

# End of shift prayer

The steadfast love of the Lord never ceases; His mercies never come to an end; they are new every morning; great is your faithfulness. Lamentations 3:22-23.

A prayer at the end of a shift, for those in healthcare, over the Covid-19 crisis.

## Read the words from 2 Corinthians

Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort, who comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves receive from God.



## Become aware of God's loving presence

- Give thanks for this time to be in the presence of God who loves you
- Review the shift and notice your thoughts and feelings about it
  - What has been the best thing about the shift?
    - where did you notice God's presence - give thanks
  - What has been the most challenging thing about the shift?
    - how did God help you get through it - give thanks
  - What pain are you holding about the shift?
    - lament and tell God about it - with or without words
    - let Him hold you in the pain
  - What is God's invitation to you now, at this time?
- Bring to God your prayer for your sleep and your needs for the day.

## Other resources for the journey

CMF wellbeing support [wellbeing@cmf.org.uk](mailto:wellbeing@cmf.org.uk)

Other CMF Covid-19 wellbeing resources <https://bit.ly/2JrVqI5>

Lectio 365 <https://www.24-7prayer.com/dailydevotional>

Pray as you go <https://pray-as-you-go.org/>

Look up - look in - look out <https://bit.ly/2wB8qll>

## Daily Checklist

- Am I OK? Have I had Covid free time?
- Have I eaten? Have I exercised? Have I been still?
- Have I spoken to someone or debriefed?
- Who do I need to call or contact for my own wellbeing?
- How have I cared for myself and my own wellbeing, bearing in mind this is a marathon and not a sprint?