

## A Litany of Praise and Thanksgiving for Health and Well-Being

This litany should be read by one or two leaders, and the underlined (or parenthesized) should be performed by all those gathered for worship.

Psalm 119:62        In the evening, I will rise to give thanks for your righteousness, O God.

Psalm 24:7         Lift up your heads, O you gates, that the God of Glory may come in.

Psalm 28:2         I lift up my hands toward your most holy sanctuary.

Psalm 24:27        Let us shout for joy, and be glad! (Say: Alleluia! Amen! Praise God!)

Psalm 18:29a       With God's help, I can run through a troop. (run in place)

Psalm 18:33a       God makes my feet like the feet of a deer. (keep running!)

Ruth 3:18          Sit still, my daughter, until you learn how the matter turns out.

Isaiah 40:12        Those who hope in the Lord will renew their strength, (take a deep breath)  
they will rise up on wings like eagles.

Psalm 9:2          I will sing praise to your name, O Most High! (Sing, "God is So Good" or  
another song of praise).

Psalm 139:1-2a    O Lord, you have searched me and you know me. You know when I sit and  
when I rise.

Psalm 139:8a       If I go up to heaven, you are there (climbing)

Galatians 5:1      Stand fast, therefore, for God has set us free!

Psalm 47:1         O clap your hands, all ye people!

Zechariah 1:11    All the earth sits still and is at rest.

Liturgy: Rev. Deborah Patterson, Executive Director, Deaconess Parish Nurse Ministries, LLC  
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## Spiritual Assessment Tool\*

This is a form to be used to quickly record what was identified in an interview or discussion with the resident. This is part of the permanent record which reflects a collection of data gathered by any staff member or volunteer. Place your initials beside the selected information you have obtained.

1. What gives your life meaning? \_\_\_ God; \_\_\_ My spouse/family; \_\_\_ I'm still alive; \_\_\_ God is still in charge; \_\_\_ Chance to get better; Chance to set myself right with: \_\_\_ God; \_\_\_ Family; \_\_\_ World; \_\_\_ We have good insurance; \_\_\_ Care is good here; \_\_\_ I find no meaning; \_\_\_ Can't answer that; \_\_\_ Other/Explain.
2. To Whom do you turn when you are most in need or most afraid? \_\_\_ God/Jesus/Allah; \_\_\_ My spouse/family; \_\_\_ My doctor; \_\_\_ My clergy person; \_\_\_ My church/parish/synagogue; \_\_\_ My prayer group/Bible study group; \_\_\_ I pray; \_\_\_ I de\\meditate; \_\_\_ I work harder; \_\_\_ I get hold of myself; \_\_\_ I lead a better life; \_\_\_ I practice stress management; \_\_\_ Other/Explain.
3. What bothers you most about your inability to take care of yourself? \_\_\_ Why me, I've lived a good decent life; \_\_\_ I'll probably die here; \_\_\_ Who will take care of me? I can't help myself; \_\_\_ Why is God punishing me? \_\_\_ I should have lived a better life; \_\_\_ I'm no good anymore to anyone; \_\_\_ Other/Explain.
4. What bothers you most about living here? \_\_\_ I'll probably die here; \_\_\_ Life is over for me; \_\_\_ Who will pay the bills?; \_\_\_ I could still manage but they put me here; \_\_\_ I'm not ready to die yet; \_\_\_ I'm a burden to everyone; \_\_\_ Other/Explain.
5. Is God important to you? If answer is No/Ask if God was ever important in life and when God was important. If answer is Yes/Ask the following:
6. How would you describe God? Or tell me about your moral/ethical life principle. \_\_\_ Good; \_\_\_ Loving; \_\_\_ Just; \_\_\_ A judge; \_\_\_ Remote and uninvolved; \_\_\_ Other/Explain.
7. What does God do for you? \_\_\_ He loves me; \_\_\_ He care for me; \_\_\_ Helps me keep on living; \_\_\_ Judges me for my sins; \_\_\_ Impersonal and distant; \_\_\_ Not much help; \_\_\_ Nothing; \_\_\_ Other/Explain
8. Have your understandings or feelings about God changed as a result of your present limitations? \_\_\_ Begin to question my faith; \_\_\_ God can't be loving and permit all this suffering; \_\_\_ Cant' concentrate on prayers; \_\_\_ To tired/weak to pray; \_\_\_ Clergy person didn't come when I called; \_\_\_ No value in praying; \_\_\_ Why am I being punished? \_\_\_ Made me closer to God; \_\_\_ More time to think about God; \_\_\_ Gives me more time to get straight with God; \_\_\_ Other/Explain.
9. Do these questions frighten you or make you nervous? \_\_\_ Yes; \_\_\_ Don't understand who\\y you want to know these things; \_\_\_ Makes me think I'm going to die' \_\_\_ I don't like to think about these things; \_\_\_ It's none of your business; \_\_\_ No; \_\_\_ It's a good idea; \_\_\_ Makes me realize I've had a good life; \_\_\_ Helps me remember about God; \_\_\_ I'm gland your'e interested in these things about me; \_\_\_ Other/Explain.
10. What church/synagogue/place of worship would you call "home?" \_\_\_ Other/Explain.
11. What can we do here to make you feel "at home" spiritually?
12. What spiritual practices or rites are important to you? \_\_\_ Others to pray with me: \_\_\_ Once in a while; \_\_\_ every day; \_\_\_ every morning; \_\_\_ Every night; \_\_\_ Read the Bible: \_\_\_ Daily; \_\_\_ Once in a while; \_\_\_ On Sunday/Saturday; \_\_\_ Go to church/Mass; \_\_\_ Have a prayer group/ \_\_\_ Say the rosary; \_\_\_ Receive Communion; \_\_\_ Say my special prayers; \_\_\_ Read one of my books to me like I used to at home; \_\_\_ Hear a good talk once in a while; \_\_\_ Opportunity to give alms; \_\_\_ Meditate; \_\_\_ Environmental cues in room (holy pictures/symbols); \_\_\_ Nothing; \_\_\_ Other/Explain. How can we help you with these special practices?
13. What religious symbols are significant to you?
14. What books provide you with spiritual or moral strength?
15. Is religion helpful to you now? How is it not helpful now?
16. What do you think happens to us when we die? \_\_\_ It's the end; \_\_\_ there is another kind of life; ) \_\_\_ I don't know; \_\_\_ Don't think about it; \_\_\_ I'll be with my spouse/family/friends; \_\_\_ I'll be with God; \_\_\_ First there is a time for punishment for sins/then heaven; \_\_\_ Heaven or hell; \_\_\_ I will come back

to earth in a different body; \_\_\_I will come back to earth in a different form; \_\_\_Nothing;  
\_\_\_Other/Explain

This tool was adapted from the writings of Ruth I. Stoll, "Guidelines for Spiritual Assessment," American Journal of Nursing, Sept. 1979, pp 1,574 –1,577, by Sr. Turh Kerrigan and Joan T. Harkulich, authors of the article, "A Spiritual Tool," Health Progress, May 1993, pp46.49.