

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.”

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

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

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*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.”*

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Remember a childhood moment that brought joy or laughter.

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

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*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.”

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

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