



Prayer Resources
for the chain of prayer throughout
Derry and Raphoe Diocese

Bishop Andrew has asked people across Derry and Raphoe Diocese to join the chain of prayer from Monday 27th April to Sunday 3rd May 2020. He has asked that as many people as possible are praying together throughout the week.

Jesus said: "Whatever you ask for in prayer with faith, you will receive." (Matthew 21:22) Let us show our people at this time of great trial that we are people of faith, not fear.

Suggested Resources: In this resource are some suggested written prayers and psalms. The material used is from the Lambeth Conference Prayer Diary, Call to Pray – Ireland, the Mothers' Union and Church of Ireland resources. We hope these are helpful for you but of course feel free to use other resources that your church encourages or provides. We have also included some Family Prayer resources prepared by Kirsty Lynch, Diocesan Children's Ministry Officer.

OPENING PRAYER

Heavenly Father in this time of great need, we turn to you.
Jesus, we call upon your name.
Holy Spirit we cry out for you to come.
God who is merciful;
Capture our hearts,
Awaken your Church,
Heal our land.

PRAYER FOR MERCY

Lord Jesus Christ, we cry out to you for mercy.
Have mercy on us Lord! We cry out to you to protect this land from the spread of the coronavirus. Shield us from this outbreak.
Guard our loved ones. Stretch your hedge of protection around our neighbours.
Jesus, we turn to you in faith and hope, you are the God who is able.

Scripture Reflection:

Have mercy on me, O God, have mercy! I look to you for protection. I will hide beneath the shadow of your wings until the danger passes by.
(Psalm 57:1)

PRAYER OF CONFESSION

Father, you are a Holy and righteous God. Today we turn from our sin, our self-worship, our self-centredness, and our sense of entitlement. Lord let us consider how our sin grieves you.
Father we repent and turn back to doing the things that please you; loving you and loving our neighbours. Forgive us where we have put ourselves first, relied on our own strength, wandered from your ways, and forgotten who you really are.

Jesus said: "Whatever you ask for in prayer with faith, you will receive." (Matthew 21:22)

PAUSE. WAIT. BE STILL

Reflect on the things that you have put before God. Confess them. Bring them before God.

Scripture Reflection:

Be exalted, O God, above the highest heavens. May your glory shine over all the earth. (Psalm 57:11)

PRAYERS OF INTERCESSION

In this section we have put together some topics and added some written prayers and scripture responses. Please also feel free to pray about other topics and people. We have also suggested other topics/people/issues at the end of the prayer section.

We ask that you do take time to pause, wait and be still with each topic. It is often in the silence that God speaks the loudest. If people or other issues come to your mind during the times of silence and reflection, feel free to pray for those and be led by God in how and who to pray for.

Lord, we pray for those who are grieving at this time. We pray that you draw near, that your comfort becomes tangible, that your very presence becomes more and more evident during this loss and pain.

You are the God who sees us, and we pray that those who are hurting and vulnerable will know that you see them today, that you draw near and that you are their Comforter.

Lord we name before you those known to us who have lost loved ones over this period, not just to coronavirus. We pray for those we know who are sick and suffering with the virus, we pray that you strengthen them, return them to full health, enable them to get the care that they need and to protect those loved ones around them.

PAUSE. WAIT. BE STILL

Pray for the people you know by name.

Response: *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)



Jesus said: "Whatever you ask for in prayer with faith, you will receive." (Matthew 21:22)

MEDICAL STAFF, CARERS AND ESSENTIAL SERVICES

We lift before you all our medical staff and professionals, carers, community workers and those providing essential services. We thank you for their commitment and dedication to sacrificially serving others. We pray that your outstretched arms will embrace their helping hands on the frontline of this pandemic.

Comfort and uphold them as they deal with the traumatic situations they face. Lord give them strength and tenacity in their tiredness. Protect them from infection and guard their families. Father encourage them with your gentleness and give them compassion and grace in how they serve and lead.

PAUSE. WAIT. BE STILL

Pray by name for your local hospitals, care homes, medical centres. Remember also essential services including shop workers, police and fire services, transport services, postal and council workers, etc.

