



Poems & Prayers



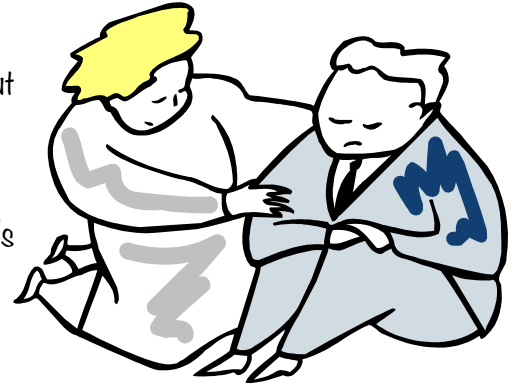
for times of grief and loss

Introduction:

The following poems and prayers are suitable for use at times of grief, loss and sorrow. They are a mixture of secular and religious poems and a psalm to choose from. Alternatively you can go on the internet and search for your favourite poem or check a Bible for more suitable Psalms. There are a number of sites on the internet devoted to poems and prayers for funerals.

You can also make up your own poem expressing how you feel about the one lost or to share some memories. Poems don't have to rhyme.

Prayers don't have to be standard prayers and you can speak words from your heart.



This booklet has been compiled by the Enrich Community Chaplaincy team and can be downloaded free of charge from our website www.enrich.org.nz

For support or information feel free to contact us.

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Poems:

I Only Wanted You

By Vicky Holder

They say memories are golden, well, maybe that is true.
I never wanted memories, I only wanted you.
A million times I needed you, a million times I cried.
If love alone could have saved you, you never would have died.
In life I loved you dearly, in death I love you still.
In my heart you hold a place no one else could fill.
If tears could build a stairway and heartache make a lane.
I'd walk the path to Heaven and bring you back again.
Our family chain is broken, and nothing seems the same.
But as God calls us back one by one, the chain will link again.

Holding Your Hand

By Agnes Wonson

Did you know that an unseen presence
Is with you everywhere?
In every place you chance to be
You'll have His loving care.
He'll hold your hand when you stumble
If you will believe 'tis so
For God is with you, everywhere
Yes, everywhere you go.

God's Garden

Author anonymous

God looked around his garden
And found an empty place,
He then looked down upon the earth
And saw your tired face.
He put his arms around you
And lifted you to rest.
God's garden must be beautiful
He always takes the best.
He knew that you were suffering
He knew you were in pain.
He knew that you would never
Get well on earth again.
He saw the road was getting rough
And the hills were hard to climb.
So he closed your weary eyelids
And whispered, 'Peace be thine'.
It broke our hearts to lose you
But you didn't go alone,
For part of us went with you
The day God called you home.

Her Journey's Just Begun

By E Brenneman

Don't think of her as gone away
Her journey's just begun
Life holds so many facets
This earth is only one
Just think of her as resting
From the sorrows and the tears
In a place of warmth and comfort
Where there are no days and years
Think how she must be wishing
That we could know today
How nothing but our sadness
Can really pass away
And think of her as living
In the hearts of those she touched
For nothing loved is ever lost
And she was loved so much.

Slipped Away

By Rex Stephenson

Your world lost a friend today
You turned around and she slipped away

The pain you feel is hard to bear
I know it hurts deep down inside
You think your grief will never wane
But this too I know will soon disappear
Your world lost a friend today
You turned around and she slipped away

When pain recedes in time
The happy memories will come to mind
The joy you shared will ease the way
To fond remembrance of her one day.
Your world lost a friend today
You turned around and she slipped away

Your friend now so quickly gone
But the essence of her still lives on
It's deep in your heart and
There she'll always stay
From now until your final day
Your world lost a friend today
You turned around and she slipped away
She may be gone but in your heart she'll stay
From now until your final day.
Yes, everywhere you go.

