

SPIRITUAL CARE AUDIO COMPANION

A Multifaith Guide for End of Life Care

INTRODUCTION

Welcome. This device is a sacred tool, designed to help you provide dignity, honor, and spiritual comfort to a soul transitioning from this life.

Before you begin, take a deep breath. Your presence here is a profound act of compassion. Do not worry about doing things perfectly; your willingness to be here and provide this comfort is more than enough.

If you look at the companion card included with this device, you will see a list of faith traditions. Gently find the section that matches the patient's belief system. Each faith has been carefully separated into tracks for active dying, and tracks for immediately after passing.

When you are ready, navigate to the correct track, adjust the volume to a soft, gentle whisper, and let the words bring peace to the room.

Thank you for your care, your respect, and your presence.

POCKET CARD TRACK LISTING

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PROTESTANT

Familiar Comfort Prayers & Scriptures

Section 1: Psalm 23, The Lord's Prayer, and The Apostles' Creed

These are the most universally recognized texts in the Protestant tradition. A patient, even if mostly unresponsive, may recognize the cadence of Psalm 23 and The Lord's Prayer.

What to Say:

"The Lord is my shepherd; I shall not want. He maketh me to lie down in green pastures: he leadeth me beside the still waters. He restoreth my soul: he leadeth me in the paths of righteousness for his name's sake. Yea, though I walk through the valley of the shadow of death, I will fear no evil: for thou art with me; thy rod and thy staff they comfort me. Thou preparest a table before me in the presence of mine enemies: thou anointest my head with oil; my cup runneth over. Surely goodness and mercy shall follow me all the days of my life: and I will dwell in the house of the Lord forever."

Familiar Comfort Prayers & Scriptures *cont.*

What to Say:
"Our Father who art in heaven, Hallowed be Thy name. Thy kingdom come. Thy will be done in earth, as it is in heaven. Give us this day our daily bread. And forgive us our debts, as we forgive our debtors. And lead us not into temptation, but deliver us from evil. For thine is the kingdom, and the power, and the glory, forever and ever. Amen."

What to Say:
"I believe in God the Father Almighty, creator of heaven and earth, and in Jesus Christ his only son our Lord; who was conceived by the Holy Spirit, born of the Virgin Mary, suffered under Pontius Pilate, was crucified, died, and was buried; He descended into hell. On the third day He rose from the dead. He ascended into heaven, and sits at the right hand of God the Father Almighty; from thence He shall come to judge the living and the dead. I believe in the Holy Spirit, the holy Christian church, and communion of saints, the forgiveness of sins, the resurrection of the body, and the life everlasting. Amen."

PROTESTANT

Scriptural Assurances and Near-Death Prayer

Section 2: Readings on Baptism, Communion, and Near-Death.

These scriptures remind the patient of God's promises and ultimate salvation as they approach their final hours**.**

What to Say:
"Jesus answered, 'Very truly I tell you, no one can enter the kingdom of God unless they are born of water and the Spirit. Flesh gives birth to flesh, but the Spirit gives birth to spirit. You should not be surprised at my saying, You must be born again. The wind blows wherever it pleases. You hear its sound, but you cannot tell where it comes from or where it is going. So it is with everyone born of the Spirit. For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life.'

Scriptural Assurances and Near-Death Prayer *cont.*

What to Say:
"For I received from the Lord what I also delivered to you, that the Lord Jesus on the night when he was betrayed took bread, and when he had given thanks, he broke it, and said, 'This is my body which is for you. Do this in remembrance of me.' In the same way also he took the cup, after supper, saying, 'This cup is the new covenant in my blood. Do this, as often as you drink it, in remembrance of me.' For as often as you eat this bread and drink the cup, you proclaim the Lord's death until he comes."

What to Say:
"Almighty God, look on this your servant, lying in great weakness, and comfort them with the promise of life everlasting given in the resurrection of your Son, Jesus Christ our Lord. Amen."

PROTESTANT

Prayers Immediately After Passing

Section 3: Prayers After Death
(Funeral Prayers)

To be read once the individual has passed. These two prayers can be read back-to-back as a concluding send-off.

