

The night before

Lord, I've done everything I know how to do. I found the doctors, I asked the questions, I signed the forms. And I'm still afraid, because the part that matters most is out of my hands.

So I'm giving it to You. I can't control what happens tomorrow. You can. You knew this day was coming long before I did. My life is in Your hands, tonight and tomorrow and after.

Guide the surgeon's hands. Give the whole team clear minds and steady focus. Watch over my family while they wait. And give me enough peace to sleep.

Amen.

"In peace I will lie down and sleep, for you alone, LORD, make me dwell in safety."
(Psalm 4:8, NIV)

The morning of

Lord, this is the day. I'm still nervous, and You know that. I'm not going to pretend otherwise.

You've promised to be with me. Be with me in the waiting room, in the cold hallway, and in the room where I can't do anything for myself. When the fear comes back, remind me that You're already there.

Amen.

"So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you." (Isaiah 41:10, NIV)

As you go under

This one is short, because you won't have long. Say it slowly as they tell you to count backwards:

Lord, I'm in Your hands. Whatever happens next, I'm still in Your hands.

"My times are in your hands." (Psalm 31:15, NIV)