The background of the page is a photograph of a beach. In the foreground, there are several sets of footprints in the sand, leading from the bottom towards the water. The sand is light-colored and textured. In the middle ground, the ocean waves are breaking, creating white foam. The sky is overcast and grey. The overall mood is contemplative and serene.

Footprints

By Margaret Fishback Powers, adapted from a poem by Mary Stevenson

One night I dreamed a dream.
I was walking along the beach with my Lord.
Across the dark sky flashed scenes from my life.
For each scene, I noticed two sets of footprints in the sand,
one belonging to me and one to my Lord.
When the last scene of my life shot before me
I looked back at the footprints in the sand.
There was only one set of footprints.
I realized that this was at the lowest and saddest times of my life.
This always bothered me and I questioned the Lord about my dilemma.
"Lord, You told me when I decided to follow You,
You would walk and talk with me all the way.
But I'm aware that during the most troublesome times of my life
there is only one set of footprints.
I just don't understand why, when I need You most, You leave me."
He whispered, "My precious child, I love you and will never leave you,
never, ever, during your trials and testings.
When you saw only one set of footprints, It was then that I carried you."

Life is but a Stopping Place

Author unknown

Life is but a stopping place,
A pause in what's to be,
A resting place along the road,
to sweet eternity.
We all have different journeys,
Different paths along the way,
We all were meant to learn some things,
but never meant to stay...
Our destination is a place,
Far greater than we know.
For some the journey's quicker,
For some the journey's slow.
And when the journey finally ends,
We'll claim a great reward,
And find an everlasting peace,
Together with the Lord

The Joy of Unselfish Giving

By Helen Steiner Rice

Time is not measured
by the years that you live
But by the deeds that you do
and the joy that you give -
And each day as it comes
brings a chance to each one
To love to the fullest,
leaving nothing undone
That would brighten the life
or lighten the load
Of some weary traveller
lost on Life's Road -
So what does it matter
how long we may live
If as long as we live
we unselfishly give

A Child Loaned

By Edgar A. Guest

"I'll lend you for a little time
A child of Mine." He said.
"For you to love the while he lives
And mourn for when he's dead.
It may be six or seven years, Or twenty-two or three
But will you, till I call him back
Take care of him for Me?
He'll bring his charms to gladden you
And should his stay be brief,
You'll have his lovely memories
As solace for your grief.
I cannot promise he will stay
Since all from Earth return,
But there are lessons taught down there
I want the child to learn.
I've looked this wide world over
In my search for teachers true,
And from the throngs that crowd life's lanes,
I have selected you;
Now will you give him all your love,
Nor think the labour vain
Nor hate Me when I come to call
And take him back again?
I fancied that I heard them say,
"Dear Lord, Thy will be done,
For all the joy Thy child shall bring,
For the risk of grief we'll run.
We'll shelter him with tenderness,
We'll love him while we may,
And for the happiness we've known,
Forever grateful stay.
But should the angels call for him
Much sooner than we planned,
We'll brave the bitter grief that comes
And try to understand."

God Took Him To His Loving Home

Author Anonymous

God saw him getting tired, a cure was not to be.
He wrapped him in his loving arms and whispered 'Come with me.'
He suffered much in silence, his spirit did not bend.
He faced his pain with courage, until the very end.
He tried so hard to stay with us but his fight was not in vain,
God took him to His loving home and freed him from the pain.

The Day You Left

Author unknown

With tears we saw you suffer
As we watched you fade away;
Our hearts were almost broken
As you fought so hard to stay.
We knew you had to leave us
But you never went alone,
For part of us went with you
The day you left our home.

Winds of Love

Author unknown

May the winds of love blow softly
And whisper for you to hear
That we will always love you
And hold you very dear
God bless you

Psalm 23

By David, from the Bible (CEV)

You Lord are my shepherd. I will never be in need.

You let me rest in fields of green grass.

You lead me to streams of peaceful water,

And you refresh my life.

You are true to your name,

And you lead me along the right paths.

