**From Aberdeen Hospital Chaplaincy**

God made me, God loves me, God keeps me,

God says:

I will strengthen you, I will help you, I will uphold you.

God is our refuge and strength,

Always ready to help in times of trouble.

**Prayers**

Lord, I ask you to help me now.

May I know your presence with me and your love for me.

Thank you for this hospital and those who care for us here.

Give those who work here skill and strength.

Thank you for the love of my friends and family.

Keep me aware of the needs of others and show me how I can help.

God grant me the serenity

To accept the things I cannot change,

The courage to change the things I can

And the wisdom to know the difference.

Christ be with me, Christ within me,

Christ behind me, Christ before me,

Christ beside me, Christ to win me,

Christ to comfort and restore me,

Christ beneath me, Christ above me,

Christ in quiet, Christ in danger,

Christ in hearts of all that love me.

Christ in mouth of friend and stranger.