

# Memory lane prayers



*These cards are designed to help adults, especially older people reflect on life, memory, and God's gentle presence.*

## **1) Choose a card**

*Pick one that speaks to you, or select a card at random.*

## **2) Look at the image**

*Take a moment. Notice colours, feelings, details.*

*Let your mind wander to memories connected to it.*

## **3) Read the prompt slowly**

*Allow time for thoughts, memories, or emotions to arise.*

*There is no right or wrong way to respond.*

## **4) Pray the short prayer**

*Pray out loud or silently, whatever feels natural.*

*You may add your own words if you wish.*

### *Remember*

*You don't have to remember everything.*

*You don't have to speak if you don't want to.*

*Just sit with the moment, the memory, and the love of God.*

*God meets us gently in our stories.*

# *Memory lane prayers*



*Think of a moment recently when you felt  
comforted or at rest.*

***Prayer:*** “Lord, thank You for everyday comforts  
and moments of peace.”

# *Memory lane prayers*



*Recall a place or time when you felt close to  
nature and at peace.*

**Prayer:** *“Grow peace and beauty within me  
and around me.”*

# *Memory lane prayers*



*Think of someone who has welcomed you in your life,  
recently or long ago.*

**Prayer:** *“Thank You, God, for the gift of welcome  
and belonging.”*



# *Memory lane prayers*



*Remember a childhood moment that brought  
joy or laughter.*

**Prayer:** *“Thank You for joy,  
both remembered and still to come.”*

# *Memory lane prayers*



*Think of a holiday, journey, or place that  
brought refreshment*

***Prayer:*** “Restore my soul, as steady as the tide  
and as new as the morning.”

# *Memory lane prayers*



*Hold someone in mind who you are  
praying for today*

**Prayer:** *“Shine Your healing, peace, and hope upon them”*