Pray by name for anyone you know who works in these areas.

Response: *Do not be afraid, for I have ransomed you. I have called you by name; you are mine. When you go through deep waters, I will be with you. When you go through rivers of difficulty, you will not drown. When you walk through the fire of oppression, you will not be burned up; the flames will not consume you.*

(Isaiah 43:1-2)

THE EMPLOYED, UNEMPLOYED AND UNDEREMPLOYED

Heavenly Father we pray for all those who have lost their jobs, been placed on furlough or reduced hours and for all those in fear of losing their employment.

We pray for those whose businesses and livelihoods are at risk at this unprecedented time. Give them your encouragement today directly from your Spirit and also through friends and family.

May your Church rise up to be people who support one another. We pray for you to strengthen them today. Build them up in heart and mind with hope and trust and remind them of your goodness and faithfulness. Even in this time of fearfulness and uncertainty we pray that by your Spirit you can awaken new dreams for their future. Lift the anxiety of the unexpected from their minds and give them rest for their souls we pray.

PAUSE. WAIT. BE STILL.

Pray by name for people you know who have lost jobs or are concerned about their employment or livelihood.

Response: *Come to me, all of you who are weary and carry heavy burdens, and I will give you rest. Take my yoke upon you. Let me teach you, because I am humble and gentle at heart, and you will find rest for your souls. For my yoke is easy to bear, and the burden I give you is light.*

(Matthew 11: 28-30)

Jesus said: "Whatever you ask for in prayer with faith, you will receive." (Matthew 21:22)

LEADERS

We thank you for our leaders.

The women and men who have to make decisions that directly affect our lives. We pray for wisdom, discernment, integrity, and a sense of calm in the decisions they have to make.

We pray for those in government, local political leaders, head teachers, business leaders and other institutions. We pray for a sense of unity and collaboration in how they work across stressed systems and structures.

We ask for clarity and your wisdom in how these leaders can help stop the spread of the coronavirus and protect our society. We ask for provision and release of resources that will help maintain, protect and sustain our health system.

Jesus, we ask for courage where courage is needed and patience where patience is required. We pray that these men and women lead well and are supported and encouraged by the public and your Church.

PAUSE. WAIT. BE STILL.

Pray for our politicians by name. Pray for the World Health Organisation. Pray for leaders in virus research. Pray for an Garda Síochána, the Police Service of Northern Ireland and Public Body leaders.

Response: *Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go.*
(Joshua 1:9)

LONELINESS

You draw close to us when we draw close to you. You place the lonely in families (Psalm 68:6).

Lord, we pray for those who are feeling the effects of isolation more than others. For those whose social activities and access to friendships and fellowship have been taken away from them at this time. Jesus draw close to them today we pray.

We pray that those who are lonely can reach out to you and call upon your name. We pray that your loving touch and your presence will meet them in their isolation.

PAUSE. WAIT. BE STILL

Pray for your neighbours who may be lonely at this time. Name them in prayer and make a note to reach out to them in an appropriate way later today.

Response: *How precious are your thoughts about me, O God. They cannot be numbered! I can't even count them; they outnumber the grains of sand! And when I wake up, you are still with me!*
(Psalm 139: 17-18)

Jesus said: "Whatever you ask for in prayer with faith, you will receive." (Matthew 21:22)

PRAYERS OF CONSOLATION

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.

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.

PLEASE PRAY FOR.....

- ❖ Pray for the Anglican Communion as churches seek to respond to the impact of the COVID-19 on their churches, communities and countries.
- ❖ Pray for bishops and clergy as they seek to support their church communities.
- ❖ Pray for your parish, your rector and your local community.
- ❖ Pray for government and health authorities around the globe as they seek to provide leadership in this time of crisis.
- ❖ Pray for health workers and front-line staff, that are working to respond to the health needs of so many people infected and at risk from this virus.

