

Personalised Prayer Worksheet for Loved Ones Who Have Passed Away

As you grieve the loss of a loved one, prayer can bring comfort and hope to your heart. This worksheet is designed to help you personalise your prayers and consider what you want to say to God during this time.

Personalised Prayer

Start by addressing God:

1. Dear Heavenly Father, Express your emotions:
2. I come to you today with a heavy heart, grieving the loss of [Name of Loved One].
Ask for comfort and peace:
3. Please wrap your loving arms around me and grant me the strength and comfort I need to face each day. Remember the good times:
4. I give thanks for the memories I shared with [Name of Loved One]. May their love and memories bring me joy and solace. Ask for healing and peace:
5. Please bring healing to my broken heart and comfort to my soul. Fill me with your peace and help me to trust in your plan for my life. Pray for others who are grieving:
6. I also pray for [Name of Loved One]'s family and friends that they, too, may feel your presence and know your love during this time. End with hope and trust: I trust in your goodness and mercy and ask for your grace to sustain me during this difficult time.
Amen.

Things to Consider When Praying for a Loved One

1. Remembering their life: Take some time to reflect on the life of your loved one. What were their interests, hobbies, and passions? How did they make a difference in the world?
2. Expressing gratitude: Think about the ways your loved one made a positive impact on your life. Express gratitude for the time you had with them and the memories you shared.
3. Seeking comfort and peace: Ask God for comfort and peace as you grieve. Remember that He is with you and wants to bring healing to your heart.
4. Trusting in God's plan: Trust in God's plan for your life, even though it may be difficult to understand. Remember that He loves you and has a purpose for your life.
5. Praying for others: Remember to pray for others who are grieving. Pray for comfort and peace for their hearts and minds as well.
6. Seeking support: Don't hesitate to reach out to friends and family for support. Surround yourself with people who love and care for you and will support you through this difficult time.

Questions/Prompts/Reflections	Personal Response
What was your loved one's name?	
What were some of their interests and passions?	
How did your loved one make a difference in the world?	
What are some things you are grateful for about your loved one?	
What specific comfort and peace do you need from God at this time?	
How can you trust in God's plan for your life, even though it may be difficult to understand?	
Who else is grieving the loss of your loved one? How can you pray for them?	
What support do you need from others during this time?	
How has your loved one impacted your life and left a lasting impression?	
How can you honour your loved one's memory and keep their legacy alive?	