

# **The Blessing Prayer of the Aged**

By Christine Brisco

**Lord, I know You see me. I know You care.  
I know You won't give me more than I can bare.**

**Thank You for life; for each day here on earth;  
For sending me help and for valuing my worth.**

**Bless those who slow down and walk my pace  
Without challenging me to keep up their footrace.**

**Bless those who write cards and pay my bills  
Without shaky hands or tremors, but still.**

**Bless those who cook food from a recipe  
And then pull up a chair for a meal with me.**

**Bless those who see a need to fulfill,  
Like picking up groceries or delivering my pills.**

**Bless those who share a long-awaited hug;  
Their touch is the finest dopamine drug.**

**Bless those who repeat their words to me  
With patience and at a slower degree.**

**Bless those who know my eyes are dim  
And bring large print or sing a hymn.**

**Bless those who know my mind is slow  
And write things down before they go.**

**Bless those who think, but never say,  
"You've told that story twice today!"**

**Bless those who make it verbally known  
That I am loved, and prayed for, and never alone.**

**Bless them each, O LORD, whose hearts You've stirred  
With the richest of blessings from Your Word:**

*May the Lord bless you and keep you.*

*May the Lord make His face shine on you and be gracious to you.*

*May the Lord look on you with favor and give you peace.*

**Numbers 6:24-26**