

Prayer for Openness and Patience

Here I am, Lord, doing nothing. I feel so useless and helpless. The least little effort on my part leads to exhaustion. When I try to do small chores, I am filled with dread lest I harm the fragile life within me. I feel that I have become a burden to the members of my family, who have assumed all my responsibilities.

When I look in the mirror, Lord, I do not see a vibrant, red-cheeked pregnant woman, but rather a pale, unattractive woman who seems to have aged tremendously. I do not feel excited, joyful, and expectant. I am depressed, frustrated, and angry that I am so tired.

Lord, I need to realize that I am beautiful in your eyes. Help me know that this time of frustration is but a preparation for joy that is to come. Help me understand that the greatest form of giving is to receive graciously and to open myself to the service of my loving family. Fill me with the awareness that what you want from me now is to relax and concentrate on the life within me.

Help me treasure the moments I can spend alone with you and my child. You said that you love the weak and powerless of this world in a special way. I certainly fit that description, Lord. I offer you my weakness, Lord, that your power and strength may be manifest. Give me patience with others, Lord, and especially with myself.

AMEN.