Jesus said: "Whatever you ask for in prayer with faith, you will receive." (Matthew 21:22)

- ❖ Pray for health services and the challenge of inadequate supplies and essential medical equipment – especially in countries where health infrastructure is already under strain.
- ❖ Pray for displaced people with no refuge or way to self-isolate.
- ❖ Pray for the mental health of those living in isolation – separated from friends, families and loved ones.
- ❖ Pray for those at risk of domestic abuse and violence – particularly in this season of lock down.
- ❖ Pray for those facing huge risks to their employment, income and domestic stability.
- ❖ Pray for scientists and the medical profession working to identify a vaccine and methods to slow the spread of COVID-19.
- ❖ Pray for the Anglican Communion as together, we work out what it means to be God's Church for God's World in the aftermath of COVID-19.



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PRAYERS IN THE TIME OF THE CORONAVIRUS

Almighty and All-loving God,
Father, Son and Holy Spirit,
we pray to you through Christ the Healer
for those who suffer from the Coronavirus Covid-19
in Ireland and across the world.
We pray too for all who reach out to those who mourn the loss
of each and every person who has died as a result of contracting the disease.
Give wisdom to policymakers,
skill to healthcare professionals and researchers,
comfort to everyone in distress
and a sense of calm to us all in these days of uncertainty and distress.
This we ask in the name of Jesus Christ our Lord
who showed compassion to the outcast,
acceptance to the rejected
and love to those to whom no love was shown.
Amen.

*(Archbishop of Dublin and Bishop of Glendalough, Primate of Ireland and Metropolitan
- The Most Rev Michael Jackson)*

A PRAYER FOR PEACE OF MIND

Heavenly Father, in your love and wisdom you know the fears and anxieties of all
your children. Your son Jesus Christ, said to his disciples: "Do not be afraid, It is I,"
and to the tempest: "Peace be still".
We ask, not only for ourselves but for all others, especially our healthcare workers,
that we may cast all our cares on you, for we know you care for us.
Give us peace of mind and unshaken trust in you and guide us into perfect peace.
Through Jesus Christ our Lord.
Amen.

*(Archbishop-elect of Armagh – Rt. Rev John McDowell and
Archbishop of Dublin and Bishop of Glendalough, Primate of Ireland and Metropolitan
- The Most Rev Michael Jackson)*

MOTHERS' UNION PRAYER FOR THE CORONAVIRUS

Loving Lord,
we pray for your love and compassion to abound
as we walk through this challenging season.

*Think of some practical ways that you can show
God's love and compassion at this time*

Jesus said: "Whatever you ask for in prayer with faith, you will receive." (Matthew 21:22)

We ask for wisdom for those who bear the load of making decisions with widespread consequences.

Take a moment to pray for those in positions of influence at local, national and international levels

We pray for those who are suffering with sickness and for all who are caring for them

Pray particularly for any known to you personally, including those who work in the health profession

We ask for protection for the elderly and vulnerable to not succumb to the risks of virus.

Consider if there is anything helpful you can do for those in this category – shopping or other errands?

We pray for misinformation to be curbed that fear may take no hold in hearts and minds.

Take any opportunity to reassure those who are feeling anxious, especially over unsubstantiated concerns

As we exercise the good sense that you in your mercy provide may we also approach each day in faith and peace, trusting in the truth of your goodness towards us. Amen.

Give thanks to God for his constant presence with us through every circumstance of life.

Mothers' UNION
Christian care for families



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DAILY PSALMS

Monday 27th April

Psalm 119: 17-24 (MP)

- ¹⁷ Be good to your servant while I live,
that I may obey your word.
- ¹⁸ Open my eyes that I may see
wonderful things in your law.
- ¹⁹ I am a stranger on earth;
do not hide your commands from me.
- ²⁰ My soul is consumed with longing
for your laws at all times.
- ²¹ You rebuke the arrogant, who are
accursed,
those who stray from your commands.
- ²² Remove from me their scorn and
contempt,
for I keep your statutes.
- ²³ Though rulers sit together and slander
me,
your servant will meditate on your
decrees.
- ²⁴ Your statutes are my delight;
they are my counsellors.

