

A guide to praying for the pandemic (adapted from the 24/7 prayer resources)

You'll need: A Bible, Worship music, Water, Soap, Tissues, Pens, Pack of plasters / band aids, Hand sanitizer

PAUSE (5 minutes) PRAY Psalm 46 aloud

BE STILL Breathe deeply, and welcome the Holy Spirit

REJOICE (5 minutes) PRAY Psalm 91 aloud

SING A song of worship about the greatness of God

PRAY FOR THE CONTAINMENT OF THE VIRUS Using water and soap, thoroughly wash your hands. Ask God to slow and halt the spread of the Covid 19 Coronavirus. Take a moment to pray for God's particular intervention in the nations most affected.

PRAY FOR THE ILL AND ISOLATED Using a pen and a tissue, write the names of the people you know who are self-isolating or who have contracted the virus. Ask God to make His presence felt in solitude and to protect, strengthen and heal them.

PRAY FOR PROTECTION OF THE VULNERABLE Take a pen and a packet of plasters / band aids. Write on plasters the names of the people you know who are elderly or have an under-lying condition that may make them susceptible to the Coronavirus. Ask God to protect them from infection.

PRAY FOR LOCAL AND NATIONAL LEADERS Place your hands on your head and ask God to give wisdom to national and local political leaders as they make decisions to protect people. Cup your hand over your ear and ask God to bring excellent advisers to guide them. Open your hands in front of you and ask God to give them the ability to communicate clearly to the public.

PRAY FOR HEALTH PROFESSIONALS Rub sanitiser into your hands as you ask God to protect the health professionals (doctors, nurses, ambulance crews and more) caring for those affected by the virus. Ask God to give them peace, wisdom, to anoint them for their jobs and to protect them from infection.

PRAY FOR THOSE AFFECTED IN OTHER WAYS BY THE PANDEMIC There are many of people who will be indirectly affected by the coronavirus pandemic. Ask God to comfort those grieving the loss of loved ones, to provide for those in financial difficulty because they are unable to work, and for business leaders as they face such unprecedented disruption to life.

Pray the blessing of Numbers 6:24-26 for all you've prayed for.