us when we are bent down with sorrow!
Help us as we bear the weight of our loss!
Lord, our rock and our redeemer, give us strength!

Heal us, O Lord, and we shall be healed; save us and we shall be saved; for it is you we praise.

Send relief and healing for all our diseases, our sufferings, and our wounds; for you are a merciful and faithful healer.

Blessed are you, Lord, who heal the sick.

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8680-64 (7/14)

From the Native American Tradition

O God, our Father, the Sky, hear me and make me strong.

O our Mother, the Earth, hear me and give me support.

O Spirit of the East, send me your wisdom.

O Spirit of the South, may I tread your path of life.

O Spirit of the West, may I always be ready for the long journey.

O Spirit of the North, purify me with your cleansing winds.

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8680-64 (7/14)

From New Age Tradition

I drop my fears into your ocean and watch them sink from sight.

I place my fears on your broad Earth and see them rot away.

I put my fears into your hands and they are no more.

When you offer your arms to me, Great Mother, your hands hold nothing but love.

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8680-64 (7/14)

From the Sikh Tradition

In the night of weariness let me give myself up to sleep without struggle, resting my trust in you, O God.

Let me not force my flagging spirit into a poor preparation to worship you.

It is you who draw the veil of night upon the tired eyes of the day to renew its sight in a fresher gladness of awakening.

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8680-64 (7/14)

From the Sufi Tradition

My back is broken by the conflict of my thoughts; O Beloved One, come and stroke my head in mercy!

The palm of your hand on my head gives me rest. Your hand is a sign of your bounteous providence.

Remove not your shadow from my head. I am afflicted, afflicted, afflicted!

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8680-64 (7/14)

From the Unitarian Tradition

I look to thee in every need, and never look in vain.
I feel thy strong and tender love, and all is well again.
The thought of thee is mightier far than sin and pain and sorrow are.

Discouraged by the work of life, disheartened by its load, shamed by its failures or its fears,
I sink beside the road. But let me only think of thee and then new heart springs up in me.

Thy calmness bends serene above, my restlessness to still.
Around me flows thy quickening life, to nerve my faltering will.
Thy presence fills my solitude, thy providence turns all to good.

Enfolded deep in thy dear love, held in thy law I stand.
Thy hand in all things I behold, and all things in thy hand.
Thou leadest me by unsought ways, and turn my mourning into praise.

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