

Sudden death

Lord, this sudden death has left me confused, scared, bereft.

Like you on the Cross I cry out, "My God, my God, why have you forsaken me?"

Yet, deep down, I know you are close. You are ever present in time of trouble; you are now with me in my grief and heartbreak.

Give me courage and self compassion in this unexpected sorrow. Let me receive healing of mind and body.

Amen.

Composed by Sr. Sheila McAuliffe R.S.C.