

# Prayer Guide

## Pause

Let's remember who God is - read Psalm 46. Feel free to read out loud if you wish.

## Be still

- Breathe deeply, rest in God's presence and welcome the Holy Spirit.

## Rejoice

**Pray** – Read Psalm 91

**Worship** – Spend a few minutes worshipping God in the silence, acknowledging who He is, what He is like, and what He's done.

## Ask

### Pray for the containment of the virus

- Ask God to slow and halt the spread of the Covid 19 Coronavirus.
- Take a moment to pray for God's particular intervention in the nations' most affected.

Lord Jesus Christ, we ask you to protect us from the spread of the coronavirus. You are powerful and merciful; let this be our prayer –

*"Have mercy on me, my God, have mercy on me, for in you I take refuge. I will take refuge in the shadow of your wings until the disaster has passed". (Psalm 57:1)*

### Pray for the ill and the vulnerable

- Bring to mind all those people you know who have contracted the virus or are particularly vulnerable or have an underlying condition that might make them susceptible to the coronavirus. Ask God for His healing and to protect them from infection.

Jehovah Rapha, God who heals, we pray for all those who are ill. Come and bring them your healing and comfort. We name before you those we know who are vulnerable and scared. Grant them your protection, and peace. God of all Comfort, you are powerful and merciful; may this be our prayer –

*"He has delivered us from such a deadly peril, and he will deliver us again. On him we have set our hope that he will continue to deliver us." (2 Corinthians 1:10)*

### Pray for those who have lost loved ones. Read Psalm 23

- Pray for those in our nation and around the world who have lost family and friends.

God of all Comfort and Counsel, we pray for those who are grieving, reeling from the sudden loss of loved ones. May they find your fellowship in their suffering, your comfort in their time of loss and your hope in their despair. God of all love, you are powerful and merciful: may this be their prayer –

### Pray for our nation as we face a time of isolation

As we face a prolonged time of social isolation pray for those for whom this may be a particularly trying time: - single parents, carers, parents with young children, families where there are abusive relationships, for people suffering from depression.

- Ask God to make His presence felt in solitude and to protect and strengthen each one of us.

Jehovah Shalom, Lord of Peace, we pray for our nation as we enter a time of social distancing and your presence in our isolation, your peace in our turmoil, and your patience in our waiting. Let this be our prayer –

*"May your mercy come quickly to meet us for we are in desperate need. Help us God our Saviour, for the glory of your name." (Psalm 79:8)*

## **Pray for local and national leaders**

- Ask God to give wisdom to national and local political leaders as they make decisions to protect people.
- Ask God to bring excellent advisors to guide them.
- Ask God to give them the ability to communicate clearly to the public.

God of all Wisdom, we pray for our leaders; the World Health Organisation, national governments, and local leaders too, heads of hospitals, schools and other institutions. Since you have positioned these people in public service for this hour we ask you to grant them wisdom beyond their own wisdom to contain this virus, faith beyond their own faith to fight this fear, and strength beyond their own strength to sustain vital institutions through this time of turmoil. God of all Wisdom and Counsel, you are powerful and merciful; may this be our prayer –

*“God is our refuge and strength, an ever-present help in time of trouble. Therefore we will not fear.” (Psalm 91:3)*

## **Pray for health professionals**

- Ask God to protect the Health Professionals (doctors, nurses, ambulance staff, pharmacists, and more) caring for those affected by the virus.
- Ask God to give them peace, wisdom, to anoint them for their jobs, and to protect them from infection.

Jehovah Rapha, God who heals, we pray for all medical professionals dealing daily with the intense pressures of this crisis. Grant them resilience in weariness, discernment in diagnosis, and compassion upon compassion as they care. We thank you for the army of researchers working steadily and quietly towards a cure – give them clarity, serendipity and unexpected breakthrough today. Would you rise above this present darkness as the Sun of Righteousness with healing in your rays. May this be our prayer –

*“Sovereign Lord, you have made the heavens and the earth by your great power and your outstretched arm. Nothing is too hard for you.” (Jeremiah 32:17)*

## **Pray for those affected in other ways by the pandemic**

- There are many people who will be affected by the coronavirus pandemic. Bring to mind all those you know who are affected.
- Ask God to provide for those in financial difficulty because they are unable to work, for business leaders, teachers, students and children as they face unprecedented disruption to life.

God of all Love, who provides for his children we lift to you all those who face financial hardship as a result of this virus. Would you provide for them, and give them your peace. For those whose lives have been disrupted, especially our young people, we pray for peace. God of all hope, you are powerful and merciful; may this be our prayer –

*“The Lord bless you and keep you:*

*The Lord make his face shine upon you and be gracious to you.*

*The Lord turn his face towards you and give you his peace.”(Numbers 6:24-26)*

## **Be Still**

May El Shaddai, the Lord God Almighty who loves you protect you. May Jesus Christ, his Son who died for you, save you. And may the Holy Spirit who broods over the chaos and fills you with His presence, intercede for you and in you for others at this time.

Breathe deeply, thank God for His presence and release into his hands all you've prayed this day.