



# BLESSING PRAYER FOR HEALING

*May you desire to be healed.*

*May what is wounded in your life be restored to good health.*

*May you be receptive to the ways in which healing needs to happen.*

*May you take good care of yourself.*

*May you extend compassion to all that hurts within your body, mind and spirit.*

*May you be patient with the time it takes to heal.*

*May you be aware of the wonders of your body, mind, and spirit and their ability in returning you to good health.*

*May you be open to receive from those who extend kindness, care, and compassion to you.*

*May you rest peacefully under the sheltering wings of divine love, trusting in this gracious presence.*

*May you find little moments of beauty and joy to sustain you.*

*May you keep hope in your heart.*

*Amen.*

*(Joyce Rupp)*