



prayer

end of shift prayer

a template for spiritual
self-care at the end of
the working day

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 and give thanks

- What pain are you holding from 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?
- Bring to God your prayer for your sleep and your needs for the day.

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?
- Bear in mind this is a marathon and not a sprint!

resources for the journey

- Lectio 365 24-7 prayer.com/dailydevotional
- Pray as you go pray-as-you-go.org
- Look up - look in - look out bit.ly/2wB8qll 📖