

— PRESENT TIME —

God who is like a consuming fire,
kindle the spark of faith within us
to a flame that burns away fear and anxiety
through the knowledge of your love.

God who walked to the disciples across the
water, come to us now in our isolation and
distress, remind us that we too can do more
than we imagine for nothing is impossible if
we put our trust in you.

God whose Spirit breathes life into creation,
breathe on us today as we try to make sense
of the way our lives have been changed by
this pandemic, help us to find what is good
in these new lives. Amen.

(Ruth James, ordinand)



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.

(Church of England)

May your perfect love that knows no borders
cast out any fear and selfishness that divides.
May your love that never ends be our
comfort, strength and guide, for the wellbeing
of all and the glory of God. Amen.

(Christian Aid)

— DIFFICULT TIMES —

Dear God, I long for someone. I miss people. I
miss those I knew and will not see again. I miss
those I know and are not here. I miss some I
have never met. I miss some before they leave
me. I miss the places I know by heart, every
aroma, every tree, every flower, every nook, and
cranny. You have made me with the gift to
miss, to long for, to stay connected to what is
never finished. When I miss, I feel a great
power leaving. I wait for its return,
and then I will dance. Amen.

(Dog Psalms, by Herbert Brokering)

Just as day declines to evening, so often after
some little pleasure my heart declines into
depression. Everything seems dull, every action
feels like a heavy burden. If anyone speaks, I
scarcely listen. If anyone knocks, I scarcely hear.

My heart is as hard as Flint.

Then I go out into the field to meditate,
to read the holy scriptures, and I write down
my deepest thoughts in a letter to you.

And suddenly your grace, dear Jesus,
shatters the darkness with daylight,
lifts the burden, relieves the tension.
Soon tears follow sighs, and heavenly joy
floods over me with the tears.

(Aelred of Rievaulx)

Dear God, some of my friends are ill.
Lots of us are not allowed to go to school.
None of my friends are allowed to come over to
play. I'm sad because I miss them.

They must be feeling miserable and lonely as
well. Please be close to my friends.

Please be with the people who are looking after
them. Please help anyone who is ill to get
better, and to know that you love them. Amen.

(Adapted from the Church of England)

Benefice of Eglwysilan & Caerphilly

PRAYER - 2

*Helping you through
the uncertain days*



**Loving God, instill in our shaken souls
the belief and hope that all things
are possible with your creative love,
for strangers to become friends,
for science to source solutions,
for resources to be generously shared,
so everyone, everywhere,
may have what they need.**

(Christian Aid)

— MEDICAL WORKERS —

Restoring and healing God, thank you for medical workers everywhere, embodying sacrificial love in these challenging times putting the welfare of others before their own staying away from their family and loved ones, comforting the concerned and bereaved, reassuring the anxious and vulnerable, working to heal and restore people who are ill. Be their guide, strength, wisdom and hope.

We pray for those in authority to do right by them, for proper protective equipment to be provided and for their dedication to be met with much gratitude when they return home, exhausted.



We pray for medical workers around the world, where resources and protective equipment are always in short supply, not only now but always. May these extraordinary times lead to deep and necessary changes in how our world works, resulting in a genuine effort to address the profound injustice of life expectancy being determined by geography, to awaken us all to the reality of how connected we all are and to work together to create the community and world we all want to be part of. So help us, God. Amen
(Christian Aid)

— FOR ALL PEOPLE —

God of the one and God of the whole, be with those who are working from home Today and with those whose work keeps them from home. Be with those who won't go beyond the front porch, and those who stay on the front line. Be with those who must choose between doing a job they know they can do and being the parent only they can be. May we each in our private worry hear your universal call to come, lay down heavy burdens, and find a welcome rest. And then with our burdens lightened, may we help to hold the whole.
Amen. *(Diocese of Truro)*

God our Father, by whose mercy the world turns safely into darkness and returns again to light: we place in your hands our unfinished tasks, our unsolved problems, and our unfulfilled hopes, knowing that only what you bless will prosper. To your love and protection we commit each other and all those we love, knowing that you alone are our sure defender, through Jesus Christ our Lord. Amen.
(Church of South India)

God of heaven and earth, in these times of isolation, apart from loved ones, distant from friends, away from neighbours, thank you that there is nothing in all of creation, not even coronavirus, that is able to separate us from you love. And may your love that never fails continue to be shared through the kindness of strangers looking out for each other, for neighbours near and far, all recognising our shared vulnerability, each of us grateful for every breath, and willing everyone to know the gift of a full and healthy life. Keep us all in your care. Amen. *(Christian Aid)*

— YOUR OWN PRAYERS —

Great Love, thank you for living and loving in us and through us. May all that we do flow from our deep connection with you and all beings. Help us become a community that vulnerably shares each other's burdens and the weight of glory. Listen to our hearts' longings for the healing of our world.

[Please add your own intentions.]

Knowing you are hearing us better than we are speaking, we offer these prayers in all the holy names of God. Amen.

(Centre for Action and Contemplation)



Lord God, you are always with me. You are with me in the day and in the night. You are with me when I'm happy and when I'm sad. You are with me when I'm healthy and when I am ill. You are with me when I am peaceful and when I am worried. Today I am feeling *(name how you are feeling)* because *(name the reasons you feel this way, if you know them)*. Help me to remember that you love me and are with me in everything today. Amen.
(Church of England)