

# Prayers

For use during the  
coronavirus outbreak



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## About this booklet

You will find here a small collection of prayers for personal and group use at this challenging time in our lives, when we are struggling to find words to express how we feel.

These prayers will help Christians to pray in solidarity with one another even when it is not possible to gather together in church.

It's essential at all times – but particularly in times of anxiety and fear – that we continue to develop and strengthen our own habits of prayer. A simple form of prayer to say each morning and evening is included here. It can be shared with all who are at home and unable to worship together, especially those who are unable to access online resources.

**This booklet can be downloaded in various formats from the Church of England website, where you will also find many other resources and ideas for sustaining our worshipping lives: [CofE.io/ChurchOnline](https://www.cofe.io/ChurchOnline)**

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## Prayers about the outbreak

Keep us, good Lord,  
under the shadow of your mercy  
in this time of uncertainty and distress.  
Sustain and support the anxious and fearful,  
and lift up all who are brought low;  
that we may rejoice in your comfort  
knowing that nothing can separate us  
from your love in Christ Jesus our Lord.

**Amen.**

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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.**

God of compassion,  
 be close to those who are ill, afraid or in isolation.  
 In their loneliness, be their consolation;  
 in their anxiety, be their hope;  
 in their darkness, be their light;  
 through him who suffered alone on the cross,  
 but reigns with you in glory,  
 Jesus Christ our Lord.

**Amen.**

### For those who are ill

Merciful God,  
 we entrust to your tender care  
 those who are ill or in pain,  
 knowing that whenever danger threatens  
 your everlasting arms  
 are there to hold them safe.  
 Comfort and heal them,  
 and restore them to health and strength;  
 through Jesus Christ our Lord.

**Amen.**

### For the Christian community

We are not people of fear:  
 we are people of courage.  
 We are not people who protect our own safety:  
 we are people who protect our neighbours' safety.  
 We are not people of greed:  
 we are people of generosity.  
 We are your people God,  
 giving and loving,  
 wherever we are,  
 whatever it costs  
 For as long as it takes  
 wherever you call us.

*Barbara Glasson  
 President of the Methodist Conference*

### For hospital staff and medical researchers

Gracious God,  
 give skill, sympathy and resilience  
 to all who are caring for the sick,  
 and your wisdom to those searching for a cure.  
 Strengthen them with your Spirit,  
 that through their work  
 many will be restored to health;  
 through Jesus Christ our Lord.

**Amen.**

### From one who is ill or isolated

O God,  
 help me to trust you,  
 help me to know that you are with me,  
 help me to believe  
 that nothing can separate me  
 from your love  
 revealed in Jesus Christ our Lord.

**Amen.**

## Personal prayers

Lord Jesus Christ, you said to your disciples,  
 'I am with you always'.  
 Be with me today, as I offer myself to you.  
 Hear my prayers for others and for myself,  
 and keep me in your care.

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Christ be with me, Christ within me,  
 Christ behind me, Christ before me,  
 Christ beside me, Christ to win me,  
 Christ to comfort and restore me.  
 Christ beneath me, Christ above me,  
 Christ in quiet, Christ in danger,  
 Christ in hearts of all that love me,  
 Christ in mouth of friend and stranger.

*from St Patrick's Breastplate*

I am giving you worship with all my life,  
 I am giving you obedience with all my power,  
 I am giving you praise with all my strength,  
 I am giving you honour with all my speech.  
 I am giving you love with all my heart,  
 I am giving you affection with all my sense,  
 I am giving you my being with all my mind,  
 I am giving you my soul,  
 O most high and holy God.

Praise to the Father,  
 Praise to the Son,  
 Praise to the Spirit,  
 The Three in One.

*adapted from Alexander Carmichael,  
 Carmina Gadelica (1900)*

◇◇◇◇

Lord Jesus Christ,  
 Son of the living God,  
 have mercy on me, a sinner.

*The Jesus Prayer*

O God, the protector of all who trust in you,  
 without whom nothing is strong, nothing is holy:  
 increase and multiply upon us your mercy;  
 that with you as our ruler and guide,  
 we may so pass through things temporal  
 that we lose not our hold on things eternal;  
 through Jesus Christ our Lord.

*Common Worship*

◇◇◇◇

Be with us, Lord, in all our prayers,  
 and direct our way  
 toward the attainment of salvation,  
 that among the changes and chances  
 of this mortal life,  
 we may always be defended  
 by your gracious help,  
 through Jesus Christ our Lord.

*Common Worship*

O gracious and holy Father,  
 give us wisdom to perceive you,  
 diligence to seek you,  
 patience to wait for you,  
 eyes to behold you,  
 a heart to meditate upon you,  
 and a life to proclaim you,  
 through the power of the spirit  
 of Jesus Christ our Lord.

