



MY PRAYER PROTOCOL™

How prayer, Scripture, spiritual discernment
and the presence of God accompany me
through appointments, testing, treatment,
procedures and recovery.

I bring prayer with me.

Prayer is not something I reserve for the moments when I am afraid.

Prayer is part of how I live.

It is part of how I listen, discern, prepare, receive care, make decisions and walk through uncertainty.

As I move through this healing journey, I choose to bring my faith with me.

- Into the appointment.
- Into the examination room.
- Into the imaging room.
- Into the infusion room.
- Into the operating room.
- Into my home.
- Into the waiting.
- Into every place I go.

God is welcome in all of it.

I Will Begin with Prayer

Before I begin my day, I can pray.

Before I enter an appointment, I can pray.

Before I receive test results, I can pray.

Before I make a significant medical decision, I can pray.

Before treatment enters my body, I can pray.

Before a procedure begins, I can pray.

Prayer reminds me that I do not enter these moments alone.

I Will Begin with Prayer

- I will pray for my physicians.
- My nurses.
- My technicians.
- My therapists.
- My navigator.
- My pharmacists.

- My surgeons.
- My caregivers.
- And the people whose names I may never know.

I will pray that they are guided by wisdom.

I will pray for clear minds and steady hands.

I will pray that they see me as a whole person and not simply a diagnosis, scan, pathology report or treatment plan.

I will pray that Holy Spirit guides those caring for me in ways seen and unseen.

I Will Pray Over the Care I Receive

I can pray over my treatment before I receive it.

I can pray over my medications.

I can pray before radiation.

I can pray before surgery.

I can pray before scans, tests and procedures.

I can thank God for the people, knowledge, medicine and technology being used in my care while asking Him to guide how they are used in my body.

When I receive chemotherapy or another infusion, I may place my hand near the infusion bag or simply close my eyes and pray.

I may ask God to bless what enters my body, protect what is healthy, accomplish what needs to be accomplished and surround me with His presence.

Medical treatment and prayer do not have to compete for space in my healing journey.

I can receive care and pray boldly.

I Will Make Room for Holy Spirit

I believe the presence of God is not limited by the walls of a church.

Holy Spirit can meet me in a hospital.

In a cancer center.

In an examination room.

In a treatment chair.

In a recovery room.

In an ambulance.

Beside my bed.

In the hallway.

At the nurses' station.

At the doorway.

I welcome the presence of God into every corner of the places where I receive care.

I Will Bring Scripture With Me

There may be moments when fear makes it difficult for me to know what to say.

I can return to Scripture.

I can carry a verse with me.

Write it on a card.

Keep it on my phone.

Speak it before an appointment.

Read it while I wait.

Ask someone I love to read it to me.

I can choose Scripture that reminds me who God is, what I believe and where I choose to place my attention.

My medical information tells me something about my physical condition. Scripture reminds me of the foundation of my faith.

I can hold both without pretending either one does not exist.

I Will Pray Before I Decide

Not every decision needs to be made the instant information is given to me.

When circumstances reasonably allow, I may ask for time.

Time to understand.

Time to ask questions.

Time to consider.

Time to seek counsel.

Time to be still.

And time to pray.

In an ambulance.

Beside my bed.

In the hallway.

At the nurses' station.

At the doorway.

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Time to consider.

Time to seek counsel.

Time to be still.

And time to pray.

I can ask:

God, what do I need to know?

What questions do I need to ask?

What am I not seeing clearly?

Who should I speak with?

What is my next step?

Prayer does not relieve me of the responsibility to participate in my decisions.

Prayer is part of how I participate.

I Will Invite Others to Pray With Me

I do not have to carry every prayer myself.

There may be days when someone else needs to pray when I cannot find the words.

I may choose people I trust to pray with me and for me.

My spouse.

My family.

My friends.

My pastor.

My church.

My prayer partner.

A chaplain.

My faith community.

I can tell them specifically what I would like them to pray about.

And I can tell them when what I need most is simply their quiet presence beside me.

I Will Protect My Prayer Space

Not every voice needs access to me during this journey.

I can choose prayer partners who strengthen my faith rather than increase my fear.

I can step away from conversations that leave me frightened, hopeless or spiritually unsettled.

I can ask people not to send me frightening stories about someone else's experience.

I can say:

"Thank you for caring about me. Right now, I need prayer more than another story."

Protecting my peace is part of participating in my healing.

How My Care Team Can Support My Prayer Practices

Prayer and spiritual practices are important to me.

Whenever circumstances reasonably permit:

Please allow me a brief moment for prayer before significant procedures or treatments.

Please understand that I may pray quietly before receiving medication or an infusion.

I may ask a family member, prayer partner, pastor or chaplain to pray with me when appropriate.

I welcome information about chaplaincy or spiritual care services available through the facility.

If a member of my care team is personally comfortable praying with me when I request it, I welcome that prayer. I do not expect anyone to participate in a religious practice that conflicts with their own beliefs or professional responsibilities.

Please understand that my faith is not separate from how I experience my medical care.

It is part of who I am.

My Prayer for the Journey Before Me

Christ, my Healer,

Go before me.

Be with me in every appointment, every conversation, every decision and every treatment.

Fill every room I enter with Your presence.

Guide the minds, hands and hearts of those caring for me.

Give me wisdom to ask what I need to ask.

Give me discernment when I need to choose.

Give me peace when I need to wait.

Guard my heart and my mind.

Help me receive what serves my healing and release what does not belong to me.

Let me never become so surrounded by medical language that I can no longer hear Your voice.

I welcome You into every part of this journey.

The treatment rooms.

The examination rooms.

The operating rooms.

The hallways.

The waiting rooms.

My home.

My body.

My thoughts.

My words.

The doorways.

And even the windowsills.

There is no part of this journey where You are not welcome.

Amen.

My Personal Prayer Protocol

The Scripture I am carrying with me:

The people I want praying with and for me:

Before treatment, I want to:

Before major decisions, I want to:

What I want my medical team to understand about my faith:

My personal prayer or declaration for this season:

Name: _____

Date: _____

My Prayer Protocol™ is a personal spiritual-care and communication tool. It does not replace medical advice, informed consent, emergency care or communication with qualified healthcare professionals