

*Prayers for Caregivers*

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~A Mission of the Orthodox Church in America~

I can find no Orthodox Christian prayers specifically for caregivers, so I modified a prayer that parents can offer for their children, relatives and friends (from <http://www.saintgregoryoutreach.org/>) to a prayer that you can offer to God to help you in your service as a caregiver to anyone: your children, parents, relatives, friends, and others – especially those who are enduring a serious and possibly permanent illness, disability, and physical/mental decline.

(Illness\* -- in the prayer below, feel free to substitute any term for illness that you feel best describes the conditions of those for whom you are caring: accidents, chronic conditions, disabilities, depression, anxiety, dynamics of aging, etc.)

O God, our heavenly Father, who loves humankind and is most merciful and compassionate, I humbly pray to You to help me care for and protect my family members and others (insert their names if you want) who are suffering from illness.\* O God, be my guide and guardian in all my endeavors; lead me in the path of Your truth, and draw me nearer to You, so that I may lead a godly and righteous life in Your love as I work to do Your will in all things.

Give me Your grace, and mercy so that I may be patient, hard working, tireless, devout, and compassionate. Defend me against the assaults of the enemy, and grant me wisdom and strength to resist all temptation and corruption as I work with you in caring for others. As a caregiver, I pray that you will grace all of those for whom I care with the relief from every sickness and malady and guide them to maintain faith, peace, and love as they endure conditions that may plague them for the remainder of their lives. I ask this through through the love of Your Son, our Savior Jesus Christ and the Holy Spirit, and the prayers of His Holy Mother, the Theotokos, and the blessed saints.

NOTE: We are often caregivers in many roles in our lives – work, school, community, sports, etc. – that involve helping and working with people affected by a wide range of conditions other than medical. If you remember that as an icon of Christ, you pray to be “patient, hard working, tireless, devout, and compassionate...and resist all temptation and corruption,” in giving care to others, you can certainly modify the prayer above to God to help you with any kind of caregiving to others with the problems they face.

I am also providing below, “The Prayers for Caregivers,” from <https://commongoodmag.com/7-prayers-for-caregivers/> by Johan McKeon and editors of Common Good Magazine, January 1/2025. While they are not in the format of traditional Orthodox Christian prayers, I believe that they are excellent prayers for you to offer to God as you want. The authors also offer an excellent perspective on the importance of such prayers. Feel free to add our traditional ending: “in the name of the Father, and of the Son, and of the Holy Spirit” to these prayers.

Prayers for Caregivers by Johan McKeon and editors of  
*Common Good Magazine*, Jan 1, 2025

The role of a caregiver can be a challenging one. Whether a caregiver is a family member, a friend, or a professional, providing personal care, medical care, emotional support, day-to-day living support, and advocacy to ensure the well-being of another person requires physical, mental, and emotional strength.

Caregivers often deal with high levels of stress and worry, but prayer can provide caregivers with a way to place those worries into the hands of a higher power. Asking God for guidance and the strength to carry on can help caregivers continue to provide loving care for another person even when they feel like they have reached their limits. Below are 7 prayers to help caregivers through the day.

#### Short Prayer for Caregivers

Caregivers often carry the load of caregiving on top of other responsibilities—leaving little free time in their days. Despite these demands, take a minute to connect with God. A short prayer can help re-center your heart and mind.

*Heavenly Father, Thank you for the opportunity to care for those who need my love and support. Please bless me with patience, energy, and peace as I carry out my responsibilities. Surround me with your comfort and remind me that my work is a reflection of your love. Strengthen me today and always. Amen*

### **A Caregiver's Prayer for Strength and Endurance When Weary**

*Heavenly Father, in the midst of my caregiving journey, I come before you with a grateful and weary heart. Caring for others is both a privilege and a challenge, and I acknowledge the need for your strength in my life.*

*Grant me the physical strength needed for the demands of each day. When I'm tired and weary, provide me with energy and renewal. Help me to prioritize self-care, recognizing that caring for myself is an essential part of caring for others.*

*Lord, I face uncertainties and challenges in this role, and I ask for your guidance and wisdom. When doubt creeps in, give me confidence. When I face difficult decisions, provide clarity. In moments of weakness, be my strength. Amen.*

### **A Caregiver's Prayer for Courage During Challenging Times**

*Heavenly Father, fill me with your courage as I take care of others. Help me to face the unknown with unwavering faith, knowing that you go before me. Strengthen my resolve and grant me the courage to embrace both the challenges and the joys that come with this calling.*

*Lord, you understand the unique challenges and joys of caregiving, for you are the ultimate caregiver. Let me feel your presence as a constant source of comfort and assurance. Remind me that my efforts are meaningful and help me to reflect your love to those I care for. Amen.*