What to Say:
"For as much as it has pleased Almighty God to take out of this world the soul of your departed servant, we therefore commit their body to the ground, earth to earth, ashes to ashes, dust to dust, looking for that blessed hope when the Lord Himself shall descend from heaven with a shout, with the voice of the archangel, and with the trump of God, and the dead in Christ shall rise first. Then we who are alive and remain shall be caught up together with them in the clouds to meet the Lord in the air, and so shall we ever be with the Lord, wherefore comfort one another with these words. Amen."

PROTESTANT

Prayers Immediately After Passing *cont.*

What to Say:
"Almighty God, we remember this day before you your faithful servant; and we pray that, having opened to them the gates of eternal life, you will receive them more and more into joyful service, that, with all who have faithfully served you in the past, they may share in the eternal victory of Jesus Christ our Lord; who lives and reigns with you, in the unity of the Holy Spirit, one God, forever and ever. Amen."

ROMAN CATHOLIC

Repentance During Active Dying (Act of Contrition)

Section 1: The Act of Contrition
Read the text with a gentle, earnest tone.
For a Catholic, this is a vital prayer of forgiveness and making peace with God before death.

What to Say:
"O my God, I am heartily sorry for having offended You, and I detest all my sins, because of Your just punishments, but most of all because they offended You, my God, who art all good and deserving of all my love."

What to Say:
"I firmly resolve, with the help of Your grace, to sin no more, to do penance, and to avoid the near occasion of sin. Amen."

Familiar Prayers for Peace (Our Father, Hail Mary, Glory Be)

Section 2: Traditional Prayers of Comfort

Read the text slowly, leaving a 2-to-3 second pause between each of the three prayers. These words are deeply ingrained in Catholic memory, and a semi-conscious patient may try to mouth the words along with you. Pace yourself to allow them to do so.

What to Say:

"Our Father, Who art in heaven, hallowed be Thy name. Thy kingdom come, Thy will be done, on earth as it is in heaven. Give us this day our daily bread and forgive us our trespasses as we forgive those who trespass against us, and lead us not into temptation, but deliver us from evil. Amen."

ROMAN CATHOLIC

What to Say:

"Our Father, Who art in heaven, hallowed be Thy name. Thy kingdom come, Thy will be done, on earth as it is in heaven. Give us this day our daily bread and forgive us our trespasses as we forgive those who trespass against us, and lead us not into temptation, but deliver us from evil. Amen."

What to Say:

"Hail Mary, full of grace, the Lord is with thee. Blessed art thou amongst women, and blessed is the fruit of thy womb, Jesus. Holy Mary, Mother of God, pray for us sinners now and at the hour of our death. Amen."

What to Say:

"Glory be to the Father, and to the Son, and to the Holy Spirit, as it was in the beginning, is now, and ever shall be, world without end. Amen."

ROMAN CATHOLIC

Prayer Immediately After Passing

Section 3: Prayer After Death
(Eternal Rest)
To be read with a warm, comforting, and reassuring tone once the individual has passed.

What to Say:
"Eternal rest grant unto them, O Lord, and let perpetual light shine upon them. May their soul and all the souls of the faithful departed through the Mercy of God rest in peace. Amen."

LATTER-DAY SAINTS

Prayer During Active Dying

Section 1: Prayer for the Dying
In the LDS tradition, bedside prayers are spoken plainly and from the heart. Avoid being overly dramatic; read this with quiet sincerity and deep reassurance.

What to Say:
"Heavenly Father, give them comfort in their soul that You will raise them up in the last days."

What to Say:
"Ease their fears of death and ease any pain they might have."

What to Say:
"May they continue in the assurance that their help and redemption comes from Jesus Christ. This I pray in the name of Jesus Christ. Amen."

LATTER-DAY SAINTS

Prayer Immediately After Passing

Section 2: Prayer After Death
(For Mourners and Peace)

To be read once the individual has passed. Note that this specific prayer shifts the focus slightly to bring peace to the room and comfort to those who are mourning the loss.

What to Say:

"May the peace and comfort of our Father in heaven bring its healing influence to all who are called upon to mourn and to bear affliction."

