

# Resources for Prayer in Responding to the Coronavirus (Covid-19)

Below are a range of resources to help us pray in response to the Coronavirus pandemic for ourselves, our community in Ashton, our country, and the world. It is not intended that necessarily you pray through every item in one sitting but rather pick and choose a few to focus on.

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## SIM #PraytoEndCOVID19

1. Pray for the Lord to intervene to **stop the spread of the coronavirus**. Pray in Jesus' name that the virus would recede from this day forward, and that the numbers of those infected would decline rapidly. Pray, trusting the Lord to intervene today with his loving care.

*And this is the confidence that we have toward him, that if we ask anything according to his will he hears us. And if we know that he hears us in whatever we ask, we know that we have the requests that we have asked of him. – 1 John 5:14*

2. Pray for **those who are sick**, that they will have access to the care and treatment they need. Pray for peace and perseverance amidst suffering. Pray for those in isolation who are cut off from their normal routines and support systems, that they would seek their strength in Jesus. Pray encouragement for the thousands in quarantine, waiting to find out if they have the virus.

*God is our refuge and strength, a very present help in trouble. – Psalm 46:1*

3. Pray for **health workers** who are caring for those with COVID-19. Pray for their protection from the virus, for stamina during long and intense work hours, and for safe protocols to be observed in healthcare institutions in order to keep them protected. Pray for health workers to seek the Lord during this crisis.

*Then they cried to the LORD in their trouble, and he delivered them from their distress. – Psalm 107:28*

4. Pray for **grieving families** who have lost loved ones to the coronavirus. Even as their hearts are breaking, pray they would know the nearness and comfort of the Holy Spirit. Pray that they would feel compassion from the Lord and from friends and neighbours coming around them. Pray against despair; pray for new mercies every morning.

*Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus. – Philippians 4:6-7*

5. Pray for **pastors** serving their churches and communities affected and infected by COVID-19. We pray that the Holy Spirit would give these shepherd-leaders the right words for the right time and the right actions for each situation. Pray they would speak the gospel in heart, word and deed to each person they minister to.

*Is anyone among you sick? Let him call for the elders of the church, and let them pray over him, anointing him with oil in the name of the Lord. ... The prayer of a righteous person has great power as it is working. – James 5:14, 16*

6. Pray for **the body of Christ worldwide**, that the church would rise up to pray and to support the sick and their caregivers in practical and sacrificial ways. Pray for the church to be a light on a hill in hospitals, communities and cities where God has placed them. Pray for an outpouring of love, compassion and service, in Jesus' name.

*But God has composed the body and has given greater honour to the parts that lacked it, so that there should be no division in the body, but that its members should have mutual concern for one another. If one part suffers, every part suffers with it; if one part is honoured, every part rejoices with it. Now you are the body of Christ, and each of you is a member of it. – I Corinthians 12:24-27*

7. Pray for **government officials and decision-makers** who are leading countries and organisations through the crisis. We acknowledge that the Lord has allowed each one to be in a place of influence during this time. Pray they would mobilise resources quickly and effectively to where they are most needed. Pray for all those working behind the scenes and for the good administration and execution of response efforts worldwide.

*Also, seek the peace and prosperity of the city to which I have carried you into exile. Pray to the LORD for it, because if it prospers, you too will prosper. – Jeremiah 29:7*

8. Pray for **those waking up each day to fallout caused by COVID-19**, that they would reach out to the Lord. Pray for people to earnestly seek the Lord. We know the desire to seek the Lord comes from the Lord, and we know he will meet them. Pray for those whose businesses and livelihoods are ruined by the halt in many sectors of the economy. Pray for those who may lose jobs and salaries. For each one, we pray new beginnings with the Lord walking by their side.

*“For I know the plans I have for you,” declares the LORD, “plans to prosper you and not to harm you, plans to give you hope and a future. Then you will call on me and come and pray to me, and I will listen to you.” – Jeremiah 29:11, 12*

9. Pray for **mission co-workers worldwide** today, especially those serving in areas acutely impacted by COVID-19. Pray for wisdom for each ministry team to know how to carry out their responsibilities. We pray that ministries would not have to shut down, but that the Lord would carry them through this difficult time, for his glory.

*We are hard pressed on every side, but not crushed; perplexed, but not in despair; persecuted, but not abandoned; struck down, but not destroyed. We always carry around in our body the death of Jesus, so that the life of Jesus may also be revealed in our body. – 2 Corinthians 4:8-10*

10. Pray for **all those who live and die without the knowledge of Jesus** to hear about him through this crisis and respond to his love. We pray salvation for every man, woman and child in the world today. Through eyes of faith, we see them becoming our brothers and sisters in Christ. Ask in Jesus' name for the gift of salvation for many to come out of this crisis.

