

Resources for Reflection, Meditation and Prayer in Pandemic Times



A Coronavirus Prayer

Jesus Christ, you traveled through towns and villages “curing every disease and illness.” At your command, the sick were made well. Come to our aid now, in the midst of the global spread of the coronavirus, that we may experience your healing love.

Heal those who are sick with the virus. May they regain their strength and health through quality medical care.

Heal us from our fear, which prevents nations from working together and neighbors from helping one another.

Heal us from our pride, which can make us claim invulnerability to a disease that knows no borders.

Jesus Christ, healer of all, stay by our side in this time of uncertainty and sorrow.

Be with those who have died from the virus. May they be at rest with you in your eternal peace.

Be with the families of those who are sick or have died. As they worry and grieve, defend them from illness and despair. May they know your peace.

Be with the doctors, nurses, researchers and all medical professionals who seek to heal and help those affected and who put themselves at risk in the process. May they know your protection and peace.

Be with the leaders of all nations. Give them the foresight to act with charity and true concern for the well-being of the people they are meant to serve. Give them the wisdom to invest in long-term solutions that will help prepare for or prevent future outbreaks. May they know your peace, as they work together to achieve it on earth.

Whether we are home or abroad, surrounded by many people suffering from this illness or only a few, Jesus Christ, stay with us as we endure and mourn, persist and prepare. In place of our anxiety, give us your peace. **Jesus Christ, heal us.** *Prayer originated*

from <https://www.americamagazine.org/faith/2020/03/02/coronavirus-prayer>

New and Old Testament -- Words of Love, Compassion and Hope



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Matthew 11:28-30 (NRSV)

²⁸ “Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest.

²⁹ Take my yoke upon you and learn from me; for I

am gentle and humble in heart, and you will find rest for your souls. ³⁰ For my yoke is easy, and my burden is light.”

Psalm 121:1-4, 8 (NRSV)

I lift up my eyes to the hills— from where will my help come?

² My help comes from the LORD, who made heaven and earth.

³ He will not let your foot be moved; he who keeps you will not slumber.

⁴ He who keeps Israel will neither slumber nor sleep.

⁸ The LORD will keep your going out and your coming in from this time on and forevermore.

Psalm 46:1-3, 10-11 (NRSV)

God is our refuge and strength, a very present^[a] help in trouble.

² Therefore we will not fear, though the earth should change,

though the mountains shake in the heart of the sea;

³ though its waters roar and foam, though the mountains tremble with its tumult.

¹⁰ “Be still, and know that I am God!

I am exalted among the nations,

I am exalted in the earth.”

¹¹ The LORD of hosts is with us;

the God of Jacob is our refuge.

2 Psalm 23 KJV

The LORD is my shepherd; I shall not want.

2 He maketh me to lie down in green pastures: he leadeth me beside the still waters.

He maketh me to lie down in green pastures: he leadeth me beside the still waters.

3 He restoreth my soul: he leadeth me in the paths of righteousness for his name's sake.

4 Yea, though I walk through the valley of the shadow of death, I will fear no evil: for thou art with me; thy rod and thy staff they comfort me.

5 Thou preparest a table before me in the presence of mine enemies: thou anointest my head with oil; my cup runneth over.

6 Surely goodness and mercy shall follow me all the days of my life: and I will dwell in the house of the LORD for ever.



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Prayers For Stormy Weather In Our Lives

“To all who are tossed by the waves, Lord, you are the calm of the harbour; you are the hope of the hopeful” (4th century martyr, Severus of Thrace)

Lord of this earth-boat we are being tossed about helplessly in tumultuous, troubled times. Our faith is insufficient to calm our panic, much less the engulfing storm. Heed our cries. Calm our fears. Still the storm. Rescue us. Help us to put our trust in your love. Amen. (|Rev. Dr. Brian Rude)

A Prayer Of Anchoring

I turn to you, Holy One, in this time of turmoil amid the waters of life and I pray:

Anchor my mind in your unswerving serenity that lies beneath the wild waves of my discontent.

Anchor every heartbeat and breath of mine in the wide ocean of your endless compassion.

Anchor ongoing longings for world peace in the steam of your eternal harmony.

Anchor a respect for every human being in the clear waters of your non-judgment.

Anchor in the steady undercurrent of your justice each choice to end unbearable injustice.

Anchor deeply in your merciful forgiveness any inner surges toward retaliation and revenge.

Anchor in the depths of your divine wisdom my questions and concerns about the future.