JUDAISM

Comfort and Confession for the Critically Ill

Psalm 91 and The Confession
(Vidui)

Psalm 91 is a profound prayer of protection. The Confession is written in the first person ("I") because you are reading it on behalf of the patient, allowing them to make their peace with God even if they cannot speak.

What to Say:

"Whoever sits in the refuge of the Most High, they shall dwell in the shade of the Almighty. I say of the Lord, my refuge and my stronghold, my God in whom I trust. For He will deliver you from the ensnaring trap, from destructive plague..." (Continue reading the rest of the provided text for Psalm 91)

Comfort and Confession for the Critically Ill *cont.*

What to Say:
"If God forbid I will die, may my death be an atonement for all of my sins. I give thanks to You, Lord my God and the God of my ancestors, in Whose hands is my recovery and my death, for all the life and the necessities of life that You have provided for me."

What to Say:
"May it be Your will that You grant me a full recovery, and if Heaven forfend I will die, may my death be an atonement for all my sins, iniquities, and transgressions that I have perpetrated before You. Place my portion in the Garden of Eden and allow me to merit the world to come, that is reserved for the righteous. God, please heal me. I believe with complete faith in the True Lord God, Whose Name is Truth, and in the thirteen basic principles. I forgive everyone and ask that everyone forgive me. Into Your hand I commit my spirit. You have redeemed me, Lord, God of truth."

JUDAISM

The Final Words (The Shema & Declarations)

Section 2: The Final Declarations of Faith

These are the triumphant final declarations of the Jewish faith. The instructions specifically dictate repeating certain phrases 3 and 7 times. Pace yourself so it sounds intentional, not rushed.

What to Say:
"The Lord is King; the Lord shall reign forever and ever."

What to Say:
"Blessed is the Name of His glorious Kingdom forever and ever. Blessed is the Name of His glorious Kingdom forever and ever. Blessed is the Name of His glorious Kingdom forever and ever."

What to Say:
"The Lord, He is God. The Lord, He is God. (Repeat this phrase a total of 7 times)"

What to Say:
"Hear, O Israel: The Lord our God, the Lord is One!"

JUDAISM

Prayer Immediately After Passing

Section 3: Prayer After Death (Justification of the Judgment)

To be read once the individual has passed. This prayer is a traditional acknowledgment of God's sovereignty even in the face of grief.

What to Say:
"The Lord has given, and the Lord has taken away. Blessed is the Name of the Lord from now and forever. The Rock, perfect is God's work, for all God's paths are just; God of faith without iniquity, righteous and fair is God."

ISLAM

The Declaration of Faith (Shahada)

Section 1: Prayer for Near-Death

Whispering the Shahada is the most sacred act of comfort for a dying Muslim. Read the Arabic phrase first, followed by the English translation, with a pause in between.

What to Say:
"Ash-hadu al-la ilaha il-lallahu, wa ash-hadu anna Muhammadan abduhu wa rasuluhu."

Phonetic Pronunciation Guide:
Ash-hah-doo ahl-lah ee-lah-hah eel-lah-lah-hoo, wah ash-hah-doo ahn-nah Moo-hahm-mah-dun ahb-doo-hoo wah rah-soo-loo-hoo

What to Say:
"I bear witness that there is no God but Allah, and that Muhammad is His servant and messenger."

Prayers Immediately After Passing

Section 2: Prayers After Death

To be read once the individual has passed. It begins with the declaration of God's greatness and transitions into a prayer for forgiveness and peace for both the living and the deceased.

What to Say:
"Allah is Great! Allah is Great! Allah is Great! Allah is Great!"

What to Say:
"There is no God but Allah, and Muhammad is His Prophet. Glory be to thee, O Allah, and I praise thee. Thy praise is glorified, and there is no God other than thee."

What to Say:
"O Allah! Pray onto Muhammad and upon the family of Muhammad as you sent prayers onto Abraham and the family of Abraham. And bless Muhammad and the family of Muhammad as you blessed Abraham and the family of Abraham. Verily thou art praiseworthy and glorious."