*St Benedict*

### **Before going to sleep**

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.

*Church of South India*

## **Prayers with children**

### **A prayer for when a friend is ill**

Dear God, (*name of friend*) is ill.

They are not allowed to go to school  
 or come over to play.

I'm sad because I miss them.

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

Please be with the people  
 who are looking after them.

Please help them to get better  
 and to know that you love them.

**Amen.**

### A prayer for the world

God of love and hope,  
you made the world and care for all creation,  
but the world feels strange right now.

The news is full of stories about Coronavirus.

Some people are worried that they might get ill.  
Others are anxious for their family and friends.  
Be with them and help them to find peace.

We pray for the doctors and nurses and scientists,  
and all who are working to discover the right  
medicines to help those who are ill.

Thank you that even in these anxious times,  
you are with us.

Help us to put our trust in you and keep us safe.

**Amen.**

### A prayer at bedtime

Before the ending of the day,  
Creator of the world, we pray  
That you, with steadfast love, would keep  
Your watch around us while we sleep.

Tonight we pray especially for *(family or friends)*  
and the people of *(country or place)*.

Please give skill and wisdom  
to all who are caring for them.

**Amen.**

### A prayer remembering God is with us

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.

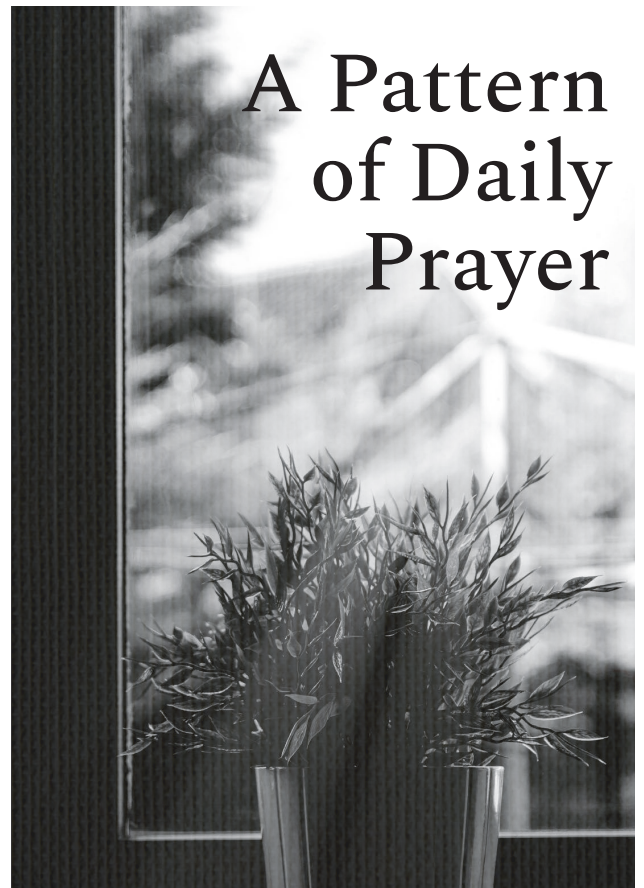
You are with me when I'm healthy  
and when I am ill.

You are with me when I am peaceful  
and when I am worried.

Today I am feeling *(name how you are feeling)*  
because *(reasons you are feeling this way)*.

Help me to remember that you love me  
and are with me in everything today.

**Amen.**



## Morning Prayer

*You may wish to light a candle and have some reflective music playing in the background.*

The Lord is good, a strong refuge when trouble comes. God is close to those who trust in him.

*Nahum 1.7*

### Opening Sentences

O Lord, open our lips  
**and our mouth shall proclaim your praise.**

The night has passed, and the day lies open before us; let us pray with one heart and mind.

*Pause for reflection as you offer the day to God.*

As we rejoice in the gift of this new day,  
so may the light of your presence, O God,  
set our hearts on fire with love for you;  
now and for ever.

**Amen.**

- <sup>5</sup> You spread a table before me  
in the presence of those who trouble me;  
you have anointed my head with oil  
and my cup shall be full.
- <sup>6</sup> Surely goodness and loving mercy  
shall follow me all the days of my life,  
and I will dwell in the house of the Lord for ever.

