

# A Prayer for Comfort

by Fr. Tim Gareau



**E**ver loving and gentle Shepherd, I come before You open and receptive to Your presence. At this moment, I need Your love and friendship. The loss that has touched my life is all consuming and my heart aches. What used to be has now changed; and I feel, at times, lost and alone. Lord, You know my heart and its way. Hold it in Your gentle care. Help me to trust in Your promise of a life to come, eternally in Heaven. Help me to understand that a future that looks dark and bleak will unfold with hope and peace. Guide me through my fear and loneliness; my doubt and uncertainty. Help me to continue with courage and strength. Lord, please just hold me in Your loving embrace. Consume me with the gift of Your Holy Spirit. Help me to see through the pain and focus on Your grace. Love me where I am. Guide me to where I need to be. Bless me toward where You need me to go. I love You, Lord. I thank You, Lord. Heal me by Your grace and bless my loved one with Your gentle touch. Amen.