

Moments to Breathe

Moments to Breathe is a compilation of inspirational thoughts and prayers. The focus of this edition is for those experiencing health challenges. Future editions will center on those who may have family problems, job concerns, or the loss of a loved one.

- If you know someone who may be facing some of life's difficult challenges, feel free to share this booklet. It's printable and easy-to-carry. Follow your printer's instruction for two-sided printing.
- Consider gifting someone with one of my feel-good novels. Links to them can be found on my website <https://kathleen-mckee.com/my-books/> and at Amazon.com.

Sign Up

Sign up for my mailing list (top right corner of my webpage) to receive other inspirational booklets. You'll also have a chance to win one of my signed paperbacks.

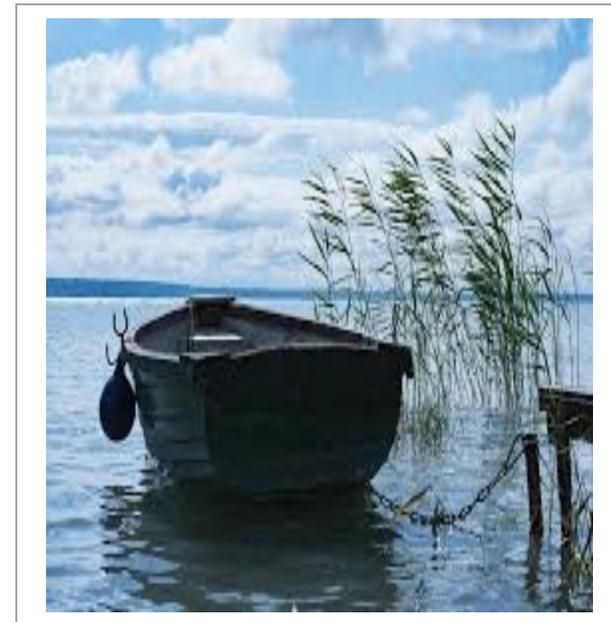
Web: <https://kathleen-mckee.com/>

Contact Me

Email: kmckee101@gmail.com



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HEALTH CHALLENGES

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Hymns of Comfort

The King of Love My Shepherd Is



By Henry W. Baker, 1821-1877

The King of Love my shepherd is,
Whose goodness fails me never,
I nothing lack if I am his
And he is mine forever.

Loving Shepherd of Thy Sheep



By Leighton Hayne, 1836-1883

Loving Shepherd of thy sheep,
Keep thy lamb in safety keep;
Nothing can thy pow'r withstand,
None can pluck me from thy hand.

Lord of All Hopefulness



By Jan Struther, 1901-1953

Lord of all hopefulness, Lord of all joy,
Whose trust, ever childlike, no care could
destroy,
Be there at our waking, and give us, we pray,
Your bliss in our hearts, Lord, at the break of
the day.

We're Not Alone

"I am reading of many health challenges my FB friends are facing these past few months. I just want you all to know you are in my prayers for the best outcome possible, and to be able to live your best lives as you can. We don't know why bad stuff happens, but I am a firm believer there is a reason, and a greater good can come from it. Perhaps as a teacher to someone who has yet to face a challenge, or as to be able to model good faith in adversity. No matter....we are not alone in our fight...of that I am certain." --Marilyn V.

*"Even when life seems bleak and hopeless,
know that you are not alone."*—Nancy Reagan

Hope is the Thing with Feathers

Hope is the thing with feathers
That perches in the soul
And sings the tune without the words
And never stops--at all.
Emily Dickinson

Stopping by Woods on a Snowy Evening

The woods are lovely, dark and deep,
But I have promises to keep.
And miles to go before I sleep,
And miles to go before I sleep.
Robert Frost

Health Challenges

Waiting for Test Results



Even if it's only a few days, it can seem like an eternity as we wait to learn what's making us sick. The "what-ifs" loom up. What if I need surgery? What if I have to take costly medications? What if extensive travel is required for treatments? We prepare for the worst, but hope for the best.

A Frightening Diagnosis



Receiving a dreaded diagnosis can send us into a tailspin. None of us wants to hear the words, "You have cancer," or "You just had a heart attack." We may get emotional or put on a brave front. Regardless, an illness that affects our overall health or life-span is scary.

Decisions



Everything can seem overwhelming after the diagnosis. There are so many choices that have to be made. Should I get a second opinion? Do I tell family and friends? Whose recommendations do I follow? What if I make the wrong decision? There are resources to guide us. We just have to trust.

Prayers for Healing

Prayer for Strength

Why me, Lord? I'm trying to handle life's curve balls, but this one seems too burdensome; too heavy to carry. I don't think I have the stamina to fight through it all. Help me, Lord. Give me strength and forbearance. I put my hand in Yours.

May your love be upon us, O Lord, as we place all our hope in You.

Prayer for Guidance

Be with me, Lord, as I make decisions that can affect my treatment, my stamina, and my quality of life. Let me see that my own experience may help others who are dealing with a similar diagnosis. Keep me calm and guide me along the right path. Amen.

Prayer for Grace

Grace me with the ability to handle challenges, Lord. When I was diagnosed with breast cancer, I felt numb. Shortly after 2 breast surgeries, I learned that I had melanoma. Another surgery, removal of more lymph nodes, then chemo and radiation left me wondering what else could happen. I gathered comfort in your presence, trusting that you'd be walking hand-in-hand with me. Send your grace and loving comfort. Amen.

Psalms of Comfort

Psalm 27:14

Wait on the Lord, be of good courage, and He shall strengthen your heart.

Psalm 30: 2

Lord, my God, I called to you for help and you healed me.

Psalm 6: 2

Have mercy on me, Lord, for I am faint;
Heal me, Lord, for my bones are in agony.

Psalm 23

The Lord is my shepherd, I lack nothing. He makes me lie down in green pastures, he leads me beside quiet waters, he refreshes my soul. He guides me along the right paths for his name's sake. Even though I walk through the darkest valley, I will fear no evil, for you are with me; your rod and your staff, they comfort me. You prepare a table before me in the presence of my enemies. You anoint my head with oil; my cup overflows. Surely your goodness and love will follow me all the days of my life, and I will dwell in the house of the Lord forever.