



Prayer  
Network



Holy Week Coronavirus prayer resources / helps:

Some selected prayer points:

- Pray boldly for spread of the virus to be halted in Jesus name.
- Pray for healing for our Prime Minister, Boris Johnson as he is treated in intensive care for the virus, for wisdom for his deputy and the government as they lead our nation through this crisis.
- Pray for those affected by loved ones who lie critically ill and especially those who we know personally by name. Pray for peace and comfort for their loved ones who feel so helpless locked down at home with no direct contact.
- Pray protection, stamina, and wisdom on all medical workers who are on the front line of caring for the critically ill in very stressful situations.
- Pray that supply chains for vital medical equipment, ventilators and supplies of PPE equipment are free flowing and effective in delivering what is needed, to where it is needed.
- Pray that people don't head to beauty spots during the Easter holiday and risk increasing the spread of the virus. May the peace of God rule over our nation and may there be a sense of calm, understanding and responsibility.
- Numbers of those dying from Covid 19 in the UK continue to rise. Every one of those statistics represents a family that has been shaken to its foundations. Pray for comfort and the love of God to surround them.
- . Let us remember to thank God for all the wonderful acts of kindness, for those who are recovering well from the virus, for all the new field hospitals that are being provided, our daily supply of food and the many, many things we have to be thankful for.

**24/7 Prayer** - follow the link to download this responsive scripture based prayer for deliverance from Covid-19 -

[https://www.24-7prayer.com/downloads/coronavirus\\_prayer\\_print\\_version.pdf](https://www.24-7prayer.com/downloads/coronavirus_prayer_print_version.pdf)

## Written prayers and reflections -

### A prayer of lamentation for our times:

*(Major Katrina Greetham, Swanage Corps, who awoke this week with 'these words from the Lord' on her mind and humbly offers them to us)*

Have we lost the voice of lamentation?  
We love to speak of love and joy, faith and freedom  
and so we should. These words are good!  
But lamentation?  
Tears for our world?  
Acknowledging all is not well;  
Owning the pain,  
not just burying it in action -  
grief obscured by business.  
The call to share in the suffering of Christ  
invites us to Gethsemane  
to weep with our Lord.  
To spend time in the presence of the one who struggled,  
who wept, and yet  
who took the mess of the world upon his shoulders.  
"Stay with me" he said, and yet  
his disciples slept.  
Unwilling to enter his agony.  
Dare we stop and weep with him,  
Realising lamentation does not obscure our hope,  
But rather is a pathway to it?

*Katrina Greetham 03 April, 2020*

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### Easter prayers and reflections during the Coronavirus Pandemic:

*(Major Gillian Miller, Prayer Network)*

#### Key workers

Loving Father we thank you for key workers who put their own lives on the front line to serve the communities where they are. We recognise selflessness, dedication, professionalism, community spirit and service. We pray for them protection, good health, fearlessness, the support of colleagues and the support of the community they are serving.

Heavenly Father we remember the disciples, the key workers around Jesus, the ones he taught and mentored. Yet we see one who betrayed his Lord, one who denied his Lord and many who ran away when troubles came their way. Jesus, through your amazing love and grace you forgave your disciples and taught us all forgiveness.

Be with those key workers who feel overwhelmed with the situation and feel they can't continue, be with all who are struggling because of severe weariness, high emotions, mental health issues, concerns for their families. Father, show them your acceptance,

your unconditional love, your forgiveness, your grace, as seen on the cross as Jesus gave up his human life for our salvation.

***Thank you for the cross, Thank you for the cross, Thank you for the cross, my Friend.***

***And once again I look upon the cross where you died. I'm humbled by your mercy and I'm broken inside. Once again I thank you; Once again I pour out my life.***

**Fear: health, loved ones, finances, security:**

Loving Lord Jesus, we bring to you all who are living in fear right now, fear for their own health or the health of their family, fear for people they know we are working during this pandemic, people who are worried and fearful that they can keep their home during this economic crisis and people who are finding themselves financially unstable because of loss of income.

For ourselves we bring our own problems to you now, asking you to lift from us the burden of fear and replace it with the joy of hope in your power at work amongst us.

Lord, in your humanity you must have felt fear when you were forever under scrutiny, being judged and criticised by the religious men of your day. Yet you had the adulation of the crowds who listened to your teaching and witnessed your miracles, who followed you relentlessly and believed who you are, the Son of God, the Messiah. Such a volatile situation of adoration from the people and mistrust from the religious leaders.

Thank you Lord for facing every challenge with the knowledge that your Father God was with you. Help us to have that same knowledge and faith so we can walk through the storms triumphantly with you beside us.

***I'm in His hands, I'm in His hands, Whatever the future holds, I'm in His hands, The days I cannot see have all been planned for me, His way is best, you see, I'm in His hands.***

**Hand washing:**

Father God, when we read the account of the passion of our Lord we see that Pontius Pilate washed his hands of Jesus. He didn't want anything to do with the death of this good man and so in public he washed his hands. Because of that action Jesus was handed over to those who did want to see your Son suffer and who shouted out for his death. Today hand washing has become something we are encouraged to do many times a day to keep us free from the virus, to keep us separated from disease and pain and sorrow. In some ways we are like Pontius Pilate, washing our hands of something we don't want to engage with.

