



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.