

Held

A portrait of a woman with dark skin and curly hair, looking upwards and to the right. She is wearing a light-colored shawl or scarf. The background is a solid, warm beige color.

A Mother's Day Litany for Every Story

by Patrice Gerideau

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My Sister,

Mother's Day is tender ground.

For some, it's filled with joy and gratitude. For others, it's a day marked by silence, sorrow, or longing. Whether you are celebrating, grieving, remembering, or healing—you are seen.

This reflection, litany, and prayer are for you.

Whether you are a mother, have a mother, miss a mother, or carry the ache of motherhood in your body or dreams—this day is yours too.

May you find a quiet place to breathe. To remember. To rest.

And may you feel the embrace of the One who mothers us all with compassion and grace.

With God's love and grace,

Rev. Dr. Patrice Gerideau
Sister Soul Care

A Litany for Mothers and Daughters

For Sister Soul Care

Opening Prayer

God of all tenderness,
On this day when so many hearts are full—some with joy, some with ache—
We turn to You.
You, who mother us all with mercy.
You, who see every story, every silence, every scar.
Today, we honor the many paths of mothering and daughterhood,
And we bless them, one by one.

For those who celebrate joyful bonds

We bless the daughters who were well-loved,
And the mothers who gave love freely.
For shared laughter, steady presence, and healing touch—
God, we give thanks.
May these bonds deepen and grow in grace.

For those who carry grief

We bless the daughters who miss their mothers,
And the mothers who mourn a child.
For the empty chairs, the anniversaries, the quiet tears—
God, draw near.
May their memories become gentle, and their sorrow held in Your hands.

For those healing from wounds

We bless those whose mother-daughter bond was complicated,
Marked by absence, neglect, misunderstanding, or pain.
For the ones who are still untangling the past—
God, bring peace.
May healing come like a slow sunrise, warm and real.

For those without mothers

We bless those who never knew their mother,
Or who were raised by someone who could not love them well.
For the ache that has no language—
God, be the Mother who never leaves.
May they know nurture in surprising places.

A Litany for Mothers and Daughters

Continued...

For those who mother without giving birth

We bless the aunties, godmothers, teachers, mentors, and friends—
The ones who pour out love like water,
Even when no one calls them “Mama.”
God, multiply their joy.
May they know how sacred their calling truly is.

For those longing to become mothers

We bless those who carry the desire for children—
In body, in hope, in prayer.
For the dreams deferred, the closed doors, the quiet yeses and nos—
God, comfort them.
May they feel seen and held in the waiting.

For those who chose another way

We bless the women who, for reasons sacred and personal,
chose not to walk the path of motherhood.
For those called to careers, to creativity, to care in other forms—
God sees your choice not as absence, but as offering.
May you know peace in the life you’ve chosen,
and joy in the many ways you mother the world.

Closing Blessing

Beloved, wherever you stand in the story,
You are not forgotten.
You are not alone.
Your tears are noticed. Your joy is shared. Your journey is holy.
Today, and always,
May the God who gave you breath also give you peace.
Amen.

Scriptures for Mother's Day

For Every Journey

These scriptures offer comfort, strength, and a reminder that God's love holds us—regardless of the shape of our relationship to motherhood.

As a mother comforts her child, so will I comfort you.

Isaiah 66:13: God's own voice, promising mothering comfort to the weary and wounded.

Though my father and mother forsake me, the Lord will receive me.

Psalm 27:10: For those who have felt abandoned, unseen, or unloved—God receives you without condition.

Blessed is she who has believed that the Lord would fulfill his promises to her!

Luke 1:45: A word of blessing for the believing woman—whether her prayers have been answered or are still waiting.

She is clothed with strength and dignity; she can laugh at the days to come.

Proverbs 31:25: For the strong, the steady, the quiet warriors—God sees your strength, even when the world overlooks it.

The Spirit helps us in our weakness... with sighs too deep for words.

Romans 8:26: For when you don't know what to pray—God understands even the silent ache.

"Sing, O barren one who did not bear... for more are the children of the desolate woman than of her who has a husband," says the Lord.

Isaiah 54:1: A reminder that spiritual and communal mothering are sacred too.

Sit With on Mother's Day

For Every Journey

A Place to Pause and Pray

Take a few quiet moments to reflect on how this litany met you today. Let the words settle. Breathe deeply. What rose up for you as you listened? Whether the tears came, or the silence stayed, trust that God was with you. Let these questions guide you deeper.