ISLAM

What to Say:
"O Allah! forgive those of us who are still living and those who are dead; those of us present and those who are absent, and our minors and our elders. O Allah! let the one whom thou keepest alive from among us, live their life according to Islam, and let the one whom thou causest to die from among us, die as a believer. Our Lord, neither deprive us of the reward of faith, nor subject us to strife and temptation after them. Peace and Allah's mercy be upon you."

What to Say:
"Allah! Make their affair light, render easy what they are going to face after this, bless them with thy vision and make their new abode better for them than the one they have left behind. Amen."

Comfort During Active Dying (The Three Refuges)

Section 1: The Three Refuges (Ti-Sarana)
Read only the bolded Pali text on the left. The phonetic guide shows you how to pronounce it naturally.

What to Say:
Buddham Saranam Gachami

Phonetic Pronunciation Guide:
Boo-dahm Sah-rah-nahm Gah-chah-mee

What to Say:
Dhamman Saranam Gachami

Phonetic Pronunciation Guide:
Dahm-mahn Sah-rah-nahm Gah-chah-mee

What to Say:
Sangham Saranam Gachami

Phonetic Pronunciation Guide:
Sahng-gahm Sah-rah-nahm Gah-chah-mee

BUDDHISM

Guided Breathing for Peace (Loving-Kindness)

Section 2: Verse of Loving-Kindness (The Breath Prayer)
Read the English text slowly, pausing where indicated to allow the listener to breathe in and out.

What to Say:
- "May I be peaceful;
- May I be free.
- May all beings be peaceful;
- May all beings be free."

BUDDHISM

Prayer Immediately After Passing

Section 3: Prayer After Death

To be read with a warm, comforting, and reassuring tone once the individual has passed.

What to Say:

"Now you go beyond the earth and earthly concerns. Go in peace, with a steady mind and an open heart, accompanied by the protectors, into the primordial light of the universe."

HINDUISM

Prayers During Active Dying

Section 1: Prayers for the Dying

These prayers focus on the transition from the physical world (untruth/darkness) to the spiritual reality (truth/light).

What to Say:

"Glory to the Lord of the universe who removes in a moment the troubles of devotees and the sufferings of the poor."

What to Say:

"Lead me from untruth to truth; lead me from darkness to light; lead me from death to immortality. Aum. Let there be peace, peace, peace."

What to Say:

"O thou existence Absolute, Creator of the three dimensions, we contemplate upon..."

Mantras and Prayer Immediately After Passing

Section 2: Mantras and the Prayer of Universal Peace

To be read immediately after the patient has passed. It begins with traditional mantras (sacred phrases) and moves into a beautiful, expansive prayer for cosmic peace.

What to Say:
"Aum Namo Narayana"

Phonetic Pronunciation Guide:
Ohm Nah-mo Nah-rah-yah-nah

What to Say:
"Aum Nama Sivaya"

Phonetic Pronunciation Guide:
Ohm Nah-mah Shee-vah-yah

What to Say:
"Oh God, lead us from the unreal to the Real. Oh God, lead us from darkness to light. Oh God, lead us from death to immortality."

HINDUISM

What to Say:
"Shanti, Shanti, Shanti unto all."

Phonetic Pronunciation Guide:
Shahn-tee, Shahn-tee, Shahn-tee

What to Say:
"Oh Lord God almighty, may there be peace in celestial regions. May there be peace on earth. May the waters be appeasing. May herbs be wholesome and may trees and plants bring peace to all. May all beneficent beings bring peace to us. May thy Vedic Law propagate peace all through the world. May all things be a source of peace to us. And may your peace itself, bestow peace on all, and may that peace come to me also."

Foundational Prayers for the Dying (Trisagion & Lord's Prayer)

The Trisagion and The Lord's Prayer

Read the text with a rhythmic, almost chanted quality. In the Orthodox tradition, these prayers are often recited continuously to center the mind and bring deep spiritual peace.

What to Say:
"Holy God, Holy Mighty, Holy Immortal: have mercy on us. Holy God, Holy Mighty, Holy Immortal: have mercy on us. Holy God, Holy Mighty, Holy Immortal: have mercy on us."

What to Say:
"Glory to the Father, and to the Son, and to the Holy Spirit: now and ever, and unto ages of ages. Amen."

