

CORONAVIRUS PRAYER GUIDE

It can be difficult to know where to start when praying for a crisis as large as coronavirus. That's why we've created this simple prayer guide.

We'll be using the acronym PRAY (praise, reflect, ask, yield) to bring before God both the situations we are facing close to home, and those faced by our global neighbours.

PRAISE

Listen to or sing a song of worship to help you focus on God and become aware of his presence with you.

If you don't have one in mind, here are some suggestions:

[Cornerstone](#) by Hillsong Worship

[Great is Thy Faithfulness](#) by Chisholm and Runyan

[The Blessing](#) by Kari Jobe & Cody Carnes



REFLECT

To help build our faith, we reflect on the nature of the one to whom we pray.

We give thanks that God is enthroned in the heavens and yet is close to the poor and brokenhearted.

'The Lord has established his throne in heaven, and his kingdom rules over all.' (Psalm 103:19)

'The Lord is close to the broken-hearted and saves those who are crushed in spirit.' (Psalm 34:18)

We give thanks that God is good and he loves all that he has made.

'Give thanks to the Lord, for he is good. His love endures forever.' (Psalm 136:1)

'For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life.' (John 3:16)

We give thanks that God hears and responds to our prayers.

'The Lord is near to all who call on him, to all who call on him in truth.' (Psalm 145:18)

'If you, then, though you are evil, know how to give good gifts to your children, how much more will your Father in heaven give good gifts to those who ask him!' (Matthew 7:11)



ASK



FAMILIES

It's hard to think of those we love suffering in any way. Many of us are concerned about elderly relatives or people with health conditions that make them vulnerable to coronavirus. Some people in our communities will not have a family and may be feeling particularly alone at this time.

For many families in poorer countries, being in lockdown means no longer being able to earn enough that day to feed your children. In places where malnutrition is already a problem, even more people are going hungry and face the risk of starvation.

Pray:

Bring to mind your family and those you love, and thank God for them. Pray for their protection from coronavirus, especially those who may be particularly vulnerable.

Pray for God to comfort those around the world who are grieving the loss of loved ones, and for those who may be feeling isolated or lonely by being in lockdown.

Pray for Tearfund and other aid organisations to be able get food, financial aid and emotional support to people whose already fragile circumstances have become desperate because of the pandemic.



HEALTHCARE

We are thankful to God that in the UK we have access to world-class healthcare, and can build new mega-hospitals in a matter of weeks. The NHS is facing unprecedented pressure and we want to lift our healthcare workers up before God.

Millions around the world who may get very ill from coronavirus will have no access to the healthcare they need. People in rural villages might have miles to walk just to get to the nearest clinic. Equipment like ventilators is scarce, even in the larger hospitals (in South Sudan, for example, there are only four ventilators for a population of 11 million people). Prevention is critical, but many people in poorer countries do not have access to soap and clean water to properly wash their hands.

Pray:

Pray for all NHS workers to be kept healthy and well, for availability of necessary protective equipment, and for courage to replace fear as they care for infected people.

Ask God to have mercy and to protect countries where there is a lack of basic healthcare, or where there is already devastation because of conflict and natural disasters. Pray for strength, wisdom and protection for the healthcare workers in these places.

Pray for Tearfund partners who are setting up hand-washing stations, distributing soap, providing hygiene training and raising awareness about coronavirus prevention. Continue to pray for them as you wash your hands throughout the day.



GOVERNMENT AND SOCIETY

Governments around the world are having to make very difficult decisions about coronavirus, weighing up the need to protect lives and healthcare systems, while also trying to protect jobs and the economy.

Many governments in developing nations are not able to provide people with the extra financial support and protections we are receiving in the UK. In places where up to 80 per cent of the population may rely on daily wages to survive, lockdown decisions can be even harder to make. There are also places in the world where lockdown and social distancing is impractical or even impossible, such as for the millions living in refugee camps.

Pray:

Pray for wisdom for Prime Minister Boris Johnson, the Cabinet and senior civil servants as they decide how best to halt the spread of coronavirus in the UK while also protecting jobs.

Pray for wisdom and support for governments of developing nations who are not able to provide safety nets to their people because of lack of resources and fragile infrastructures.

Ask God to protect people living in refugee camps from coronavirus, such as the half a million Rohingya people in the world's biggest refugee camp in Bangladesh. Pray for wisdom for leaders of these camps as they prepare to respond.



THE CHURCH

Many UK churches are grappling with how to continue worship and support their congregations pastorally during lockdown. Yet amidst the challenges, Christians are being presented with new opportunities to care for our vulnerable neighbours. At Tearfund we are mobilising our church partners to support the coronavirus response in some of the world's poorest communities, where those already in great need now have a pandemic to contend with.

Pray:

Pray for God's blessing on your own church in this season, that community will be strengthened despite the inability to gather, and for wisdom for leaders as they adapt.

Pray for churches in your community and around the world to be the hands and feet of Jesus during this pandemic, in both prayer and action where possible.

Pray for protection, grace and courage for Tearfund's church partners as they seek to prevent the virus from spreading among poor communities, and respond to the increased needs people are experiencing.

Pray that Tearfund's many other vital projects that are bringing hope and help to so many will be able to adapt and continue despite coronavirus.

YIELD

Photo: Ruth Towell/Tearfund

Spend a few moments in quiet asking God how he would have you be the answer to your prayers. Pay attention to anything he may bring to mind. You may wish to pray:

Lord, show me how you would have me show love to my local and global neighbours in this season, in both prayer and action.

We close by praying this prayer written by John Wesley, asking God for the grace and courage to live out his truth in this time of increased pressure:

Heavenly Father,

I am no longer my own but yours.

Put me to what you will,

rank me with whom you will;

put me to doing,

put me to suffering;

let me be employed for you,

or laid aside for you,

exalted for you,

or brought low for you;

let me be full,

let me be empty,

let me have all things,

let me have nothing:

*I freely and wholeheartedly yield all things
to your pleasure and disposal.*

And now, glorious and blessed God,

Father, Son and Holy Spirit,

you are mine and I am yours. So be it.

And the covenant now made on earth,

let it be ratified in heaven.

Amen

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