Reflection Prompts

- What part of the litany stirred something in you?
- Which blessing felt most like it was written for you?
- What have you carried in your story that needs God's gentleness?
- Is there a relationship (past or present) that you feel called to pray about today?
- What kind of mothering or daughtering are you longing to receive—or offer?
- In what ways have I offered nurture, care, or wisdom to others, even if I am not a mother in the traditional sense?
- How did God speak to you through the silence between the words?

Until Next Time...

May this reflection be a gentle doorway into deeper peace.

If This Stirred Something Deep

An Invitation to Tend What Was Touched

Sister,

This litany was created with tenderness, but even gentle words can open old wounds.

If this journey stirred grief, memories, or unspoken pain, please don't walk through it alone.

Your feelings are valid.

Your story matters.

And healing is not something you have to earn— it is something God longs for you to receive.

Here are a few sacred next steps to consider:

- Talk with a trusted friend, mentor, or spiritual companion who can hold space for your story
- Write in your journal or voice memo what is surfacing—no judgment, just truth
- Sit quietly in God's presence and let the silence hold what you cannot yet say
- Reach out to a therapist, counselor, or spiritual director to walk with you
- Rest. Cry. Walk. Breathe. Let your body process what your soul has heard

"When you pass through the waters, I will be with you;
and through the rivers, they shall not overwhelm you."

—Isaiah 43:2

You are not alone.

You are worthy of healing.

And the God who mothers us all is near, even here.

With grace and gentleness,
Sister Soul Care

Sit with Mother's Day

Journal Your Thoughts

Sit with Mother's Day

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Journal Your Thoughts

Thank You!

Sister,

Thank you for taking this journey.

Thank you for allowing me to walk alongside you in this sacred space.

You didn't have to open your heart.

You didn't have to say yes to the stillness.

But you did—and that means something holy happened here.

It is no small thing to pause, to reflect, to be honest with your soul. Whether you showed up in every moment or gently moved through the margins, your presence here is powerful. And I'm deeply honored you entrusted this part of your journey to Sister Soul Care.

My prayer is that something in these pages reminded you of who you are:
Beloved. Worthy. Whole.

Not because of what you've done—but because of who you are in God.

This is not the end. It's a continuation.

Keep listening. Keep healing. Keep receiving the love that's always been yours.

With gratitude and grace,

Patrice

What's Next?

Deepen Your Experience with the Book

Discover practical tools and powerful stories to help you release the weight of "doing too much" and step into God's grace. Grab your copy of From Stressed to Sabbath Rest to take this journey deeper.

[Get the Book HERE](#)

Listen to the Sister Soul Care Podcast

Join me for weekly encouragement, guided meditations, and reflections that help you reconnect with God and embrace His peace.

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If this prayer guide blessed you and you'd like to help us create more resources like this, your support means so much. Together, we can continue nurturing spaces for Black women to heal, grow, and flourish in Christ. You can give at patriceonline.com/give or click below.

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Meet Patrice



About Me

I'm a storyteller, speaker, and spiritual director dedicated to helping Black women heal, grow, and flourish in Christ Jesus.

As someone who has wrestled with the pressure to be "strong no matter what," I know what it means to carry the weight of doing too much and being too much for everyone else. God led me on a journey to release those burdens, rediscover His rest, and embrace my true identity as His beloved daughter.

Now, I help other women do the same—through my book *From Stressed to Sabbath Rest*, the Sister Soul Care Podcast, and soul care resources like this guide. My work is rooted in faith, compassion, and the belief that we are all reflections of God's love.

I'm honored to walk alongside you as you unmask the Super Sherø, lay down the weight, and step into God's healing grace.

**Rev. Dr. Patrice Gerideau
Founder, Sister Soul Care**

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Blessings for the Journey



Dear God...

When we run from love because we've been hurt before—call us back gently.
When we hide our wounds and silence our truth—meet us there with healing.
When we shrink, doubt, or dim our light—remind us that Your love empowers us to rise.
When we feel pressure to say yes just to be accepted—help us honor the holy strength of our no.
Let Your love shape us, restore us, and remind us who we are
Your beloved daughters. Held. Healed. Whole. In Jesus' name, Amen.

Until Next Time...

May God bless and keep you, may God's face shine upon you, and may God grant you peace as you continue to heal, grow, and flourish as God's beloved daughter.