

by Stefanie Gamez

My mother Barbara passed away on April 12, 2021. She lived with us for almost seven years. She had a health condition that got worse over the years and ultimately caused her death. During the last couple of years, caregiving for her became my entire life. I began writing a blog that would help me reflect on the journey God had us both on.

This is a prayer I arranged using St. Francis's Instrument of Peace. I would like to share with others who are also caring for the elderly parent(s).

**\*Instrument of Your Hands\***

Lord, make me an instrument of Your hands to care for my mother in her now final season of life.

When she's impatient, help me to be patient.

When she's anxious, help me to be peace.

When she worries, help me to show faithfulness.

When she is angry, help me with self-control and gentleness.

Lord, help me to not be overcome by the weight of this journey You have us on.

For through it, it is not only to tend to her needs, but lessons in selflessness and trusting Your will where I am to learn.

Thank you for the graces You give us each day and the tender love You allow us to have knowing one day, it will always be with me to carry on.