

## **Meditation for Palliative Prayer**

### **Opening Prayer:**

*Loving God,*

*Thank you for the rich gift of your Son, Jesus Christ through whom we receive an abundance of your love and grace. Continue to bless us as we try to be the presence of Christ to all we meet this day. Amen*

### **Luke 8:40-49**

Now when Jesus returned, the crowd welcomed him, for they were all waiting for him. Just then there came a man named Jairus, a leader of the synagogue. He fell at Jesus' feet and begged him to come to his house, for an only daughter, about twelve years old, who was dying. As he went, the crowds pressed in on him. Now there was a woman who had been suffering from hemorrhages for twelve years; and though she had spent all she had on physicians, no one could cure her. She came up behind him and touched the fringe of his clothes, and immediately her hemorrhage stopped.

Then Jesus asked, "Who touched me?" When all denied it, Peter said, "Master, the crowds surround you and press in on you. But Jesus said, "Someone touched me; for I noticed that power had gone out from me". When the woman saw that she could not remain hidden, she came trembling; and falling down before him, she declared in the presence of all the people why she had touched him, and how she had been instantly healed. He said to her, "Daughter, your faith has made you well; go in peace."

*Taken from the HOLY BIBLE "the New Revised Standard Version*

### **Some quiet reflection**

#### **Touching**

The human touch is one of our basic human senses. We touch others and others touch us in different ways. We touch others physically by putting our arms around their shoulders, hugging them or kissing them. Others touch us by the look in their eyes, by the words they speak, by the acts of charity that they do for us. Touching is a beautiful means of communication. By our touch we can communicate comfort and support. We can communicate love and affection. We can communicate a sense of unity. When the woman touched Jesus cloak she was healed.

### **For Personal Reflection or Group Discussion**

1. Think of a life experience when you met suffering in the life of someone else.  
Can you see any similarities between this and Mary's meeting Jesus on the road to his crucifixion?
2. What is hardest for you in meeting the pain of others?

3. Think of a life experience when you met your own pain:  
How did you meet this pain?  
What was the most difficult for you in meeting your own pain?
4. What does “being compassionate to self” mean to you? Do you agree or disagree with the idea that it is essential to extend compassion to yourself?
5. What is the difference between self-pity and being kind to one’s self? What would help you to be kinder to yourself?
6. Has your relationship with God influenced how you meet suffering in yourself and others? If so, how?
7. If Mary were sitting with you now, what would you want to say to her or ask her about meeting Jesus carrying his cross?

Taken from the book *Your Sorrow is My Sorrow*, by Joyce Rupp  
Music: **Lay Your Hands** by Carey Landry – Glory & Praise #32

*Lay your hands gently upon us  
Let their touch render your peace  
Let them bring You forgiveness and healing  
Lay your hands gently lay your hands.  
You were sent to free the broken hearted  
You were sent to give sight to the blind  
You desire to heal all our illness  
Lay your hands gently lay your hands.  
Lord we come to You through one another  
Lord we come to You in our need  
Lord we come to You seeking wholeness  
Lay your hands gently lay your hands.*

### **Eight Beatitudes for those who Minister to the Sick and Elderly**

*Blessed are you who listen to your patients,  
especially those with constant complaints,  
for you possess the ears of Christ.*

*Blessed are you who see the hurts of your patients,  
especially those overlooked by others,  
for you possess the eyes of Christ.*

*Blessed are you who speak kindly to your patients,  
especially those plagued by fear or anger,  
for you possess the mouth of Christ.*

*Blessed are you who touch your patients gently,  
especially those bruised by insensitivity,  
for you possess the hands of Christ.*

*Blessed are you who think prayerfully of your patients,  
especially those alone and discouraged,  
for you possess the mind of Christ.*

*Blessed are you who show love to your patients,  
especially those with chronic illness,  
for you possess the heart of Christ.*

*Blessed are you who walk tirelessly to your patients,  
especially those with repeated calls,  
for you possess the feet of Christ.*

*Blessed are you who persevere in your ministry,  
especially with compassion to all patients,  
for you possess the healing presence of Christ,  
and yours is the kingdom of heaven.*

From the book *Caring for the Sick and Elderly*.  
A Parish Guide by Sister Marie Roccapriore MPF

### **Closing Prayer**

*Thank you, Lord, for your presence with us this day. As we depart from this space now,  
we ask you to bless us throughout the remainder of the day and guide us safely home.  
Bless all who walk with someone who suffers. May your Spirit guide them in their  
endeavours. We ask this in the name of Jesus, and in the power of the Holy Spirit,  
Amen.*

Compiled by Agnes Geiger, Past BC and Yukon Provincial Council Chairperson of  
Spiritual Development, courtesy of Kathy Fadum.