Tuesday 28th April

Psalm 31: 1-5, 16 (MP)

- ¹ In you, LORD, I have taken refuge;
let me never be put to shame;
deliver me in your righteousness.
- ² Turn your ear to me,
come quickly to my rescue;
be my rock of refuge,
a strong fortress to save me.
- ³ Since you are my rock and my fortress,
for the sake of your name lead and guide
me.
- ⁴ Keep me free from the trap that is set for
me,
for you are my refuge.
- ⁵ Into your hands I commit my spirit;
deliver me, LORD, my faithful God.
- ¹⁶ Let your face shine on your servant;
save me in your unfailing love.

Psalm 134 (EP)

- ¹ Praise the LORD, all you servants of
the LORD
who minister by night in the house of
the LORD.
- ² Lift up your hands in the sanctuary
and praise the LORD.
- ³ May the LORD bless you from Zion,
he who is the Maker of heaven and
earth.

Psalm 134 (EP)

- ¹ Praise the LORD, all you servants of
the LORD
who minister by night in the house of
the LORD.
- ² Lift up your hands in the sanctuary
and praise the LORD.
- ³ May the LORD bless you from Zion,
he who is the Maker of heaven and
earth.

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Wednesday 29th April

Psalm 66: 1-6 (MP)

¹Shout for joy to God, all the earth!
² Sing the glory of his name;
make his praise glorious.
³Say to God, "How awesome are your
deeds!
So great is your power
that your enemies cringe before you.
⁴All the earth bows down to you;
they sing praise to you,
they sing the praises of your name."^[a]
⁵Come and see what God has done,
his awesome deeds for mankind!
⁶He turned the sea into dry land,
they passed through the waters on
foot—
come, let us rejoice in him.

Thursday 30th April

Psalm 66: 7-8, 14-18 (MP)

⁷He rules forever by his power,
his eyes watch the nations—
let not the rebellious rise up against him.
⁸Praise our God, all peoples,
let the sound of his praise be heard;
¹⁴vows my lips promised and my mouth
spoke
when I was in trouble.
¹⁵I will sacrifice fat animals to you
and an offering of rams;
I will offer bulls and goats.
¹⁶Come and hear, all you who fear God;
let me tell you what he has done for me.
¹⁷I cried out to him with my mouth;
his praise was on my tongue.
¹⁸If I had cherished sin in my heart,
the Lord would not have listened;

Psalm 134 (EP)

¹Praise the LORD, all you servants of
the LORD
who minister by night in the house of
the LORD.
²Lift up your hands in the sanctuary
and praise the LORD.
³May the LORD bless you from Zion,
he who is the Maker of heaven and
earth.

Psalm 23 (EP)

¹The LORD is my shepherd, I lack nothing.
² He makes me lie down in green
pastures,
he leads me beside quiet waters,
³ he refreshes my soul.
He guides me along the right paths
for his name's sake.
⁴Even though I walk
through the darkest valley,^[a]
I will fear no evil,
for you are with me;
your rod and your staff,
they comfort me.
⁵You prepare a table before me
in the presence of my enemies.
You anoint my head with oil;
my cup overflows.
⁶Surely your goodness and love will follow
me
all the days of my life,
and I will dwell in the house of the LORD
forever.

Jesus said: "Whatever you ask for in prayer with faith, you will receive." (Matthew 21:22)

Friday 1st May

Psalm 119: 1-8 (MP)

- ¹Blessed are those whose ways are blameless,
 who walk according to the law of the LORD.
- ²Blessed are those who keep his statutes
 and seek him with all their heart—
- ³they do no wrong
 but follow his ways.
- ⁴You have laid down precepts
 that are to be fully obeyed.
- ⁵Oh, that my ways were steadfast
 in obeying your decrees!
- ⁶Then I would not be put to shame
 when I consider all your commands.
- ⁷I will praise you with an upright heart
 as I learn your righteous laws.
- ⁸I will obey your decrees;
 do not utterly forsake me.