*The Lord is not slow to fulfil his promise, as some understand slowness but is patient with you, not wanting anyone to perish but everyone to come to repentance. – 2 Peter 3:9*

## Using the Lord's prayer to pray

**Our Father in heaven** – thank you for Jesus in whom you have adopted us as your beloved children; help us *remember* that sickness and death will never separate us from your love, *believe* you will be with us through whatever lies ahead, and *trust* you are fully in control and perfectly good;

**Hallowed be your name** – we pray this crisis will result in much praise for you – that believers will be strengthened in their faith and unbelievers will recognise our human frailty and mortality and turn from sin to worship you;

**Your kingdom come** – until Jesus returns to rescue us from this world of pain, as far as this virus spreads, we pray your kingdom will grow further, in the hearts of people of all nations finding in Jesus the sure hope of resurrection and your new creation, free from sickness, suffering and death to enjoy you forever;

**Your will be done, on earth as it is in heaven** – Father, we rejoice in your sovereign power; in your mercy, please end this crisis soon, deliver us and all your people through this crisis, and may your gracious plans to save the lost be advanced by this season of humbling;

**Give us this day our daily bread** – thank you for dedicated doctors, nurses and other NHS staff, for our government and its advisors - please grant them the wisdom and endurance they need; sustain us with the daily bread of Christ crucified for our sins, in the living bread of your Word; reassure us when we're anxious, heal us when we're sick, strengthen us when we must die, comfort us in our bereavement, and embolden us to share the gospel of Jesus, the living bread we all need;

**Forgive us our sins as we forgive those who sin against us** – have mercy where we have presumed upon our health, forgotten our frailty, or neglected to thank you for your daily care and protection; forgive us because Christ died for our sins, count us acceptable in his perfect righteousness, and in the light of your mercy, helps us show mercy to all;

**Lead us not into temptation, but deliver us from evil** – deliver us through this time of testing – help us resist every temptation to doubt your love; help us stand firm in our faith against Satan's lies, knowing that all over the world, your people are enduring the same kind of trials;

**For yours is the kingdom, the power and the glory, forever and ever, Amen.**

## CofE Prayers for the Outbreak

Keep us, good Lord,  
under the shadow of your mercy  
in this time of uncertainty and distress.  
Sustain and support the anxious and  
fearful,  
and lift up all who are brought low;  
that we may rejoice in your comfort  
knowing that nothing can separate us  
from your love  
in Christ Jesus our Lord.

**Amen.**

Lord Jesus Christ,  
you taught us to love our neighbour,  
and to care for those in need  
as if we were caring for you.  
In this time of anxiety, give us strength  
to comfort the fearful, to tend the sick,  
and to assure the isolated  
of our love, and your love,  
for your name's sake.

**Amen.**

God of compassion,  
be close to those who are ill, afraid or in  
isolation.  
In their loneliness, be their consolation;  
in their anxiety, be their hope;  
in their darkness, be their light;  
through him who suffered alone on the  
cross,  
but reigns with you in glory,  
Jesus Christ our Lord.

**Amen.**

*For those who are ill*

Merciful God,  
we entrust to your tender care  
those who are ill or in pain,  
knowing that whenever danger threatens  
your everlasting arms are there to  
hold them safe.  
Comfort and heal them,  
and restore them to health and strength;  
through Jesus Christ our Lord.

**Amen.**

*For hospital staff and medical researchers*

Gracious God,  
give skill, sympathy and resilience  
to all who are caring for the sick,  
and your wisdom to those searching for a  
cure.  
Strengthen them with your Spirit,  
that through their work many will be  
restored to health;  
through Jesus Christ our Lord.

**Amen.**

*From one who is ill or isolated*

O God,  
help me to trust you,  
help me to know that you are with me,  
help me to believe that nothing can  
separate me  
from your love  
revealed in Jesus Christ our Lord.

**Amen.**

## Material from the Book of Common Prayer

*In the time of any common Plague of Sickness.*

O ALMIGHTY God, who in thy wrath didst send a plague upon thine own people in the wilderness, for their obstinate rebellion against Moses and Aaron; and also, in the time of king David, didst slay with the plague of pestilence threescore and ten thousand, and yet remembering thy mercy didst save the rest: Have pity upon us miserable sinners, who now are visited with great sickness and mortality; that like as thou didst then accept of an atonement, and didst command the destroying Angel to cease from punishing, so it may now please thee to withdraw from us this plague and grievous sickness; through Jesus Christ our Lord. **Amen.**

*A Collect or Prayer for all Conditions of [people].*

O GOD, the Creator and Preserver of all mankind, we humbly beseech thee for all sorts and conditions of men; that thou wouldest be pleased to make thy ways known unto them, thy saving health unto all nations. More especially we pray for the good estate of the Catholick Church; that it may be so guided and governed by thy good Spirit, that all who profess and call themselves Christians may be led into the way of truth, and hold the faith in unity of spirit, in the bond of peace, and in righteousness of life. Finally we commend to thy fatherly goodness all those, who are any ways afflicted or distressed in mind, body, or estate; especially those for whom our prayers are desired; that it may please thee to comfort and relieve them, according to their several necessities, giving them patience under their sufferings, and a happy issue out of all their afflictions. And this we beg for Jesus Christ his sake. **Amen.**

*Exhortation from 'the visitation of the sick'*

*DEARLY beloved, know this, that Almighty God is the Lord of life and death, and of all things to them pertaining, as youth, strength, health, age, weakness, and sickness. Wherefore, whatsoever your sickness is, know you certainly, that it is God's visitation. And for what cause soever this sickness is sent unto you; whether it be to try your patience, for the example of others, and that your faith may be found in the day of the Lord laudable, glorious, and honourable, to the increase of glory and endless felicity; or else it be sent unto you to correct and amend in you whatsoever doth offend the eyes of your heavenly Father; know you certainly, that if you truly repent you of your sins, and bear your sickness patiently, trusting in God's mercy for his dear Son Jesus Christ's sake, and render unto him humble thanks for his fatherly visitation, submitting yourself wholly unto his will, it shall turn to your profit, and help you forward in the right way that leadeth unto everlasting life.*

## St. Andrew's Church Family and our community in Ashton

1. Pray that we would go on trusting in **God's sovereignty** over nations, coronavirus, and the details of our lives.

*Do you not know? Have you not heard? The LORD is the everlasting God, the Creator of the ends of the earth. He will not grow tired or weary, and his understanding no one can fathom. Isaiah 40:28*

2. Pray that we would remember and rely on **God's goodness** even when the circumstances around us tempt us to doubt that.

