



## **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)