Saturday 2nd May

Psalm 116: 10-15 (MP)

- ¹⁰I trusted in the LORD when I said,
 “I am greatly afflicted”;
- ¹¹in my alarm I said,
 “Everyone is a liar.”
- ¹²What shall I return to the LORD
 for all his goodness to me?
- ¹³I will lift up the cup of salvation
 and call on the name of the LORD.
- ¹⁴I will fulfil my vows to the LORD
 in the presence of all his people.
- ¹⁵Precious in the sight of the LORD
 is the death of his faithful servants.

Psalm 149 (EP)

- ¹Praise the LORD.^[a]
Sing to the LORD a new song,
 his praise in the assembly of his faithful people.
- ²Let Israel rejoice in their Maker;
 let the people of Zion be glad in their King.
- ³Let them praise his name with dancing
 and make music to him with timbrel and harp.
- ⁴For the LORD takes delight in his people;
 he crowns the humble with victory.
- ⁵Let his faithful people rejoice in this honour
 and sing for joy on their beds.
- ⁶May the praise of God be in their mouths
 and a double-edged sword in their hands,
- ⁷to inflict vengeance on the nations
 and punishment on the peoples,
- ⁸to bind their kings with fetters,
 their nobles with shackles of iron,
- ⁹to carry out the sentence written against them—
 this is the glory of all his faithful people.
Praise the LORD.

Psalm 23 (EP)

- ¹The LORD is my shepherd, I lack nothing.
- ² He makes me lie down in green pastures,
he leads me beside quiet waters,
³ he refreshes my soul.
He guides me along the right paths
 for his name’s sake.
- ⁴Even though I walk
 through the darkest valley,^[a]
I will fear no evil,
 for you are with me;
your rod and your staff,
 they comfort me.
- ⁵You prepare a table before me
 in the presence of my enemies.

Jesus said: “Whatever you ask for in prayer with faith, you will receive.” (Matthew 21:22)

You anoint my head with oil;
my cup overflows.
⁶Surely your goodness and love will follow
me
all the days of my life,
and I will dwell in the house of the LORD
forever.

Sunday 3rd May

Psalm 23 (MP)

¹The LORD is my shepherd, I lack nothing.
² He makes me lie down in green
pastures,
he leads me beside quiet waters,
³ he refreshes my soul.
He guides me along the right paths
for his name's sake.
⁴Even though I walk
through the darkest valley,^[a]
I will fear no evil,
for you are with me;
your rod and your staff,
they comfort me.
⁵You prepare a table before me
in the presence of my enemies.
You anoint my head with oil;
my cup overflows.
⁶Surely your goodness and love will follow
me
all the days of my life,
and I will dwell in the house of the LORD
forever.

Psalm 29: 1-10

¹Ascribe to the LORD, you heavenly beings,
ascribe to the LORD glory and strength.
²Ascribe to the LORD the glory due his
name;
worship the LORD in the splendor of
his^[a] holiness.
³The voice of the LORD is over the waters;
the God of glory thunders,
the LORD thunders over the mighty
waters.
⁴The voice of the LORD is powerful;
the voice of the LORD is majestic.
⁵The voice of the LORD breaks the cedars;
the LORD breaks in pieces the cedars of
Lebanon.
⁶He makes Lebanon leap like a calf,
Sirion^[b] like a young wild ox.
⁷The voice of the LORD strikes
with flashes of lightning.
⁸The voice of the LORD shakes the desert;
the LORD shakes the Desert of Kadesh.
⁹The voice of the LORD twists the oaks^[c]
and strips the forests bare.
And in his temple all cry, "Glory!"
¹⁰The LORD sits enthroned over the flood;
the LORD is enthroned as King forever.

Derry and Raphoe Week of Prayer

Family Prayer Ideas

Everyday object prayers:

- **Bubbles Prayers** <https://godventure.co.uk/news/bubbles-blessing/>

Use bubbles to represent all the blessings of God, all the good things in our lives. Take turns to blow the bubbles and be reminded of all the good things God has done for us and will continue to do. As the bubbles land and pop on you receive God's blessing.