*He gives strength to the weary and increases the power of the weak. Even youths grow tired and weary, and young men stumble and fall; but those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint. Isaiah 40:29-31*

3. Pray that we would long for and look forward to the **New Creation** where God has promised to dwell forever with his children.

*And I heard a loud voice from the throne saying, 'Look! God's dwelling-place is now among the people, and he will dwell with them. They will be his people, and God himself will be with them and be their God. "He will wipe every tear from their eyes. There will be no more death" or mourning or crying or pain, for the old order of things has passed away.' Revelation 21:3, 4*

4. Pray that we would **support one another** in every way possible whilst we can't meet face to face and that no one would be missed out.

*Instead, speaking the truth in love, we will grow to become in every respect the mature body of him who is the head, that is, Christ. From him the whole body, joined and held together by every supporting ligament, grows and builds itself up in love, as each part does its work. Ephesians 4:15, 16*

5. Pray that we would go the extra mile to **serve our community**, knowing how God has served us immeasurably more.

*Be merciful, just as your Father is merciful. Luke 6:36*

6. Pray that as we continue to interact with family and friends we'd have opportunities to **share true security in Jesus**.

*Who shall separate us from the love of Christ? Shall trouble or hardship or persecution or famine or nakedness or danger or sword? As it is written: 'For your sake we face death all day long; we are considered as sheep to be slaughtered.' No, in all these things we are more than conquerors through him who loved us. For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord. Roman 8:35-39*

7. Pray that as normal activities stopping clear space in our lives we'd prioritise **growing in our daily walk** with the Lord.

*So then, just as you received Christ Jesus as Lord, continue to live your lives in him, rooted and built up in him, strengthened in the faith as you were taught, and overflowing with thankfulness. Colossians 2:6, 7*

8. Pray that we would **not fear** but know the Lord's comfort and peace and that we would be able to be a source of comfort to others around us.

*Rejoice in the Lord always. I will say it again: rejoice! Let your gentleness be evident to all. The Lord is near. Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. Philippians 4:4-7*

9. Pray that God in his mercy would bring **healing** to those in our community affected by the coronavirus.

*When evening came, many who were demon-possessed were brought to him, and he drove out the spirits with a word and healed all who were ill. This was to fulfil what was spoken through the prophet Isaiah: 'He took up our infirmities and bore our diseases.' Matthew 8:16, 17*

10. Pray that the changes to our daily routines with extra pressures and challenges we would **grow in Christ-likeness**.

*May God himself, the God of peace, sanctify you through and through. May your whole spirit, soul and body be kept blameless at the coming of our Lord Jesus Christ. The one who calls you is faithful, and he will do it. 1 Thessalonians 5:23, 24*

## The UK Government, NHS, and nation

### *Psalm 93*

*The LORD reigns, he is robed in majesty;  
the LORD is robed in majesty and armed with strength;  
indeed, the world is established, firm and secure.  
Your throne was established long ago; you are from all eternity.  
The seas have lifted up, LORD, the seas have lifted up their voice;  
the seas have lifted up their pounding waves.  
Mightier than the thunder of the great waters,  
mightier than the breakers of the sea – the LORD on high is mighty.  
Your statutes, LORD, stand firm;  
holiness adorns your house for endless days.*

1. Pray that the Lord in his kindness would **stop the virus** soon.
2. Pray that God would **restrain people's selfishness** e.g. panic buying so that others can have what they need.
3. Pray for **wisdom** for Government and scientists working out the most effective measures to limit and treat the virus and for the distribution of PPE.
4. Pray for God in his mercy to **protect NHS staff and other key workers**.
5. Pray for the Holy Spirit to work in people's hearts to **reveal shakiness of what they are trusting in**.
6. Pray for Christians across the UK and around the world to **excel in helping others** motivated by Christ's love.
7. Pray for God in his grace to **not let people face death unprepared** but give them contact with Christians who can give them real hope.
8. Pray for our society to **seek out the isolated** to serve and care for them.
9. Pray for God's **provision** for those who are and will struggle financially.
10. Pray for the wonderful **unseen advance of the gospel** in our nation during this time.

