

Epworth Freemasons
Excellence. Everywhere. Everyday.

Prayer and Reflection



**Epworth
Freemasons**



Prayer in Difficult Times

Consoling God,
be a source of serenity for me
when struggles and difficulties
threaten to overwhelm me.

God of hope,
assure me of your unconditional love
when I doubt myself
or question the worth of my life.

Truth-bringing God,
encourage me to embrace you
during those times when I get lost
in the lies of my weakness.

Compassionate God,
hold me to your heart
when I feel helpless
in the face of the world's pain.

Light-filled God,
keep me ever close to you
during those moments
when bleakness surrounds my life.



Comforting God,
shelter me under your wings
when I am engulfed in sadness
and overcome with distress.

God of peace,
you are the centre of my life,
a strong refuge of peace
in the whirlwind of my pain.
I look to you for strength
and a constant assurance of hope.

*From Out of the Ordinary © 2000 by Joyce Rupp.
Used by kind permission of Ave Maria Press,
Notre Dame, Indiana*

From despair to hope

Lead me from death to life
From falsehood to truth.
Lead me from despair to hope
From fear to trust.
Lead me from hate to love
From war to peace.
Let peace fill our hearts,
Our world, our universe.

The International Prayer for Peace

The Song of the Lord (Bhagavad Gita)

Thou art the Imperishable, the supreme
Object of Knowledge;

Thou art the ultimate resting-place
of this universe;

Thou art the immortal guardian of the
eternal right,

Thou art the everlasting Spirit, I hold.

Without beginning, middle, or end,
of infinite power,

Of infinite arms, whose eyes are the
moon and sun,

I see Thee, whose face is flaming fire,

Burning this whole universe with Thy radiance.

Thou art the father of the world of things
that move and move not,

And Thou art its revered, most venerable Guru;

There is no other like Thee – how then
a greater?

Even in the three worlds, O Thou of
matchless greatness

Therefore, bowing and prostrating my body,
I beg grace of Thee, the Lord to be revered:
As a father to his son, as a friend to his friend,
As a lover to his beloved, be pleased to
show mercy, O God!

*Provided by Hindu Community Council of Victoria
from the Hindu Bible; first recited 5,000 years ago.*

The Lord is the Healer

O Allah, remove the hardship,
O Lord of all people,
grant cure for You are the Healer.
There is no cure but from You,
A cure which leaves no illness behind.

Islamic Council of Victoria

Prayer before surgery

Source of mercy and compassion,
Give me strength and courage at this time.
I pray that you will guide the hands of
the surgeon
And all who will assist in my operation.
Let me feel you are close, that my soul
may be still.

Author unknown

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.

*Attributed to Christian theologian
Reinhold Niebuhr (1892–1971)*

The wordless sigh of prayer

The moment we get tired in the waiting,
God's Spirit is right alongside helping us
along. If we don't know how or what to
pray, it doesn't matter. God's Spirit does
our praying in and for us, making prayer out
of our wordless sighs, our aching groans.

Romans 8:26, adapted from The Message version of the Bible



The Prayer of Dedication

May all living beings everywhere, plagued
by sufferings of body and mind

Obtain an ocean of happiness and joy
by virtue of our merits.

May no living creature suffer, commit evil,
or ever fall ill;

May no one be afraid or belittled with a
mind weighted down by depression.

May there be timely rains and bountiful
harvests;

May all medicines be effective and wholesome
prayers bear fruit.

May all who are sick and ill quickly be freed
from their ailments;

Whatever diseases there are in the world,
may they never occur again.

May the frightened cease to be afraid and
those bound be freed;

May the powerless find power and may people
always think of helping each other.

For as long as space remains, for as long
as sentient beings remain

Until then may I too remain to dispel the
miseries of the world.

*By Shantideva (8th century); provided by the Tara Institute
for Buddhist Philosophy and Meditation*

Be with me, Lord

Everyday I need you, Lord,
But this day especially:
I need some extra strength
To face whatever is to be.

This day more than any other day
I need to feel you near:
To fortify my courage,
And to overcome my fear.

By myself I cannot meet
The challenge of the hour:
So dear Lord, be with me
And hold me in your power.

Amen.

A Prayer for Strength

O God, our refuge and strength,
And an ever-present help in times of trouble,
How much I need Your strength
And presence in my life right now.
I feel weak, depressed, anxious,
Even frightened.
I need help to face these days and hours.

A prayer of confidence

Psalm 23

(Revised Standard Version of the Bible)

The LORD is my shepherd,
I shall not want;
he makes me lie down in green pastures.
He leads me beside still waters;
he restores my soul.
He leads me in paths of righteousness
for his name's sake.
Even though I walk through the valley
of the shadow of death,
I fear no evil; for thou art with me;
thy rod and thy staff, they comfort me.
Thou preparest a table before me in
the presence of my enemies;
thou anointest 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 for ever.



Pastoral Care at Epworth Freemasons

Pastoral Care Services are available in the hospital each weekday.

If you would like to see someone from Pastoral Care or if you have any specific religious or sacramental needs please ask a member of staff or contact us on 9483 3608.

The hospital Sacred Space, located in the Clarendon St building on level 1, is a restful place for prayer, reflection and meditation, or to simply sit quietly.

All are welcome.

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