### **A Caregiver's Prayer for Patience During Moments of Frustration**

*Grant me, O Lord, the patience to endure the difficult moments of the day. When I am frustrated or impatient, remind me to pause, breathe, and center myself in your peace. Let me approach each situation with a gentle and understanding heart.*

*Teach me to see the value in each moment, even when faced with the demands of the day. Show me how to find joy in the small victories and grace in the midst of difficulties. Cultivate in me a patient heart that reflects your enduring love.*

*In moments of weariness, grant me strength in your peace and the patience to navigate each day with grace and resilience. Amen.*

## **A Caregiver's Prayer for Endurance to Persevere**

*Heavenly Father, as I start another day of caregiving, I turn to you, the source of endurance. In the face of the challenges that lie ahead, I ask for the strength to persevere with unwavering dedication.*

*Lord, you understand the depth of my commitment and the demands placed upon me in this role. Grant me the endurance to withstand the physical and emotional toll that caregiving often brings. Strengthen my resolve, that I may face each day with steadfastness and perseverance.*

*When weariness sets in and the journey seems long, remind me that I do not walk this path alone. Fill me with a spirit of endurance that goes beyond my own capabilities. Give me renewed energy and determination in your sustaining grace. Amen.*

## **A Caregiver's Prayer for Empowerment and Connection**

*Heavenly Father, help me to feel empowered as I work as a caregiver. Let your Spirit be a source of resilience within me, enabling me to navigate the complexities of my role.*

*Lord, guide me to build a supportive network of friends, family, and fellow caregivers with whom I can share burdens, offer encouragement, and find solace in understanding each another's challenges.*

*Remove any pride that will prevent me from seeking help when needed. Break down the barriers that prevent me from connecting with others, allowing me to receive support with humility and gratitude.*

*In moments of doubt or weariness, may your empowering presence fill me with renewed energy and purpose. Amen.*

## **A Caregiver's Prayer to Advocate for Loved Ones**

*Heavenly Father, as I advocate for my loved ones, I seek your guidance, wisdom, and strength. You are the ultimate advocate, and I place my trust in your ability to guide me through this journey.*

*Grant me clarity of thought and eloquence of speech to effectively communicate the needs and concerns of my loved ones. Make my voice one of compassion, understanding, and empowerment on their behalf. Amen.*

## **WHY PRAYER IS IMPORTANT FOR CAREGIVERS**

Caregivers deal not only with the worry and stress of caring for another person, they also often absorb the worry of those who love that person, as well. Caregivers can end up feeling overwhelmed, stressed, anxious, and burnt out. In addition, the role of caregiver can be an isolating one, leading to feelings of sadness, loneliness, and exhaustion. In addition, being in charge of making complex decisions on behalf of another person can exacerbate all of these emotions.

Prayer helps caregivers by giving them an opportunity to express their fears, hopes, and frustrations to God while seeking guidance during difficult times. Incorporating these prayers into your daily routine will give you the strength to navigate the emotional challenges you face while providing peace, reassurance, clarity, and a renewed sense of purpose.

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Along with the prayers we offer to God as caregivers, we can also explore the lives of many humans who have been devout caregivers. Our first example is Our Lord, Jesus Christ, the Good Samaritan, and then his mother the Theotokos. But there are many people throughout all of our human history who have worked to care for others. In our tradition, if you go to the Orthodox Church of America website for saints: <https://www.oca.org/saints/lives>, you can explore a number of saints who might assist you in your role as a caregiver: some examples (a very small list):

SS Zenaida, Philonella, (Oct 11) and Hermione, (Sept 4), Unmercenary Physicians

<https://prayer.forwardmovement.org/calendar/zenaida>

St John the Merciful (November 12)

St Philaret the Merciful (December 1)

St Porphyrios of Kavsokalyvia (December 2)

St Nicholas of Myra (December 6)

The Three Hierarchs (SS Basil the Great, John Chrysostom, and Gregory the Theologian) (Jan 31) as caregivers. See “The Spirit of Giving According to the Three Hierarchs”

<https://www.pravmir.com/the-spirit-of-giving-according-to-the-three-hierarchs/>

St Philothei (February 19)

St Luke, Archbishop of Simferopol (June 11)

St Sampson, the Hospitable of Constantinople (June 27)

Holy Wonderworking Unmercenary Physicians, SS Cosmas and Damian at Rome (July 1)

St Elizabeth, the New Martyr (July 5)

St Macrina, Sister of St Basil the Great (July 19)

Righteous Martyr St Maria (Skobtsova) (July 20)

St Panteleimon, The Great Martyr and Healer ( July 27)

St Herman of Alaska (August 9)

Righteous St Mother Olga, Wonderworker, Matushka of All Alaska (October 27)

