

We Lift
Them Up
I TO THE
LORD

A Prayerbook *for*
Catholic Grandparents

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Most grandparents would do anything for their grandchildren. But sometimes, because of distance, health issues, financial concerns, and family dynamics, there are limits to what actions grandparents can take.

There is one thing, however, that grandparents can do at any time and in any place. We can pray for our grandchildren. We can lift them up to the Lord. We can offer prayers for special intentions. We can thank God for giving them to us. We can ask God to shower them with love and grant them peace.

Prayers for our grandchildren may be our most powerful way to love and support them.

This is a little book of prayers for grandparents. On the first page you can write the names of the grandchildren you are lifting up

in prayer. On the pages that follow, you will find prayers on a variety of topics—some of the prayers you may find helpful, while other prayers may not resonate with you. That's OK. Focus on whatever has meaning.

Perhaps the most important discovery that this little book offers is the affirmation that the Holy Spirit will guide you in your relationship with your grandchildren. The Holy Spirit will give you whatever inspiration, strength, faith, and love you and your grandchildren need. Rely on the Holy Spirit whenever you are unsure of what to say or do. Allow the Holy Spirit to work through you to touch your grandchildren in ways that are beyond anything you may have thought or imagined on your own.

Listening

Lord, help me to listen to my grandchildren with my mind, my heart, and my soul. Keep my thoughts from drifting as they speak. Let me focus on every word they utter. Help me to hear the subtle nuances beneath the surface of our conversations. Allow me to grasp the real meaning of what they are trying to say. Keep me from interrupting their stream of thought. If the situation requires that I say something, give me the words that will affirm, comfort, or support them. Never let me forget that listening is one of the greatest gifts I can give to my grandchildren. It is a sign of respect and an act of love. Lord, help me to be a good listener. AMEN.

Nurturing Gifts and Talents

Lord and Giver of Life, allow me to recognize the unique gifts and talents you have bestowed on each of my grandchildren. Instill in me the words I need to help them see that they can use their gifts and talents to give meaning to their own lives and to make the world a better place. Help me to explain to my grandchildren that everyone has a mix of strengths and weaknesses. Allow them to see that their God-given gifts offset someone else's weaknesses, and other people's gifts offset whatever weaknesses they have. Instill in them the importance of using their gifts to work together with others. Give them the courage to use their gifts and talents in ways that are pleasing to you. AMEN.

Offering Advice

Come, Holy Spirit, give me the insight to know when to offer advice to my grandchildren and when to remain silent. If a grandchild clearly needs direction but does not ask for advice, help me to discern the best way to shed light on the situation. If a grandchild asks for advice, help me to frame my words in ways that are non-judgmental, non-threatening, and filled with genuine concern. Help my grandchild see that I care deeply about whatever is happening. Give me wisdom. Give me understanding. Allow your unconditional love to flow through me to my grandchild. AMEN.

Giving Comfort

Loving and Merciful Lord, help me to comfort my grandchildren. Allow them to see me as someone who is open to hearing their strongest feelings, their agonizing questions, and their deepest fears. Instill in me soothing words of consolation. Help them to understand that as much as I would like to, I cannot take away their pain. But I can walk with them through this difficult time. Shower your love and mercy on us all. Instill in us a sense of hope that this painful period will end and that our lives will begin to move in a new direction. AMEN.