Pray for our partner churches with the particular challenges they face given the demographics of their church family:

**All Saints; St Paul's Ansdell & Fairhaven; and Wellfield Church Leyland.**

## Mission Partners

1. Pray for **wisdom** for missionaries and for the agencies who look after them to know how best to respond to the coronavirus situation re. work and travel.
  2. Pray for **protection** for missionaries and their families, especially those in areas with high levels of the coronavirus or with poor access to health care.
  3. Pray for **peace in frustrating circumstances** that mean that typical missionary work is severely hampered by necessary shut downs / social distancing etc.
  4. Pray that nevertheless the Lord would provide missionaries **opportunities to serve and speak** even if they look quite different from their usual vocation.
  5. Pray for missionaries to continue to **receive proper support** from churches and individuals that as normal life is dramatically affected for most of us we wouldn't forget to keep in touch and keep praying for mission partners.
- **Richard, Cathy, Mari & Amy East, OMF, Tokyo, Japan**  
Pray for trust in the Lord's purposes as the Coronavirus seriously disrupts their plans for their final months before returning to the UK. Pray for Cathy with concerns about her parents who are high risk; pray that they would respond well to messages of gospel hope Cathy sends them.
  - **Dan, Geraldine, Zoë & Luke Freeman, Oak Hill College, London**  
Pray for Dan being able to make the most of finishing his studies in spite of restrictions and for supporting others in the college community and for readying to move to Preston in the midst of all this uncertainty.
  - **Andrew, Eunice & Joy Moody, Crosslinks, Goli, Uganda/South Sudan**  
Pray for God's protection on refugee camps that even the coronavirus might not reach them and for God to open the way for them to come to the UK sooner rather than later.
  - **Anna & Sanyi Poór, Acorn Camps, Hungary**  
Pray for wisdom as Acorn Camps knowing how to continue seeking to help the Hungarian church reach teenagers for Christ as events and camps coming up need to be cancelled.
  - **Boaz & Katy Williams, UCCF, Manchester**  
Pray for wisdom and creativity for Christian Unions in reaching out with the gospel as universities shut down all face to face contact for the immediate future; pray for opportunities to grow in their marriage especially with Boaz furloughed.

## Prayers for a time of sickness

Lee Gatiss, Church Society

*'Corona collect'*

Heavenly Father, our ever-present help in trouble, our fortress and our God: calm the anxious fears of all who turn to you; give strength and healing to those who are sick, and courage and skill to those who care for them; grant wisdom and clarity to those in authority; and humble us all to call upon you that we may be saved not only in this life, but also for that which is to come, through Jesus Christ our Lord, **Amen.**

*Prayers focusing on the impact of the virus and our response to it:*

Loving heavenly Father, at this time of great uncertainty in our country and around the world, we pray that people would turn to you for stability and comfort. We pray particularly for those who don't yet know Jesus, that through some means in the midst of all that is happening they would hear the good news of him. Grant them repentance and a knowledge of the truth, that they may know you and the secure joy of eternal life in him. For we ask in Jesus's name, **Amen.**

Our gracious Father, thank you for all those working in health care, and especially those in our congregation who are serving the community within the NHS and public health bodies. Grant them, and all who work in essential services, protection and strength for each day's challenges, and to work with skill and patience. We also pray for the Prime Minister, the Health Secretary, and the chief medical and scientific officers that they and those who work with them will have wisdom and insight sufficient for the decisions they need to make at this difficult time. We ask in Jesus's name, **Amen.**

Sovereign Lord, please humble us all under your mighty hand, that we may use the opportunities given to us now for reflection, repentance, and thanksgiving for all the good things you have given us but which we often take for granted. Throughout these strange days, please fix our hearts on heaven and our minds on pleasing you in everything, so that whatever the outcome we may rest secure in Christ, in whose name we pray all these things, **Amen.**

Lord God, our heavenly Father, the healer of nations and judge of all: give us grace to humble ourselves under your mighty hand throughout this time of anxiety and discomfort. In your anger, remember mercy, not giving to us all we deserve for our many sins, but strengthening us to repent and recover from all we must endure. For we ask in the name of our precious Saviour, Jesus Christ, who bore our sicknesses and carried our sorrows that we might experience new life in the Spirit, **Amen.**

*Prayers and thanksgivings from Church Society's An English Prayer Book (available online):*

O Lord, look down from heaven, and visit and relieve those who are ill. Look upon them with mercy; comfort them; give them a sure confidence in you; defend them from the attacks of the evil one; and keep them in perpetual peace and safety; through Jesus Christ our Lord. **Amen.**

Almighty God, you are a strong tower to all who put their trust in you: may those who suffer find you their defence; and may they know and feel that there is no other name under heaven given to mankind by whom and through whom we may receive health and salvation, except the name of Jesus Christ our Lord. **Amen.**

Almighty and eternal God, have mercy on those who are sick. In their days of weakness strengthen their faith, lead them to repentance, and teach them to live the rest of their lives in your fear and to your glory, so that at the last they may live with you in life eternal; through Jesus Christ our Lord. **Amen.**

Lord Jesus Christ, during your earthly ministry you healed the sick: look with favour on your servants... who are ill at this time. Give wisdom and insight to those who care for them; and, if it be your will, restore them to health, so that they may live to praise you for your goodness and grace; through Jesus Christ our Lord. **Amen.**

Heavenly Father, you know the cares and fears of your children: grant that your servant N will remember that your care for your people is never in doubt; teach him to cast all his cares on you; give him quietness of mind; and fill him with your peace which passes all understanding; through Jesus Christ our Lord. **Amen.**

*On the shortness of life:*

Eternal and loving Lord, teach us to remember that life is short and to seek after heavenly wisdom. Grant that, though our bodies grow weak, we may increase in spiritual strength; so that, trusting ourselves to your care and mercy, we may accept your will and at the last enter into the joy of your eternal kingdom; through Jesus Christ our Lord. **Amen.**

*For those in any kind of need:*

We most humbly beseech you, O Lord, to comfort and strengthen all those who in this life are in trouble, sorrow, need, sickness or any other adversity; [and especially we pray for...]. And we bless your holy name for all your servants who have died in your faith and fear. Give us grace to follow their good examples so that with them we may inherit your eternal kingdom. Grant this, O Father, for Jesus Christ's sake, our only mediator and advocate. **[Amen.]**

*In challenging times, however, it is often the simplest things which are best. So why not also pray:*

Lord, please save us from this plague.

