

# The Way It Can Be - A Prayer for the Season

By Nan Zastrow

We give thanks, Oh Lord,  
For the individual courage that brings us together in grief.  
We sense each other's level of hurt and sorrow  
And together we reach out to soothe our neighbor's pain.  
The approaching holidays challenge the healing we've done so far  
And we approach the holidays with great trepidation.

We give thanks for the warmth  
Of kindred spirits who share our journey.  
In the Past, holidays and special days once brought us joy.  
Selfishly, we regress to our memories and are saddened by  
The painful reminders of **The Way It Was**.  
Our feelings are molded by those we have loved  
And what we feel we have lost.  
We search endlessly to renew the Gifts of the Past.  
And ask for your blessing to find strength  
In the special Love and Memories  
That the Past has bestowed upon us.

In the Present, we struggle with the days and weeks ahead.  
Our anxiety is heightened as we focus on **The Way It Is**, this year.  
We sometimes turn away from family and friends instead of  
Towards their loving arms and generous hearts  
Because we are incapable of dealing with our fragile emotions.  
Bless us with the sought-after Gift of the Present...  
The Gift of Peace--a gentle reminder that  
When we give our burdens to You, you give us help for  
Mending our broken hearts.

As we approach the Future, we ask for patience and understanding  
As we travel this lonely journey of grief.  
Teach us to live in Your light.  
Lead us forward with healing grace,  
And help us find small miracles in every day.  
Enlighten us with the vision of **The Way It Can Be** and  
Place in our hearts compassion for others who grieve, too.  
Teach us how to take our pain and transform it  
Into purpose and meaning...  
For this is the Gift of the Future and fulfillment of  
Your promise of Hope.

