

## A Christmas Prayer for a Grieving Heart

Dear God,

There is an empty chair near the tree,  
an ache in my heart  
and tears on my face.

I may try to shield others  
from the grief I bear  
but I cannot hide it from you.

I pray for (names)  
whose presence I miss so much  
in these days of peace and joy.

Open my heart and mind  
to the healing, the warmth,  
the light of your presence.

I pray, Lord, and I trust  
that those I miss  
have found the place you prepared  
for them,  
their home within your heart.

Open my heart, Lord,  
to joyful memories of love shared  
with those who have gone before  
me.

Help me share the stories  
that make the past present  
and bring me close again  
to those I miss.

Teach me to lean on you, Lord,  
and on others,  
for the strength I need  
to walk through these difficult days.

Be with me as I cry and sing my way  
through Christmas cards and carols;  
help me find and open the present  
you bring:  
the gift of your peace  
in the birth of the child we call Christ.

And give me quiet moments  
with you, with my thoughts,  
with my memories and prayers.

Be with me, Lord,  
and hold me in your arms  
even as you hold those  
who have gone before me.

Help me to trust that one day  
I will be with those I love  
when your mercy gathers us together  
in the joy of the life you promise us.

This is the Christmas you have made,  
Lord,  
the only one we'll have this year:  
help me to rejoice in it  
and in the blessings of your peace.

Amen.

Adapted from  
[concordpastor.blogspot.com](http://concordpastor.blogspot.com)