

A Prayer by a Person with Dementia

O God, I am losing myself to this disease,
Slowly but surely dementia eats away at me.
Little by little it takes away what makes me who I am,
But You, merciful God, continue to know me fully,
Dementia cannot change who I am in your eyes.
To You I am the sum of all I have been and all I will be
And so, You celebrate all of me and all of my life.
You wrap all of who I am in love, acceptance and forgiveness.
So, God, I ask You to help me to step outside my moments of loss and grief,
Help me to know myself as you know me.
Help me to see that nothing of me is lost to You.
Help me celebrate with You.
Help me embrace your gifts of love, acceptance and forgiveness
And help me know that it doesn't matter how devastating dementia is
You will always and forever know me fully and love me deeply.
For this I give You thanks and praise, God of my life.
Amen.

**Written by Brian Bane for the Diocese of Exeter Dementia Awareness Sunday
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