



Children's National™

Chaplaincy Services



Being
Glad

Even though your
child is in the
hospital there are
still moments of joy.
In the midst of pain
and worry there are
little experiences of
hope, of gratitude.

It can be hard to pay attention to these times. Often that's because there is so much else that requires your attention, and sometimes it's because it seems almost like a betrayal to celebrate anything when you can't celebrate everything.

But little moments of celebration, of joy, are great sources of hope and strength. Even a small step forward

is a step forward. Noticing the good things – with gratitude – shows us that we have some choice about what we feel and how we respond. Choosing to celebrate is an example of strength – and strength helps us see more clearly, ask better questions, partner more fully with the doctors and other medical staff to make treatment more effective.

Following are some brief prayers of gratitude for small celebrations. Take some time to use one or two that are appropriate to the situation. Create your own that are reflective of what is happening in you, or your child's, life.

For not such bad pain:

God, the pain was better just now when the nurse asked. Instead of the really sad-face feeling it was more like just-a-face feeling. I am happy that the pain is going away right now. Thank you for people who ask me about the pain – they don't want me to hurt. Thank you for helping the pain to be not so bad right now.

My baby just peed!

It means that some important something is working better. I am so thankful for this small, ordinary thing. Hooray for pee! Thank you God for the everyday miracles.

That's the last chemotherapy for a while.

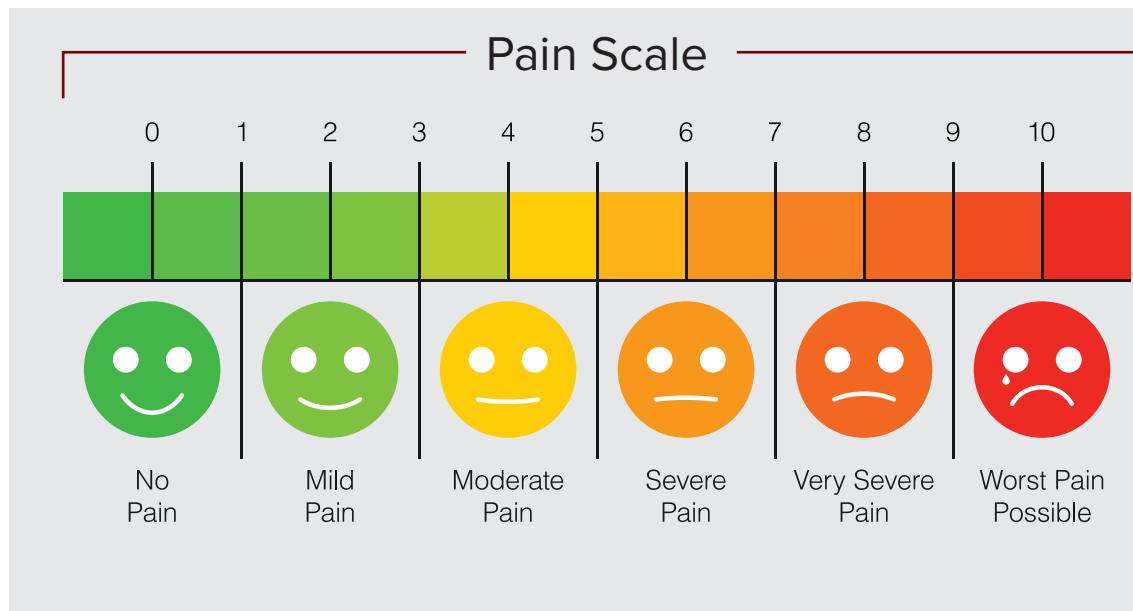
I'm so glad there are medicines to fight the cancer, but they are strong and their side effects are so painful. Thank you, God, for a time of rest, to maybe go home, to get ready for the next treatment.

The breathing tube is coming out. It's not needed.

A breath – in – out; something we do without thinking at all. It's almost like being born all over again – taking this breath. Thank you God for the breath of life.

I've just seen someone I love very much smile.

Just a little smile. It barely touched the corners of their mouth, but it brought a spark of joy to their eyes. There are beautiful moments for a smile, a soft laugh. Thank you for these precious gifts, God.





**For more information, contact your chaplains
Children's National Medical Center**

Washington, DC

202-476-3321

www.childrensnational.org

Follow Us on Facebook

bit.ly/2e10t3K



Children's National™