## Prayers through the day

*From Belfast Cathedral*

### *A morning prayer*

Dear God, at the beginning of another day, before I start fooling myself with activities and busyness I invite You to have Your say in these coming hours. I commit to You the fragile conditions which prevail during this pandemic. Help me to trust You at this time of uncertainty. Teach me to embrace a rhythm of life today that surrenders to You. Inspire me in times of doubt, so that today I will walk in the knowledge that I do not walk alone. **Amen.**

### *Afternoon prayers*

Dear God, when I'm frustrated – teach me about patience. When I'm tired – help me to understand endurance. When I'm uncertain – remind me to turn to you. **Amen.**

Almighty God, when I see others in need – open my eyes and ears that I may be guided by you to help in whatever way I can. At this particular time, I give you thanks for our medical professionals as they serve on the frontline. I pray for resilience, insight, and patience as they risk their own health for the sake of others. I commit to you the unseen researchers working quietly towards a vaccine – give them focus and breakthroughs in their work. Grant our government and policymakers wisdom as they seek a way forward. I pray for all those burdened with the responsibility of difficult decisions. Give us all patience in moments of discouragement and stir up within us your gift of hope. **Amen.**

Lord God, I'm perplexed at this time, teach me to know your rest. Help me to offer myself to you this day, that I may know your peace. In darkness or in light, in trouble or in joy, help me to trust you. **Amen.**

### *A night prayer*

Lord God, the coronavirus demands my full attention. Tonight I acknowledge that I do not stand against this threat alone. You stand with me, and in You, I rest secure. I offer you the joys and the sorrows revealed this day. I accept Your gift of peace this night in place of fear, and Your gift of hope in place of worry. In doing so I lay my head to rest. **Amen.**

## Prayers for Christian Healthcare Workers

*From the Christian Medical Fellowship*

1. Pray for **the peace of the Lord**, which transcends all understanding to fill their hearts and minds and pray that others will see this peace and be pointed to Jesus. Pray that when surrounded by pain and despair they will be **filled with the joy of the Lord** and will experience this joy every day as they serve those God has placed before them
2. Pray for **opportunities to share the hope and love of Christ** with their patients and colleagues; pray for boldness to take these opportunities when they arise and wisdom to know how to use them.
3. Pray that they may **endure suffering, adversity and hardship well** – not giving in to moaning or complaining but bearing hardships and difficulties with grace and in the joy of the Lord. Pray that they might know the blessing of sharing in the sufferings of Christ, and in so doing be his witnesses to colleagues and patients.
4. Pray for their **safety** and that of their families, pray that they will have suitable protective equipment and that they will recover quickly if they become unwell themselves.
5. Pray for **wisdom to make good decisions**; for skill as they perform various tasks and for patience with everyone they encounter (especially when they are exhausted, hungry and the demands seem unrelenting)! Pray also that they can deal with the consequences of decisions that go wrong; may they be able to learn from their errors, be open and honest about what went wrong and not be paralysed by guilt or fear of making future mistakes.
6. Pray that they will **be able to ‘switch off’ mentally** when they go home, that they will have the emotional and spiritual support that they need; that they will have sufficient time to rest and do things they enjoy. Pray that they will get good restful sleep.
7. Pray for those who are separated from their loved ones, that they will **feel connected to the church community and others who love them**. Pray that they will have someone they can offload to without feeling they must censor what they say.
8. Pray that they will have the **wisdom and courage to ask for help** – whether that is asking for senior help when they feel out of their depth clinically or help to cope with the impact this is having on them personally. Pray that help will be readily available and that they will not be embarrassed about needing it.
9. Pray that **God will help them not to make any serious mistakes**, especially when they are exhausted and working in unfamiliar areas, and that any mistakes they do make will be caught in time or easily rectified. Pray that they will know the grace and peace of God if they do make mistakes, that they won't be overwhelmed by guilt and will know the support and compassion of their colleagues and governing bodies.
10. Pray **against feelings of inappropriate guilt** – guilt that they should be doing more, guilt that they may transmit the virus to family members or already have, guilt that they had to allocate resources to one patient over another, etc. Pray that they will know that God is in control, and they will accept the limits of their responsibility.

## Prayer suggestions for the UK more widely

*From the Christian Institute Week of Prayer (19-25 April)*

### **CORONAVIRUS**

*I will say of the LORD, "He is my refuge and my fortress, my God, in whom I trust." Psalm 91:2*

Please pray:

- For a swift end to the outbreak;
- With thanksgiving for the millions of key workers in the NHS and elsewhere on whom we depend;
- For our Prime Minister and all others leading the national response to the outbreak. Give thanks for their clear aim of saving lives;
- For the Institute's staff as we seek to continue our important work despite the inevitable practical difficulties;
- That our sovereign God will use these extraordinary times for his glory.