- **Dice Prayers** <https://godventure.co.uk/news/dice-prayer/>

Give each number on the dice a topic for prayer – when you roll that number say a short prayer. One example of a code is:

1. Your church/our diocese
2. Your family
3. Where you live
4. School friends and staff
5. Your Country
6. Our World

Categories can be changed to pray for what is happening in your life at the time.

- **Playing Card Prayers** <http://flamecreativekids.blogspot.com/2013/08/playing-card-prayers.html>

Set a deck of cards face down on the centre of the table. When you pull a card you have to say a prayer.

If you pick a red number card say a Thank You prayer

If you pick a black number card say a Sorry or Please prayer

If you pick a king think of a word to describe God

If you pick a queen pray for someone who is female

If you pick jack pray for someone who is male

- **Dots Prayers** <http://flamecreativekids.blogspot.com/2014/05/boxes-prayer-game.html>

To play a game of dots you need a sheet of paper and 2 coloured markers. Draw a grid of dots and start the game. The aim of the game is to create boxes by joining dots together. Each player takes it in turns to connect two dots. Eventually you will be able to close the lines to make boxes. Once you complete a box you can write or draw

something in the box – use this box to say/write/draw a prayer. The winner is the person who has the most boxes.

Playdough Prayers: <https://godventure.co.uk/prayer-activities/prayer-with-dough/>

Victoria Beech from Godventure gives 5 ideas for praying with Playdough:

1. Thank you – make something you are thankful to God for. As you create remember to say thank you to God. You could share what you have made or put your playdough away safe in the knowledge God has heard your prayer.

2. Praise God – create words using biscuit cutters, playdough tools or freestyle using playdough worms. You could take photographs of the words and use them to write prayers to God.

3. Sorry – make something you want to say sorry to God for and then squidge it up! God hears our prayers and forgives us.

4. Pray for people – make models of people having their prayers answered eg Granny feeling better. You could leave these on display to remind you to keep praying. During Covid-19 you could make some key workers and pray for God's guidance and protection over them.

5. Difficult prayers – pray things that you are finding hard to deal with. As you knead the dough or work with it know that God understands and sometimes you do not need words when praying.

❖ For a simple playdough recipe see

<https://www.bbcgoodfood.com/howto/guide/playdough-recipe>

❖ Flame Creative also have a number of playdough mats which you can print out and use to pray: <http://flamecreativekids.blogspot.com/p/play-ough.html> Jesus Heals, Psalm 23 or Tabitha may be useful at this time.

Colour Prayers

- **Twister Prayers:** <https://godventure.co.uk/prayer-activities/twister-prayers/>

Give each colour on a twister board a prayer category – when you spin that colour before placing your body part on the spot say a quick prayer. Example categories could include:

Red – Family

Blue – Frontline and Key Workers

Yellow – Friends

Green – Our environment

Either write the code onto the spots or have a key displayed for everyone to see.

Jesus said: "Whatever you ask for in prayer with faith, you will receive." (Matthew 21:22)

- **Skittle prayers** (or any coloured sweets)

Lynn Storey came up with this prayer idea. Every time you take a sweet you are reminded to pray for something:

Green: Name something you love about your family. Pray for them.

Yellow: Who was your favourite teacher? Pray for ALL teachers.

Orange: What do you like best about church? Pray for your church leaders.

Purple: What is your favourite thing God has made? Pray for creation.

Red: Who do you know that needs help? Pray for them.

- **Pencil Walk** – Take your pencil for a walk – randomly move your pencil around a blank sheet of paper but do not lift it off. When you finish your picture colour in the different sections you created. As you colour pray for different things that are important to you.

Lego Prayers <https://methodistchildrencreativeministry.org/2017/04/30/4-lego-prayer-ideas/>

1. Use lego to spell out the names of people you would like to pray for. If they have a very long name you could make their initial. Ask God to bless them.
2. Say sorry to God for something you have done wrong and ask Him to forgive you. Make a cross with some Lego pieces as a reminder that because of the cross and the resurrection, we have the chance at a new start too.
3. If you have lego figures use them as a reminder to pray – if you pick up a female, pray for a female, if you pick a man, pray for a male. If the figure is dressed for a job pray for all those in that profession. Be imaginative in how you pray.
4. Make models with lego of things you would like to say thank you to God for.

