

Blessings for times of diminishment.



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1.

When our strength, memory and vision fail, may we rely on God whose strength, loving memory and vision never decrease.

When physically, we feel unfamiliar weakness of limbs, may we believe in and call upon the strength Jesus showed during his passion, crucifixion and death.

When our memory is no longer reliable and we are confused, may we know deep within us, the invincible summer of the Spirit which will warm, comfort and refresh us in Her embrace.

When our eyesight fades and we strain to see, may God bathe our inner eyes with the glow of wisdom and understanding so that our faith is deepened and we feel safe always.

We pray in the name of the God whose fidelity is eternal.
Amen.

2.

When we feel unworthy, unloved and neglected, may we look to Mary and the Saints who learned and knew otherwise.

Mary, who gave birth to the Christ, grew in her own dignity as Woman. Let us turn to her who knows so well the challenges of women and pray for all we need. Mother of God, pray for us.

St. Clare, our enclosed Sister from the 13th Century, proclaimed in her humility: "God sees only the goodness in me." Sister Clare, help us to live this truth.

Therese Martin, known as St. Therese or the Little Flower, lived such a short life but by her "Little Way", has inspired millions since her death to know God's love. St. Therese, grace us with your simplicity and wisdom.
Amen.

3.

When we experience loss, bereavement, and grief.

All of us are touched by loss during our lives and our hearts feel bereft and weighed down with grief. Let us truly touch the grief and feel the loss while placing all in a heart that can cope with this suffering – the heart of Jesus. May the Spirit of the risen Christ bring new life to us and teach us to sing again the melody of living each day to the full.

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