### **THOSE IN AUTHORITY**

*[Pray] for kings and all those in authority, that we may live peaceful and quiet lives in all godliness and holiness. 1 Timothy 2:2*

Please pray:

- For integrity and wisdom for our Queen and all those in national and local government;
- That MPs, Peers and the devolved assemblies will promote what is good and restrain evil;
- For believers working in politics, the civil service and the judiciary to act as salt and light;
- For God to raise up leaders in our national life who follow Christ.

### **MARRIAGE AND FAMILY**

*For this reason a man will leave his father and mother and be united to his wife, and they will become one flesh. Genesis 2:24*

Please pray:

- Giving thanks for the benefits that marriage brings to families and society;
- Against the destructive no-fault divorce Bill;
- With thanks for the legal protections that exist for those who respectfully disagree with same-sex marriage;
- That England and NI won't follow Wales and Scotland in criminalising parents who gently smack their own children;
- That the Church will uphold marriage as only between one man and one woman for life.

## **SCHOOLS**

*...in everything, by prayer and petition, with thanksgiving, present your requests to God.*  
Philippians 4:6

Please pray:

- For the Christian Institute's work helping teachers, governors and pupils to be a Christian influence;
- That schools will be respectful of Christian children, and that teaching hostile to the Christian faith will be restrained;
- That children will not be taught to question their biological sex;
- That schools will genuinely consult with parents as required by law and not use 'relationships education' to teach inappropriate sex education.

## **SANCTITY OF LIFE**

*All the days ordained for me were written in your book before one of them came to be.* Psalm 139:16

Please pray:

- Against the constant pressure to liberalise our abortion laws and legalise assisted suicide;
- Giving thanks that the Royal College of General Practitioners has maintained its opposition to assisted suicide. Pray that the British Medical Association will do the same;
- That lawmakers and wider society would see the unborn, the disabled, the elderly and the infirm as valuable human beings in need of protection.

## **SOCIETY**

*...let your light shine before men, that they may see your good deeds and praise your Father in heaven.* Matthew 5:16

Please pray:

- For more Christians to speak and act with wisdom and courage in defence of biblical truth;
- That God in his mercy will grant repentance and revival in the UK;
- That the Scottish Government will drop its radical proposal to make legal sex changes much easier;
- That cannabis will not be legalised and the mainstream media will expose its dangers;
- With thanks for the new GB-wide ban on using credit cards to place bets.

## **GOSPEL FREEDOM**

*Pray...that God may open a door for our message, so that we may proclaim the mystery of Christ.*  
Colossians 4:3

Please pray:

- For the Christian Institute's legal work helping evangelists and churches in difficulty for their Christian beliefs;
- That the laws against so-called hate crimes will not be used to target Christians;
- With thanksgiving that Christians are free to proclaim the Gospel in the UK;
- That more people will publicly defend free speech.

## Pray for key workers and sectors: Presence, Pressure, Purpose

*From the London Institute for Contemporary Christianity daily bulletin (20-23 April)*

1. *Presence: Where do you sense God at work in this context?*
2. *Pressures: What are the pressures affecting this context?*
3. *Purpose: What would you pray for God to do in this context to serve people in this season?*

### **NHS & Healthcare**

1. Give thanks for
  - ‘I sense God’s presence sustaining me each day, in my interactions with scared patients and families as I am able to extend a hand of comfort, and with my colleagues as we hold each other up.’
  - ‘In volunteers who give so much of their time, in the kindness of staff, in patients who in crisis still put others first, in the dedication and humility of medics ... Wherever I look if, I look hard enough, I can see God working through others, in situations, through actions, words, and just being.’
  - ‘As a Christian, in a time when we are all reminded of the insecurity of life, there are many more opportunities to share the saving message of the gospel.’
2. Ask for help for
  - ‘We fear for the safety of our families and some colleagues are forced to isolate from their loved ones ... There is a real danger and concern of not having adequate PPE, so staff are extremely anxious for their own lives.’
  - ‘It’s physically exhausting being in PPE for 12- to 13-hour shifts, and everything takes longer when wearing it. Emotionally, it’s very sad to watch someone die alone.’
  - ‘There is constant change as services are restructured to meet the predicted need. We also worry about the backlog of patients needing to be seen when the NHS “returns to normal” ... I’m so concerned too for the long-term effect of this stress on NHS workers.’
3. Intercede for
  - ‘Pray that I would show glimpses of God’s kingdom and his loving care to patients and their families as they face sickness, fear, and sometimes death: to be hope in the dark, showing compassion regardless of circumstance.’
  - ‘Pray for a vaccine to be found as soon as possible, and to come into play before next winter’ to protect the health and welfare of the nation.
  - ‘Pray for supportive and caring leadership in each setting, and a well-coordinated response from NHS management’ to bring clear order and help workers to be as effective as possible.

## National and Local Government

### 1. Give thanks for

- ‘God is at work in how staff have come together, often sacrificially, and given up their regular duties in order to get supplies and volunteers set up for local vulnerable residents.’
- ‘I sense God with me in the vital nature of the work, helping to pay workers’ wages while they’re being furloughed – keeping people fed and businesses economically viable.’
- ‘God is giving us all the resilience to make the impossible probable, then done.’

