Blessing of the Hands (for healthcare workers)

March 1, 2015

When we reach our hands out to provide care, to do our work as part of the care of others, we are saying to others, you are important to us, and you are cared for by the efforts of many who value you and your needs.

Holding your hands in front of you observe their appearance and think of all that you do with your hands each day which contributes to the needs of our patients and families physically, emotionally and spiritually.

Prayer

Blessed be the works of your hands, O Holy One.
Blessed be these hands that have touched life.
Blessed be these hands that have nurtured creativity.
Blessed be these hands that have held pain.
Blessed be these hands that have embraced with compassion.
Blessed be these hands that have closed in anger.
Blessed be these hands that have planted new seeds.
Blessed be these hands that have carried out endless tasks as part of caring for our community.
Blessed be these hands that have reached out and been received.
Blessed be the hands that hold the promise of the future.
Blessed be the works of your hands, O Holy One.

Adapted from:

– a prayer used in a liturgy for healthcare workers from the National Health Ministries of the Presbyterian Church USA, originally adapted from “In Praise of Hands” by Diann Neu, Waterwheel, Winter, 1989.

Individual Blessing

You have chosen to bless others with your hands in the work you do. Now we are going to bless your hands in recognition of the holiness of what you do every day. If you wish to receive the blessing, make your way to one of the chaplains and extend your hands with palms facing up to receive the blessing.

(Chaplain says: O God, bless these hands that they may continue to be a blessing to others. Amen.)