



Shelter in the Storm, Prayers and Scriptures for Caregivers

Gather appropriate prayers and scripture passages to create a spiritual support gift booklet for family caregivers in your congregation and community. Here are a few ideas to help you get started:



*God is our refuge and strength,
an ever-present help in trouble.
Therefore we will not fear, though the earth give way
and the mountains fall into the heart of the sea,
though its waters roar and foam
and the mountains quake with their surging.*

*The LORD Almighty is with us;
the God of Jacob is our fortress.*

Psalm 46: 1-3, 11 (NIV)



*Jesus said,
“Come to me, all you who are weary and burdened,
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.”*

Matthew 11: 28-29



“...the Lord is faithful, and he will strengthen you and protect you...”

2 Thessalonians 3:3



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May today there be peace within.

*May you trust God
that you are exactly
where you are meant to be.*

*May you not forget the infinite possibilities
that are born of faith.*

*May you use those gifts that you have received
and pass on the love that has been given to you.*

*May you be content
knowing you are a child of God.*

*Let this presence settle into your bones,
and allow your soul the freedom to sing, dance, and love.*

It is there for each and every one of us.

A Prayer from St. Therese of the Little Ways



Lord Jesus Christ,

*you are for me medicine when I am sick;
you are my strength when I need help;
you are life itself when I fear death;
you are the way when I long for heaven;
you are light when all is dark;
you are my food when I need nourishment.*

attributed to St. Ambrose of Milan (340–397)





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*God of all the times of our lives,
grant us just one day at a time—*

Time enough today...

*for joyous laughter to follow any tears;
for deep prayer and silence to dance together;
to help someone in need or distress;
to notice the beauty around us and give you praise for it;
to build a solid bridge to forgiveness;
to tear down a stubborn wall of resentment;
to hold loving friends in our arms;
to smile at a weary stranger;
to play with energetic children;
and to sing praises to you with loud adoration.*

*God of all the times of our lives, grant us this—
just one day at a time!*

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*“...blessed is the one who trusts in the LORD,
whose confidence is in him.
They will be like a tree planted by the water
that sends out its roots by the stream.
It does not fear when heat comes;
its leaves are always green.
It has no worries in a year of drought
and never fails to bear fruit.”*



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Jeremiah 17: 7-8



*“For I am convinced that neither death nor life,
neither angels nor demons,
neither the present nor the future,
nor any powers,
neither height nor depth,
nor anything else in all creation,
will be able to separate us from the love of God
that is in Christ Jesus our Lord.”*

Romans 8: 38-39



*I lie down this night with God,
And God will lie down with me ;*

*I lie down this night with Christ,
And Christ will lie down with me ;*

*I lie down this night with Spirit,
And the Spirit will lie down with me*

*God and Christ and the Spirit
Be lying down with me.*

Found in *Carmina Gadelica*, an anthology of Celtic oral tradition collected by Alexander Carmichael (1832–1912) in the Highlands of Scotland and surrounding islands.



...God has said, “Never will I leave you; never will I forsake you.”

Hebrews 13:5