



# St Andrew's Kirk Ella

## Praying with a family member who is living with Dementia

Simplicity is the key. Familiar phrases learned earlier in life are still fresh and still available.

A line from the Lord's Prayer each day might be helpful. Here's an example from Psalm 23.

Psalm 23

*The LORD is my shepherd, I lack nothing.*

*your rod and your staff,  
they comfort me.*

<sup>2</sup> *He makes me lie down in green pastures,  
he leads me beside quiet waters,*

<sup>5</sup> *You prepare a table before me  
in the presence of my enemies.*

<sup>3</sup> *he refreshes my soul.*

*He guides me along the right paths  
for his name's sake.*

*You anoint my head with oil;  
my cup overflows.*

<sup>4</sup> *Even though I walk  
through the darkest valley,*

<sup>6</sup> *Surely your goodness and love will follow  
me*

*I will fear no evil,  
for you are with me;*

*all the days of my life,  
and I will dwell in the house of the LORD  
forever.*

Here's the kind of prayer that you could pray for your Mum, if she was living with dementia, and you were visiting her from time to time, or even daily. A pattern of prayers like this, that you repeat each week, using the same prayers week after week, may be helpful to you as well as to her.

### SUNDAY

"The Lord's my Shepherd ... I lack nothing"

"Heavenly Father, please help Mum to know that you are her shepherd, moment by moment, and hour by hour, until we see each other again soon. Amen."

### MONDAY

"The Lord's my Shepherd ... he leads me beside quiet waters"

"Heavenly Father, please help Mum to know that you are her shepherd, please lead her through the rest of today, through the quiet hours of the night, until we see each other again soon. Amen."

## **TUESDAY**

"The Lord's my shepherd ... he refreshes by soul"

"Heavenly Father, please help Mum to know that you are with you, as her good shepherd, and please refresh her soul, through the rest of today, and through the night, until we see each other again soon. Amen."

## **WEDNESDAY**

"The Lord's my shepherd ... he guides me"

"Heavenly Father, please guide Mum, as her good shepherd, through the rest of today, and through the night, until we see each other again soon. Amen."

## **THURSDAY**

The Lord's my shepherd ... I will fear no evil"

Heavenly Father, please give faith to Mum, help her to know your presence with her, and to know that she has nothing to fear, lead her through the night until we see each other again soon. Amen.

## **FRIDAY**

"The Lord's my shepherd ... you are with me"

Heavenly Father, thank you that you are with Mum, always, as her good shepherd, help her to know your presence, and watch over her through the night, until we see each other again soon. Amen."

## **SATURDAY**

"The Lord's my shepherd ... your rod and your staff they comfort me."

Heavenly Father, thank you for the promise of your protection, please protect Mum, through the rest of today, and through the night, comfort and encourage her, until we meet again soon. Amen.

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Jonathan Jukes

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