



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.