EASTERN ORTHODOX

What to Say:
"All-Holy Trinity, have mercy on us. Lord, cleanse us from our sins. Master, pardon our transgressions. Holy One, visit and heal our infirmities for thy name's sake. Lord, have mercy. Lord, have mercy. Lord, have mercy."

What to Say:
"Glory to the Father, and to the Son, and to the Holy Spirit: now and ever, and unto ages of ages. Amen."

What to Say:
"Our Father Who art in heaven, hallowed be Thy name, Thy kingdom come, Thy will be done on earth as it is in heaven. Give us this day our daily bread, and forgive us our trespasses as we forgive those who trespass against us. And lead us not into temptation, but deliver us from the evil one; for Thine is the Kingdom, and the power, and the glory, now and ever and unto the ages of ages. Amen."

Readings of Penitence and Faith (Psalm 51 & Nicene Creed)

The Trisagion and The Lord's Prayer

These are longer texts meant to wash over the patient. Psalm 51 is a deep prayer of repentance, and the Nicene Creed is the ultimate declaration of the Orthodox Christian faith.

What to Say:

"Have mercy upon me, O God, according to Your loving-kindness; according to the multitude of Your tender mercies, blot out my transgressions. Wash me thoroughly from my iniquity, and cleanse me from my sin..." (Continue reading the full provided text of Psalm 51 here)

What to Say:

"I believe in one God, the Father Almighty, Maker of heaven and earth, and of all things visible and invisible..." (Continue reading the full provided text of the Nicene Creed here)

EASTERN ORTHODOX

Prayer Immediately After Passing

Prayer After Death (Prayer of Repose)

To be read with a warm, comforting, and reassuring tone once the individual has passed. Replace universal terms ("your servant" and "they/their") so it applies to anyone.

What to Say:

"O God of spirits and of all flesh, who has trampled down death and destroyed the devil, and granted life to Thy world: Do Thou O Lord, give rest to the soul of Thy servant, who has fallen asleep, in a place of brightness, in a place of refreshment, in a place of repose, where all sickness, sorrow and sighing have fled away."

What to Say:

"Pardon every sin which they have committed, whether by word, deed, or thought, for Thou art a good God and the Lover of mankind: because there is no person who lives and does not sin. Thou alone art without sin."

EASTERN ORTHODOX

Prayer Immediately After Passing *cont.*

What to Say:
"Thy righteousness is an everlasting righteousness, and Thy law is truth. For Thou art the Resurrection, and the Life, and Repose of Thy servant, who has fallen asleep, O Christ our God, and unto Thee do we ascribe glory, together with Thy Father, who is from everlasting, and Thine all-holy and good and life-creating Spirit: now and ever, and unto ages of ages. Amen."

PAGAN
(EARTH-BASED SPIRITUALITIES)

Prayer of Transition and Release (Summerland)

Section 1: Prayer of the Elements and Summerland
Read with an earthy, grounded, and rhythmic tone. Pagan prayers are deeply connected to nature, the elements, and the cycles of the earth. The delivery should feel natural and poetic.

What to Say:
"Mother Goddess, Father God, I release myself from those who have left this plane and let them walk the blessed gardens of Summerland."

What to Say:
"As they enter a dream from which rebirth will arise, I give thanks for the time spent together. And invoke their protective light to guide me."

What to Say:
"I light a candle to bless this day, with the splendor of fire, the freedom of the wind, the stability of earth, and the depth of the sea."

Prayer of Transition and Release (Summerland) *cont.*

What to Say:
"Sun and Moon, grant us birth, Give us life, death, and rest. For we shall meet again once our souls leave this world."

What to Say:
"Guide me through the night, And through the sun-lit days. Merry part and merry meet. In soul and heart, Blessed be."

PAGAN
(EARTH-BASED SPIRITUALITIES)

Elemental Blessing After Death

Section 2: Blessing of the Elements

Since the provided text for this section is a descriptive sentence, read it as a quiet, spoken "intention" or declaration over the room after the person has passed.

What to Say:
"A pagan blessing for the dead invokes the powers of the earth, air, fire, and water to send the departed off to their next destination."

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