

A Prayer for all Ages

God of all creation, you are timeless and beyond all ages.

**We who are growing old give thanks
for the years you have given us –
for family, friends and all those
who have enriched our lives.**

**We who are not yet old give thanks
for the older people in our lives:
for grandparents, loved ones, friends
and all who generously offer
the wise counsel of their years.**

**We who are growing old pray that we may be
patient with our ageing limbs
and difficulties in everyday tasks
we once did much more easily.**

**We who are not yet old pray
for patience and kindness
towards those who do not move as quickly
as we would sometimes like.**

**We who are growing old pray for good health
in our later years,
and forbearance when our health fails us.**

**We who are not yet old pray for good health
for those we love
and compassion towards those
who suffer ill health.**

**We who are growing old pray for prudence and sweet timing,
in offering our wisdom to the next generation,
while respecting their energy and creativity.**

**We who are not yet old pray for openness
and humility in receiving
the advice and guidance of our elders.**

**We who are growing old pray that we
may face our death with serenity and dignity.**

**We who are not yet old pray that we affirm
the sacredness of each person's life
and accompany those who are dying
with gentleness and deep respect.**

**God of endless love, help us to understand
that we share a common life journey,
a call to live life to the full
and to strive to enable all creation to come
to the fullness of the Cosmic Christ. Amen**