### 2. Ask for help for

- ‘In the local council many people are having to change their role quickly in response to the coronavirus emergency. This means changes to the ways they are used to working, including the need for more rapid decision-making.’
- ‘Our workload is increasing whilst resources decrease as civil servants contend with inadequate IT facilities, sickness, parenting responsibilities, and caring for sick relatives.’
- ‘Local councils are struggling to set up large volunteering schemes to help local residents at short notice, all whilst continuing to deliver essential services.’

### 3. Intercede for

- ‘Local governments are key to the social and economic welfare of society. Pray that councillors would have wisdom in the key decisions they have to make, and that they would work effectively with central government to maximise potential and best serve the community.’
- ‘Pray that civil servants would provide for those less able to deal with Covid-19, both in the UK and in other countries.’
- ‘Pray that we’d have the strength to do what is needed and the wisdom and insight to make sure the priorities are balanced. Pray that we’d support those who need us the most both individually and as a society.’

## Finance

1. Give thanks for
  - 'Where we're now working from home, work relationships have humanised a bit, as you see into people's homes, and their families.'
  - 'As finances are hit hard, there is an opportunity to learn to trust in God and show where we have instead put our faith in our finances.'
  - I've sensed God giving me 'wisdom in making compassionate but financially sound decisions that will have a big impact on the lives of consumers.'
2. Ask for help for
  - 'The majority of the industry has had to adapt to working from home, which has been a difficult transition for many. Staff isolation has led to weaker collaboration, lower motivation, and some anxiety.'
  - 'With the world economy basically going on pause, a lot of work has ground to a halt.' There's been a 'decline in the value of investments, putting many people's financial plans under pressure.'
  - 'The amount of uncertainty is hard. What will inflation, interest rates, and taxation look like after this?'
3. Intercede for
  - 'Pray for the areas that will be crucial to the nation's economic recovery after the crisis is over, and for those with a ton of work to manage adjustments at the moment.'
  - Pray for creative initiatives to protect the economic welfare of all people and minimise the impact of any recession.
  - 'Pray that biblical financial concepts, such as generosity, can be realised at this time.' Pray we'd see ourselves as 'stewards of what we possess, and be wise in our management'.

## Education

### 1. Give thanks for

- ‘Within the university where I work, I see many people helping one another to continue to support our students via new online teaching platforms.’ There is ‘a new spirit of cooperation, support, and unity instead of a competitive race to impress and outdo each other.’
- ‘I sense his leading in individual relationships with staff and students, and also at a strategic level, with overt and covert reference to faith.’
- ‘I see God in the social, emotional, physical, and practical work being done by schools to support pupils. Nearly half of our pupils received free school meals. Over the past three weeks, staff have delivered food to their homes.’ Teachers are ‘selflessly still going to work to care for others, putting themselves at more risk and giving up their free time, in most cases unpaid.’

### 2. Ask for help for

- ‘The pressure is for those children and young people who are considered vulnerable – those with special educational needs, those eligible for free school meals, those who are on child protection registers. There are many children who experience difficult or less than loving homes and schools are their safe spaces.’
- ‘New online ways of teaching are very demanding, and many teachers are feeling isolated and stressed, complaining of very bad headaches and sleeplessness. This situation is exacerbated by the technical problems we’re having.’
- ‘Where we’re predicting student GCSE and A level grades, we feel pressured to make sure that we do it accurately, and it will be hard dealing with the fallout from students and parents if they don’t like what they get.’

### 3. Intercede for

- Pray that God’s love and care may be expressed through teachers continuing to look after tired children ‘who have been to school every day since closures due to the vital roles of their parents.’
- ‘Pray that teaching staff would have wisdom in prioritising pastoral care and educational input with students, and that this would be a great gospel opportunity for Christians to be a non-anxious presence.’
- ‘With school closures for the majority of children, pray that we would use the opportunity to reinvent not just the way we deliver education, but the wider priorities about what and how children learn.’ Where we have ‘made an idol of academic achievement, would it be pulled down, so that we learn to value our children as image-bearers, not A-grade students.’

## Prayers for a time of suffering

*From W. David O. Taylor*

### *A PRAYER FOR A TIME OF PESTILENCE*

Oh Lord, you who are the refuge of the poor and needy,  
we ask that you would save us  
from the pestilence that stalks in the darkness  
and the plague that destroys at midday.  
Be our sun and shield.  
Be our fortress.  
Be our comfort this day.  
May we not fear any evil  
but rather trust in your might to save and your wisdom to guide,  
so that we might rest always in the shadow of the Almighty.  
In the name of the One who heals our diseases. Amen.

### *A PRAYER FOR HEALTH WORKERS*

Oh Lord, you who touched the leper and healed the sick,  
Be with me this day.  
Be a succour in the time of trial.  
Be a comfort in the hour of loss.  
Be a refuge in a storm of needs.  
Use my hands to heal the broken in body  
And my words to heal the crushed in spirit.  
Make things possible, I pray, in the face of all that seems impossible.  
Be my haven, dear Jesus, and my true companion  
Throughout these tireless days and lonely nights.  
In your compassionate name. Amen.

### *A PRAYER FOR THE START OF A NEW DAY*

Oh Lord, you who keep watch over my life:  
I rise from my bed this day by your grace,  
I face the tasks of this day by your grace,  
I embrace all the unpredictable and  
uncontrollable things of this day by your grace,  
I receive all the gifts of this day by your grace,  
And I hold lightly, and joyfully,  
the outcome of this day by your grace.  
In the name of the One who did some things  
but not all things in his earthly sojourn. Amen.

