

Dear God,
Send your Holy Spirit into my heart today and hear my prayer for health and healing. Use my hands as if they were yours to touch and help heal others. Use my ears as if they were yours to listen to those in pain, loss, or indecision. Use my heart as if it was yours to love and accept those that are different from us, lonely, and afraid. Use my arms as if they were yours to embrace those who need reassurance and security. Use my soft voice as if it was yours to pray and provide comfort. Use my gentle spirit as if it was yours to bring your Holy presence into those who need you close. Give me your strength and ability to work through you and give of myself for others in need. Amen.

—from *Prayers for the Soul* by Holly A Barros, RN, BSN, CPN
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