Forgive us Lord when we are tempted to wash our hands of prayer, of reading your word, of sharing our faith, of living our lives as your disciple. Cleanse us Lord of all impurities of heart, mind and soul so that we can stand righteous and holy before you.

***Purify my heart, cleanse me from within and make me holy. Purify my heart, cleanse me from my sin, deep within. Refiner's fire, my hearts one desire, is to be holy, set apart for you Lord, I want to be holy, set apart for you my Master, ready to do your will.***

**Pain, suffering and death:**

Loving Father we are very aware that this virus is causing so much pain and suffering and death. As we pray for the sick and dying and those bereaved our hearts are heavy and sad as we remember those who have been overtaken by this virus. We remember before you all who are in need of healing, of strength to fight this virus, of medical treatment, of ventilators, and we remember those who are ministering to them in very difficult circumstances and the families who today mourn their loved ones, taken from them because of this pandemic.

Jesus, we know you are no stranger to suffering and pain for you were whipped and beaten and mocked and flogged by those who did not understand who you were. You bore that suffering alone under the eyes of those who loved you and couldn't do anything to stop what was happening to you. Jesus, we know your death was horrific as the Romans nailed you to that cross and watched you die in agony.

O Lord, be with all who need you right now in their pain, hold their hand, reveal your presence, assure them of your love so they may know peace. Show them your glory and your grace and take them in your loving arms so they may feel carried through the darkness into your marvellous light. Thank you Lord that you endured the suffering of the cross so that we might live forever with you.

***So I'll cherish the old rugged cross, 'til my trophies at last I lay down. I will cling to the old rugged cross, and exchange it some day for a crown.***

**Self-isolation and lock down:**

O Lord, we bring to you all who are suffering from loneliness due to self-isolation. There are so many who live alone and have little or no contact with friends and family, have mercy on them we pray.

For families struggling in small spaces with no garden to play in we pray, have mercy on them.

For those in abusive relationships, locked in with their abuser we call out, Lord have mercy on them.

For the vulnerable, those with dementia, people in care homes who are confused by the situation and can't understand what is going on, Lord have mercy on them.

Jesus, you experienced self-isolation when you chose to be alone, to pray, to be with your Father, to prepare yourself for what was to come, the horrors of crucifixion. We know you gained strength from those quiet times and pray we too may be strengthened as we spend time on our own or with a family member in prayer.

Jesus, you experienced lock down when they put your body in the tomb and sealed it with a huge stone and put guards at the seal, yet you burst out of lock down, you opened the gates of heaven and welcomed in all who believed you are the Christ, the Messiah, the Living God.

***Up from the grave He arose. With a mighty triumph o'er his foes. He arose a victor from the dark domain and he lives forever in my heart to reign, He arose, He arose, HALLELUJAH, CHRIST AROSE.***

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### **No man is an island - a prayer:**

(Major Nick Coke, Raynes Park Corps offers this prayer).

The poet-priest John Donne (1572-1631), famously wrote in a meditation that 'no man is an island'. In these strange times of physical distancing this phrase takes on new layers of meaning.

All-connecting God,  
We remember that 'no man is an island'.  
You who left the glories of heaven and sailed your ship amongst us  
we reach out to you in our aloneness  
Come, visit our homes  
Help us to hear your gentle knock upon our doors  
Sit and eat with us,  
Laden our tables with spiritual food  
Take your seat upon our sofas  
And with mug in hand speak with us  
and us with you.

All-connecting God,  
We remember that 'no man is an island'.  
You who taught us how to love neighbour and outsider  
Open our eyes to notice who is alone  
Help us to remember it is only physical distance between us.  
Embolden us to reach out in new ways  
Inspire us to improvise  
Connect us with friends we have lost  
Heal and restore broken relationships  
Even in this time of separation  
May we learn how to love an other  
Creatively  
Faithfully  
Without show.

All connecting God  
We remember that 'no man is an island'.  
You who have no favourites  
Delve down into the soul of our nation  
That we may lament for all in pain  
Help us to see our common bond with every person.  
May we weep for all those who suffer  
Brothers,  
Sisters.  
Teach us again what it means to share.

All-connecting God  
We believe in the abundance of Your kingdom.  
May it come,  
May it come,  
May it come. Amen.

## Links to scripture based reflective prayer sites / apps:

### **Spiritual Life Development USA Eastern Territory:**

Offers here a new Lectio Divina series on praying scripture and listening to the Holy Spirit in a way that speaks to what concerns us right now -

[http://saconnects.org/a-deeper-experience-an-sld-lectio-divina-series/?fbclid=IwAR1x5pdrkgei\\_wuk9A8ltGaMMPMGS-0Emr2x5Q5NYdySHlG3sMbCmpoB0-M](http://saconnects.org/a-deeper-experience-an-sld-lectio-divina-series/?fbclid=IwAR1x5pdrkgei_wuk9A8ltGaMMPMGS-0Emr2x5Q5NYdySHlG3sMbCmpoB0-M)

Lectio 365: A new 24/7 Prayer devotional resource -

<https://www.24-7prayer.com/dailydevotional>

Taketime: Audible Ignatian Meditations on the words of Jesus - <https://taketime.org.uk/>

Live From Rest: Rooted in the way of Jesus - <https://www.livefromrest.com/>

Sacred Space - <https://www.sacredspace.ie/>

Pray as you go - <https://pray-as-you-go.org/prayer%20tools/>