I may walk through valleys as dark as death,

But I won't be afraid.

You are with me,

And your shepherd's rod makes me feel safe.

You treat me to a feast, while my enemies watch.

You honour me as your guest,

And you fill my cup until it overflows.

Your kindness and love will always be with me

Each day of my life.

And I will live forever in your house, Lord.



Prayers:



The Lord's Prayer: Our Father Who Art in Heaven

Hallowed be thy name
Thy kingdom come
Thy will be done
On earth as it is in heaven
Give us this day our daily bread
And forgive us our trespasses
As we forgive them that trespass against us
And lead us not into temptation
But deliver us from evil
For Thine is the Kingdom, the power, and the glory
Forever and ever. Amen

Irish Blessing:

May the road rise up to meet you
May the wind be always at your back
May the sun shine warm upon your face
May the rain fall soft upon your fields
Until we meet again,
May you be held in the palm of God's hand
Until we meet again,
May you be held in the palm of God's hand

Our Loving Father in Heaven,

We lift up our sadness and prayers because we need your comfort and strength.

We thank you for life and all that he/she has given us. Amen

Discuss what has meant to people and name those by saying:

WE thank you God for and and

The things we did together

We thank you for her/his life.

We will miss

Forgive us for the times we may have misunderstood or not got on with her/him.

And help us to accept your forgiveness.

We are saddened by our loss. Be near to us loving God. Give us the courage to go on. Heal our wounds and deliver us from emotions that are too hard to bear.

May we find comfort as we grieve together and help us to lovingly support each other.

We pray these things in the name of Jesus, who knows our sorrows and offers to be our Saviour, companion and friend.
Amen.

Prayer from About.com Christianity

Dear Lord,

Please help me in this time of loss and overwhelming grief. I don't understand why my life is filled with this pain and heartache. But I turn my eyes to you as I seek to find the strength to trust in your faithfulness. I will wait on you and not despair; I will quietly wait for your salvation. My heart is crushed, but I know that you will not abandon me forever. Please show me your compassion, Lord. Help me through the pain so that I will hope in you again. I believe this promise in your Word to send me fresh mercy each day. Though I can't see past today, I trust your great love will never fail me. Amen.

Jewish Prayer

You can adapt this and put your own words of when you will remember them.

At the rising of the sun and at its going down we remember them.

At the blowing of the wind and the chill of winter we remember them.

At the opening of the buds and in the rebirth of spring we remember them.

At the blueness of the skies and in the warmth of summer we remember them.

At the rustling of the leaves and in the beauty of autumn we remember them.

At the beginning of the year and when it ends we remember them.

As long as we live, they too will live; for they are now a part of us,
as we remember them.

When we are weary and in need of strength

We remember them.

When we are lost and sick at heart we remember them.

When we have joy we crave to share we remember them.

When we have decisions that are difficult to make we remember them.

When we have achievements that are based on theirs we remember them.

As long as we live, they too will live; for they are now a part of us,
as we remember them.

From the Bible:

Romans 8:38-39

And I am convinced that nothing can ever separate us from God's love. Neither death nor life, neither angels nor demons, neither our fears for today nor our worries about tomorrow—not even the powers of hell can separate us from God's love. No power in the sky above or in the earth below—indeed, nothing in all creation will ever be able to separate us from the love of God that is revealed in Christ Jesus our Lord. (NLT)

1 Corinthians 13:12

Now we see things imperfectly as in a cloudy mirror, but then we will see everything with perfect clarity. All that I know now is partial and incomplete, but then I will know everything completely, just as God now knows me completely. (NLT)

2 Corinthians 4:16-18

Therefore we do not lose heart. Though outwardly we are wasting away, yet inwardly we are being renewed day by day. For our light and momentary troubles are achieving for us an eternal glory that far outweighs them all. So we fix our eyes not on what is seen, but on what is unseen. For what is seen is temporary, but what is unseen is eternal. (NIV)