Anchor every storm that riles my heart in the gracious tranquility of your abiding love. (taken from Joyce Rupp's February 2017 Newsletter)



A Prayer

Lord, I want desperately to take your Word to heart, but a tsunami of negativity and fear engulf me. My thoughts wander to worst-case scenarios. I need your insight to diligently untangle truthful facts from embellished hysteria. I ask the Holy Spirit to guide me in filtering out what I should avoid listening to or considering. Infuse me Lord with discernment and wisdom. Give me clarity of mind and heart. Guard my mouth that I don't spread gossip or hearsay to alarm others. Help me to exhibit love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness, and self-control. Like the apostle Paul, may I learn the secret of being content in all circumstances, knowing that I can do all things through you who gives me strength to fulfill your desires. Praise you Lord, **Amen.** - from *"Prayers of Many Faiths in an Age of Fear and Pandemic"*

[found on interfaithccc.org](http://interfaithccc.org)

POEM "PANDEMIC" by Lynn Ungar

What if you thought of it as the Jews consider the Sabbath—

the most sacred of times?

Cease from travel. Cease from buying and selling.

Give up, just for now, on trying to make the world different than it is. Sing. Pray.

Touch only those to whom you commit your life.

**Center down. And when your body has become still,
reach out with your heart. Know that we are connected
in ways that are terrifying and beautiful.**

(You could hardly deny it now.)

Know that our lives are in one another's hands.

(Surely, that has come clear.)

Do not reach out your hands. Reach out your heart.

**Reach out your words. Reach out all the tendrils
of compassion that move, invisibly, where we cannot
touch.**

**Promise this world your love-- for better or for worse,
in sickness and in health, so long as we all shall live.**

A Child's Prayer in Time Of Difficulty



**Dear Lord, please help the people who
don't have anyone to love and care for
them. Thank you for everyone who loves
and cares for us. Amen. (Joanna)**

Prayer Petitions of The People

Creator God we give you thanks for the gift of life. We often forget how precious that gift is. Now in this time of difficulty fill us with your love and light in the midst of our darkness. God of hopefulness, hear our prayer.

Loving God we pray for all who are living with fear, anxiety and uncertainty. Comfort and strengthen them that they may know the healing power of your love. God of hopefulness, hear our prayer.

Merciful God, be with the World Health officers, government leaders and decision makers throughout the world as they work non-stop to contain the spread of this virus; grant them wisdom, perseverance, and courage to make difficult decisions. God of hopefulness, hear our prayer.

God our healer, we pray for all those front-line workers caring for those who are affected by this pandemic virus. Keep them safe as they give so much of themselves in caring for others. Give them endurance, strength and healing compassion. God of hopefulness, hear our prayer.

God of hopefulness, help us to never loose sight of the fact that you are always with us no matter how difficult a situation may be. Help us to remember that we are your beloved children and are held in the palm of your hand. Amen.

HYMNS THAT MAY BE USED FOR PRAYER

FOCUS -- (If you don't have a hymn book at home you will be able to find the lyrics online or even the complete music on U-tube. There are also many additional beautiful hymns on U-tube that you might find comforting and peace-filling)

Lutheran Book of Worship

#614 There Is A Balm In Gilead

#612 Healer of Our Every Ill

#703 O God Why Are You Silent

#704 When The Pain Of The World Surrounds Us

#603 Thy Holy Wings

#617 We Come To You For Healing

With One Voice

#746 Day By Day

#748 Bind Us Together

#771 Great Is Thy Faithfulness

#772 O Lord, Hear My Prayer

#779 On Eagle's Wings

Breath Prayers

Breath Prayer #1

“Be still and know” (on the breath in)

“that I am God” (on the breath out)



Breath Prayer #2

Breathe in Peace (on the breath in)

Breathe out Anxiety (on the breath out)

Breathe Deeply and Serve Gently #3

Now, go and breathe deeply,

For each breath is from God;

Go and serve gently,

For the earth and its people are fragile;

Go with energy and strength,

For God knows your every need and

God's spirit will grant you peace. (Sing Out New Visions 1998)

Dear Friends:

The past few weeks have turned our world upside down. We are left wondering “What is going to happen next?”, “How will I/we manage if this goes on for months?”. The questions keep piling up.

A few years ago, I was at a conference and was introduced to a wonderful South African song entitled “Bumbalayla”. It means NEVER GIVE UP. (you can hear it on U-tube) These are good words to hold in our hearts right now. It is about HOPE “that which allows you to keep living amid desperation and to keep humming in the darkness”.

In a scripture passage earlier in this booklet, Jesus calls us to come and lay our troubles on him and he will give us rest and comfort. He holds us in love throughout our darkest times. He hears our groans even when we cannot put words to our prayers. He is our Hope.

May we trust in God’s grace and never give up hope. May we always remember that God whose power working in us can do infinitely more that we can ask or imagine.

Blessings, Love and “Bumbalayla” in these trying times.

Sonja

Compiled by Rev. Sonja Free, March 19, 2020