

### Closing Prayer

Dear Lord, we come to you today a little scared, overwhelmed, and very unsure about what the future may hold for all of us. Above all, we come together today as a family to honor our parents and to ask for your love, patience, and guidance as we work together to meet their future needs. We thank you for this opportunity to gather together and share our fears and reservations. We ask for your blessing, strength, and guidance for us all.

*Galatians 6:2 "Bear one another's burdens, and in this way you will fulfill the law of Christ."*



**A blessing is a thank you,  
a wish, a dream,  
a message of hope,  
an acknowledgement of  
joys and sorrows,  
a celebration, a passing  
of time, a gathering of people  
and thoughts,  
a reflection, a time to be still,  
a time to jump with joy,  
a time of quiet meditation,  
a gift of love  
and a prayer.**

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**God be with you as you  
journey.**

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**Caring for  
Aging  
Parents**

**A blessing for those  
caring for aging  
parents and other  
loved ones.**



This blessing is for those who are providing for or assisting with the care of their aging parents. This care is often happening while also caring for your own families, and while also trying to maintain other commitments within your own life. This blessing may be done individually or with a group of close friends. Or, consider sharing this together as a generational family, to include the aging parent(s) and other siblings and their families.

Read through the wording prior to doing the blessing so you know if you will use the “me/ I” wording or the “us/our” language. Since the first two reflections are focused on the primary caregiver it would be appropriate to use the “I” language. The third reflection includes the whole family.

Consider beginning by having everyone share a special family memory, and share why it holds such special meaning. Or pull out the old family photos and reminisce about the special memories captured within these photographs.

*If in a group, consider having the primary caregiver read the first two reflections.*

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### Reflection

We (I) gather together today to remember the caring and love which our (my) parents have shown to us (me) throughout our (my) lifetime. They have now reached the stage in their lives where more assistance and care is needed. So it is now our (my) turn to be there for them and to honor God’s commandment to “Honor your father and your mother.”

### Prayer

Dear Lord, I know they now require assistance in meeting their day to day needs. Grant me the strength and wisdom to honor them in the glory of your name.

*Romans 12:9-10: “Let love be genuine; hate what is evil, hold fast to what is good; love one another with mutual affection; outdo one another in showing honor.”*

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**Reflection** There are times when I am struggling with the overwhelming responsibilities which we/I now have before me. I want to honor our/my parents and provide them with all the help they now need, but I also want to honor my own family and meet their needs as well.

### Prayer

Dear Lord, I know we/I cannot do everything alone and I ask for your help, patience, wisdom, and guidance to help me make the best decisions possible on behalf of everyone. You are my true strength and we/I pray daily your will be done. I come to you today in prayer asking for you to grant us/me daily strength, help me to recognize my limitations, and to know when I need to ask for help from others.

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*Matthew 11:28-29 “Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest. Take my yoke upon you, and learn from me; for I am gentle and humble in heart, and you will find rest for your souls.”*

*Philippians 4:13 “I can do all things through him who strengthens me.”*

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*Consider now holding hands with those who are present. Or place your hands on the primary care giver and have someone else read this reflection.*

### Reflection

As a family, we are all dealing with various emotions and feelings related to our aging parents. While some of us may be more directly involved than others, we recognize this impacts all of us whether we are near or far. As a family, now is the time to come together and focus on what is in the best interest of our parents. We know there is strength in creating a united front and in keeping the lines of the communication open. Allow us all to take into consideration each others’ availability and skills to work together for the good of our parents.

