



Daughters of Naomi

Prayers for the Road

Seven prayers for daughters walking a parent home

“Where you go, I will go.”

RUTH 1:16

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A NOTE BEFORE YOU BEGIN

I am not a medical professional. I am not a social worker, a grief counselor, or an elder care attorney. I am a daughter. And a daughter-in-law. A woman who learned by doing, who made mistakes and found grace, who cried in the kitchen and prayed in the dark, and discovered that God meets you in both places.

These seven prayers close the chapters of *Daughters of Naomi*. Keep them by your bed, in your car, or folded in your purse. On the days you don't have words of your own, borrow these.

— *Becky*

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PRAYER 1

When the season changes

Read: Ruth 1:6

Lord, give me eyes to see clearly and a heart that responds with love rather than fear. When the signs are hard to face, give me the courage to face them anyway. And when I don't know what to do next, remind me that You do. Amen.

PRAYER 2

Before the hard conversation

Read: Ruth 1:16

Lord, give me the courage to say the things that need to be said and the wisdom to say them well. Soften hearts, mine and theirs. Where there is distance, build a bridge. Where there is conflict, bring peace. And where I don't know where to begin, show me the first step. Amen.

PRAYER 3

At the crossroads

Read: Ruth 1:14–16

Lord, the options feel overwhelming, and the resources feel insufficient. Give me wisdom to see clearly, courage to act faithfully, and grace for the moments when the plan changes. Help me honor my parent in whatever path we walk together. And remind me that You are on this road with us. Amen.

PRAYER 4

When the money feels heavy

Read: Ruth 2:15–16

Lord, money conversations feel hard, unspiritual, and sometimes frightening. Give me the courage to look clearly at what is real, the wisdom to ask the right questions, and the grace to have these conversations with love rather than fear. Help me be a faithful steward of what my parent has worked for, and guide us together toward the decisions that protect their dignity and honor their life.
Amen.

PRAYER 5

For the unglamorous work

Read: Ruth 4:9–10

Lord, give me the discipline to do the unglamorous work of preparation before the crisis makes it urgent. Help me have the conversations that feel uncomfortable and gather the documents that feel morbid. Remind me that this is not an act of fear but an act of love, love for the people who will walk behind me on this road. And where I don't know where to start, show me the first step.

Amen.

PRAYER 6

When the task is too large

Read: Ruth 2:2–3

Lord, the task in front of me feels too large, and I am already too tired. Give me the grace to begin anyway, one room, one box, one decision at a time. Help me release what needs to be released and keep what truly matters. And remind me that this work, unglamorous and exhausting as it is, is an act of love for the person whose life filled these rooms. Thank you for the life that made this harvest possible. Amen.



PRAYER 7

For the road ahead

Read: Ruth 1:16–17

Lord, thank You for every woman who has walked this road before me and left something behind for me to follow. Thank You for Ruth's courage, Naomi's honesty, and the faithful love that carried them both home. Thank You for the parents I have been given to love, for the honor of walking beside them, the privilege of being trusted with their final years, and the grace that met me in my inadequacy every single time. As I continue on the road, wherever it leads from here, keep my heart open, my hands willing, and my eyes fixed on You. And let me be, for the next woman who comes behind me, what others have been for me: a voice that says you are not alone. The road goes on. And it is worth walking. Amen.



Your Prayer

Naomi named what was true. You can too. God can handle your honest words.

I'm praying for:

Date:

You are a daughter of Naomi. You do not walk this road alone.

Join the community and share your story at daughtersofnaomi.org

Prayers from Daughters of Naomi by Becky Fields. Ruth 1:16 quoted from the NIV.