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Prayers for COVID-19:

- **Love > fear**

https://www.prayerspacesinschools.com/upload/home_resources/downloads/4142542516d6bba657ef98281ca7ac82.pdf

On a large sheet of paper or card write down all your fears about Coronavirus. As you write them you are handing them over to God. Once you have finished writing all your fears use heart post-its or hearts cut out from card or paper to cover them. As you completely cover your fears remember 1 John 4:18 'There is no fear in love, but perfect love casts out fear.'

- **Missing Loved Ones**

https://www.prayerspacesinschools.com/upload/home_resources/downloads/f9dd2c5807394521277f8350ed150df1.pdf

Set an empty chair in the corner of a room. When someone we love leaves, or we cannot see them because of lockdown or if someone we love dies we can miss them and it can leave a gap in our lives. Write the name of someone you miss onto a luggage tag or a piece of paper and attach it to the chair. You can take time to talk to God about your feelings and share with others in your house how you are feeling.

- **Sticking Plaster Prayers**

https://www.prayerspacesinschools.com/upload/home_resources/downloads/f43f14a476dfa5553294d5b456af27fb.pdf

Think of someone you know who is not well – write their name on a fabric plaster and pray for them to get better soon. Pray for all those who are in the caring profession. Put the plaster somewhere you will see it to remind you to pray for them.

- **Help the Helpers**

https://www.prayerspacesinschools.com/upload/home_resources/downloads/e8af7bde1d43c107b5bd0d13487196fe.pdf

Each time you wash your hands or use hand sanitizer think of all those who are helping others and pray that God would be with them in all they do.

Prayer Suggestions:

Dear God,
I'm like a goldfish (as I'm sure you know)
These days I'm with my family, We haven't got far to go;
But even in this little tank there's lots of things to do
Like taking care of everyone (and they mind me too)
I pray today for gentleness, or thoughtfulness and grace
To wash my hands and make fun plans and give my family space.
And God I pray for those I love – the ones I cannot see.
Bless everyone throughout the world – and goldfish like me! Amen (Revd. Cathy Hallissey)

The Grace of our Lord Jesus Christ,
and the love of God, and the
fellowship of the Holy Spirit, be with
us all, evermore. Amen.

May we know you more clearly
Love you more dearly
Follow you more nearly
Day by day. Amen (Prayer of St. Richard of Chichester)

Father in heaven watch over our loved ones.
Keep them by your side.
May they be safe and peaceful, in you may they abide.
Give wisdom to the doctors and nurses too we pray,
renew their strength and bless them for the work they do each day.
Send healing and restoration and let them feel your love.
May your Holy Spirit give them rest as gentle as a dove. Amen
(taken from Praying Together)

Dear God, you son Jesus healed so many people. But he also knew what it was like to feel pain and to suffer. We don't always know your plans for us, but we know that you promise that one day we will be with you in heaven where there is no more sickness.
Amen (Taken from Family Time)

Thank you God, for people who help us to feel better when we are sad. Help us to be caring and loving with people we know, especially when they are sad, so that we might be able to help them feel better. Amen (Taken from Family Time)

St. Patrick's Breastplate

Christ be with me, Christ within me,
Christ behind me, Christ before me.
Christ beside me, Christ to win me,
Christ to comfort and restore me.
Christ beneath me, Christ above me,
Christ in quiet, Christ in dange.
Christ in hearts of all that love me
Christ in mouth of friend and stranger.



The Lord's Prayer:

Our Father, who art in heaven,
hallowed be thy name.
Thy kingdom come, thy will be done,
on earth as it is in heaven.
Give us each day our daily bread,
and forgive us our trespasses,
as we forgive those who trespass against us.
And lead us not into temptation,
but deliver us from evil.
For thine is the kingdom, the power and the
glory, for ever and ever. Amen.

Jesus said: "Whatever you ask for in prayer with faith, you will receive." (Matthew 21:22)