World Day for Grandparents and the Elderly 2026

Prayer for the 6th World Day for Grandparents and the Elderly

Holy Father
Who watches over every person
Watch over me too when I am elderly.
You have revealed your name to me in Christ,
And You were not discouraged by my frailties.
You hold me tenderly in your hands,
And You caress my lines.
You will never forget me! (see Is 49:15).

Grant that I may not fear my weakness;
Help me learn to love it
Just as You love it.
Help me learn to listen to it
Just as You listen to it.
Help me embrace it
Just as You have chosen it –
You who, though all-powerful, clothed yourself in humility.

May growing old strip away all our pride
and all division
So that we may live these years
united in You.
You will never forget us! (see Is 49:15)
Amen.