*A PRAYER FOR GOD'S SHEPHERDING CARE*

Oh Lord, you who know your sheep by name, be my Shepherd this day.  
Where I am burdened by the cares of life, give me rest.  
Where I am helpless against the enemies of my soul, be my defender.  
Where I am hungry, feed me.  
Where I am weary, restore me.  
Where I am vulnerable, protect me.  
Guard me, keep me, shield me,  
so that I might feel your loving care this day.  
In the name of the One who lays down his life for his sheep night and day. Amen.

*A PRAYER FOR SINGLE PEOPLE*

Oh Lord, you who were alone in the wilderness and in the garden,  
be with me in this time of singleness and solitude;  
and when I feel tempted to believe  
that I have been abandoned by friends and forsaken by God,  
may I sense the sweet presence of your Spirit  
and the ministering care of your angels,  
nourishing me in my hour of need,  
so that I might know that I am never alone  
but rather filled and fortified by your very real presence.  
In your name. Amen.

*A PRAYER FOR WEARIED PARENTS*

Oh Lord, you who hold all things together,  
help me not to lose my mind;  
you who calmed the tempest,  
help me not to lose my temper;  
you who promised rest to the weary and heavy-laden,  
speak a word of peace to my body;  
you who healed the blind,  
open my eyes to see your presence;  
you who speak and things come to life,  
help me to hear your still, small voice  
over the din of my own noisy world;  
you who welcomed the children,  
please take care of my own;  
you who promised to be with us always,  
be with me here and now in my hour of need.  
Though I struggle to believe these things are possible,  
I pray them nonetheless in the name of  
the compassionate and wounded One for whom nothing is impossible.  
Amen.

#### *A PRAYER FOR GROCERS*

Oh Lord, you who are the True Grocer  
who gives your life as bread and wine to a needy world,  
bless the farmers who make the food  
and the manufacturers who make the goods that we consume;  
bless the distributors and the drivers  
who go the extra mile to make our groceries handy;  
bless the stockers and the shelvers  
who put all things in their place;  
bless the clerks who care for the customer and the cashiers who count their money;  
bless the baggers and the bakers and the butchers, too;  
bless the night crews and the day crews;  
and bless the managers who direct it all.  
Bless them with your hand of provision and protection.  
Bless them with your ministering angels in their long hours of need.  
Bless their families as well.  
May they know your care this day, this hour, this moment,  
as Living Water and Bread of Life,  
as God of Refuge and of Angel Armies as well.  
In your name. Amen.

#### *A PRAYER FOR STIR-CRAZY CHILDREN*

Dear Jesus, I feel frustrated right now.  
I don't know what to do with myself and I need your help.  
I feel tired and bored and my feelings are all mixed up and out of place.  
But you can help me,  
and I thank you that you know exactly how I feel  
and that you have a special place in your heart  
for children like me—and that you love me very much.  
Please give me that peace that you told your disciples you have lots of.  
I need it. Thank you.  
In your name I pray. Amen.  
PS: Please help mummy and daddy too.

#### *A PRAYER FOR THE WEARIED AND ALONE*

Oh Lord, you who entrusted your mother to the care of your beloved disciple  
and who promised not to leave us as orphans  
but instead to provide us your very own body  
and the care and comfort of your Spirit,  
be with all who feel afraid and alone this day.  
Care for the least of these in our community  
and grace us to be your Body in word and in deed,  
bringing your word of peace to the fearful and the friendless.  
We pray this so that we might behold your glory  
and praise your lovingkindness,  
in the name of the Shepherd who walks with us through darkest valley. Amen.

*A PRAYER FOR THE BELEAGUERED*

Oh God of angel armies,  
be my defender this day where I am defenceless,  
be my refuge where I feel exposed,  
be my vindicator against all false accusations,  
from Satan, from others, from my own thoughts.  
Amen.

*A PRAYER FOR THE IRRITATED*

Oh God, you who see the hearts of all with perfect clarity,  
I confess my irritation with those who bully their way with words,  
who fail to take responsibility for their actions,  
who think no one sees what they do in the shadows,  
and who live in a world of denial.  
I'm angry and scared and tired of doing the right thing.  
Strengthen my heart so that I not lose hope.  
In the name of the Just Judge and Merciful Shepherd.  
Amen.

*A PRAYER FOR WAKING UP TO A HARD DAY*

Oh God, you who promise new mercies every morning:  
where I am low, lift me up;  
where I am weak, carry me;  
where I am vulnerable, shield me;  
where I am heavy-hearted,  
grant me new strength and refreshment for my soul.  
In Jesus' name. Amen.

*A PRAYER FOR A NEW MORNING*

Oh Lord, may I walk in the way of life today,  
faithful to what you have entrusted to me for this day,  
no more and no less.  
Let me not become anxious over the things that I cannot control  
but instead receive your grace to face these things trustingly.  
In Jesus' name. Amen.

*A PRAYER FOR RENEWED HOPE*

Oh God, you who make new, again and again,  
enliven the thoughts of my mind,  
revitalize the cells of my body,  
and cause a fresh outburst of praise to surge in my heart,  
so that I might taste the Life that is truly life this day.  
In the name of the One whose face is like the shining sun.  
Amen and amen!