

a prayer for all ages



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God of all creation, you are timeless
and beyond all ages.

We who are growing old give thanks
for the years you have given us –
for family, friends and all those
who have enriched our lives.

We who are not yet old give thanks
for the older people in our lives:
for grandparents, loved ones, friends
and all who generously offer
the wise counsel of their years.

We who are growing old pray that we may be
patient with our ageing limbs
and difficulties in everyday tasks
we once did much more easily.
We who are not yet old pray
for patience and kindness
towards those who do not move as quickly
as we would sometimes like.

We who are growing old pray for good health
in our later years,
and forbearance when our health fails us.

We who are not yet old pray for good health
for those we love
and compassion towards those
who suffer ill health.

We who are growing old pray for prudence
and sweet timing,
in offering our wisdom to the next generation,
while respecting their energy and creativity.
We who are not yet old pray for openness
and humility in receiving
the advice and guidance of our elders.

We who are growing old pray that we
may face our death with serenity and dignity.
We who are not yet old pray that we affirm
the sacredness of each person's life
and accompany those who are dying
with gentleness and deep respect.

God of endless love, help us to understand
that we share a common life journey,
a call to live life to the full
and to strive to enable all creation to come
to the fullness of the Cosmic Christ. Amen