

DEMENTIA

Upon Receiving a Diagnosis of Dementia

God of compassion, in this moment of fear and dread I turn to You. Lead me through the wilderness; speak to me with tenderness—for You are my hope.

Here, in a foreign land of illness, I long for the familiar: the gentle comfort of loved ones, places I know, things I enjoy. May these sustain me and keep me connected to the world. Bless my days with tiny joys.

And let there be unhurried time with family and friends. I pray that, when I am weak, their arms will embrace me. I pray that, in my silences, they will understand me. In valleys of darkness, may their voices guide me and reassure me. I give thanks for the gift of their patience and love.

May solace come in the sweetness of song, in the beauty of nature, in feelings too deep for words. God, be with me when I feel alone. Accompany my loved ones as they walk in the shadow of my illness.

When confusion takes hold, soothe my spirit; calm my fears. My God of compassion, answer me. And even when I cannot ask, answer me. Heal and comfort those who are ill. Lead us through the wilderness—for You are our hope.

Facing Dementia

My God, I am about to enter a wilderness.
All that I have thought is me—
my voice, my thinking, my memories—
will slip away, and I may not even comprehend it.

As I enter this wilderness my step quivers and my soul hurts.
In this leap of faith I will come to rely on so many,
and we will all rely on You.

Whom will I recognize? Who will recognize me?
Even though my mind will change, please do not let
the knitting of my soul unravel.
Only You will know me, even if I do not know myself.

Please help me to remember that others before me
have found You in the wilderness.
I am not sure I will know to look for You.
But please, look for me.