# Prayer in the Midst of Fear

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I am afraid. I feel fear penetrating my mind and my heart. I feel fear in my gut.

I am afraid to die. I do not know what lies beyond the barrier of death. I am afraid to release myself to the great unknown.

I am heartbroken and afraid to leave my family. I am still needed!

I have let go of hope for healing, and I hold on to hope for the next life.

I am afraid that my *family and loved ones, children and grandchildren* will be troubled when I tell them I plan to die using medical aid in dying (MAID).

(*Prayerfully speak of other fears*)

But, in the midst of my fear, I have hope that my *family and loved ones, children and grandchildren* will understand the choice to end my suffering.

I hope they will be proud of my decision and will understand that MAID is consistent with the love and compassion of Jesus. I have such peace in knowing this is my choice. My family loves me but they cannot feel my suffering, they cannot comprehend my helplessness.

I have hope and assurances that my death will be gentle. I am grateful that I can make this choice, for I am terrified of dying in pain and being helpless.

This choice to determine when I have had enough gives me peace even in the midst of the fear.

I feel that fear throws up a barrier between you and me, Loving God, a barrier so hard to penetrate, and I want that barrier down.

Come to me, Compassionate God, come to me as fear weighs me down and gets in the way of the joy and peace I want to feel and share around. Come to me and embrace me with your Eternal Love.

In the deepest part of me, I believe it will be your love that casts out fear for this waiting time and for my final journey through death.

I pray in the name of the suffering Jesus. Amen