



Crisis Responder's Daily Prayer

You can use this prayer at the end of the day to focus and center yourself.

God, it's been a long day. I'm exhausted and need renewal. I have given all that I had to give and, yet, feel inadequate in what I could provide. My soul is grieving with the magnitude of pain and loss all around me. I feel inadequate, weak, and as though I lack wisdom. I give my feeble efforts to you and pray that you will increase the results of my labor. May you bring others to finish the work I was unable to complete. May you bring strength, wisdom, comfort and healing to those we assist. Help me to live in faith, hope and love through my words and actions. Reveal any arrogance or self-centeredness in me and keep me focused on serving those in need. Help me to love, though imperfectly, beyond my natural capacity. Help me to never do harm. Help me to carefully attend to those you bring across my path by being fully present in that moment. Provide for the physical, emotional and spiritual needs of those we seek to help, as well as our team. Give my mind and body rest and renew me tonight so that tomorrow I can bring a small ray of hope and joy through some simple word or deed to those who desperately need it.

This is my prayer,