**Glory to the Father and to the Son  
and to the Holy Spirit;  
as it was in the beginning is now  
and shall be for ever. Amen.**

*You may wish to use the suggested reading or follow the weekly pattern of short readings given on page 20, or choose a passage of your own. Full texts for all suggested psalms and readings can be found online at [CofE.io/WeeklyPattern](http://CofE.io/WeeklyPattern)*

## Bible Reading

*You may wish to say Psalm 23 or another psalm here, such as Psalm 16 or Psalm 139. Full texts for all suggested psalms and readings can be found online at [CofE.io/WeeklyPattern](http://CofE.io/WeeklyPattern)*

### Psalm 23

- <sup>1</sup> The Lord is my shepherd;  
therefore can I lack nothing.
- <sup>2</sup> He makes me lie down in green pastures  
and leads me beside still waters.
- <sup>3</sup> He shall refresh my soul  
and guide me in the paths of righteousness  
for his name's sake.
- <sup>4</sup> Though I walk through the valley  
of the shadow of death,  
I will fear no evil;  
for you are with me;  
your rod and your staff, they comfort me.

*Sunday, or on any day*

But now thus says the Lord,  
he who created you, O Jacob,  
he who formed you, O Israel:  
Do not fear, for I have redeemed you;  
I have called you by name, you are mine.  
When you pass through the waters,  
I will be with you;  
and through the rivers,  
they shall not overwhelm you;  
when you walk through fire  
you shall not be burned,  
and the flame shall not consume you.  
For I am the Lord your God,  
the Holy One of Israel, your Saviour.

*Isaiah 43.1-3a*

<i>Monday</i>	<i>John 14.1-6</i>
<i>Tuesday</i>	<i>Philippians 4.8-9</i>
<i>Wednesday</i>	<i>Colossians 3.16,17</i>
<i>Thursday</i>	<i>Ephesians 2.19-22</i>
<i>Friday</i>	<i>Romans 12.9-12</i>
<i>Saturday</i>	<i>Luke 12.22-31</i>

## Prayers

Almighty and everlasting God,  
we thank you that you have brought us safely  
to the beginning of this day.  
Keep us from falling into sin  
or running into danger;  
order us in all our doings  
and guide us to do always  
what is righteous in your sight;  
through Jesus Christ our Lord.  
**Amen.**

Keep us, good Lord,  
under the shadow of your mercy  
in this time of uncertainty and distress.  
Sustain and support the anxious and fearful,  
and lift up all who are brought low;  
that we may rejoice in your comfort  
knowing that nothing can separate us  
from your love  
in Christ Jesus our Lord.  
**Amen.**

## The Lord's Prayer

Our Father in heaven,  
hallowed be your name,  
your kingdom come,  
your will be done,  
on earth as in heaven.  
Give us today our daily bread.  
Forgive us our sins  
as we forgive those who sin against us.  
Lead us not into temptation  
but deliver us from evil.  
For the kingdom, the power,  
and the glory are yours,  
now and for ever.  
**Amen.**

*(or)*

Our Father,  
who art in heaven,  
hallowed be thy name;  
thy kingdom come;  
thy will be done;  
on earth as it is in heaven.  
Give us this day our daily bread.  
And forgive us our trespasses,  
as we forgive those who trespass against us.  
And lead us not into temptation;  
but deliver us from evil.  
For thine is the kingdom,  
the power and the glory,  
for ever and ever.  
**Amen.**

## The Conclusion

The Lord bless us, and preserve us from all evil,  
and keep us in eternal life.  
**Amen.**

Let us bless the Lord.  
**Thanks be to God.**

## Night Prayer

*You may wish to light a candle and have some  
reflective music playing in the background.*

The eternal God is your refuge,  
and underneath are the everlasting arms.  
*Deuteronomy 33.27*

## Opening Sentences

The Lord almighty grant us a quiet night and a  
perfect end. **Amen.**

Our help is in the name of the Lord  
**who made heaven and earth.**

*Pause and reflect on the day that is past.*

Save us, O Lord, while waking,  
and guard us while sleeping,  
that awake we may watch with Christ  
and asleep may rest in peace.

## Bible Reading

You may wish to say here the psalm given below, or Psalm 27, or another chosen psalm.

### Psalm 91

- <sup>1</sup> Whoever dwells in the shelter of the Most High and abides under the shadow of the Almighty,
- <sup>2</sup> Shall say to the Lord, 'My refuge and my stronghold, my God, in whom I put my trust.'
- <sup>3</sup> For he shall deliver you from the snare of the fowler and from the deadly pestilence.
- <sup>4</sup> He shall cover you with his wings and you shall be safe under his feathers; his faithfulness shall be your shield and buckler.
- <sup>5</sup> You shall not be afraid of any terror by night, nor of the arrow that flies by day;
- <sup>6</sup> Of the pestilence that stalks in darkness, nor of the sickness that destroys at noonday.
- <sup>7</sup> Though a thousand fall at your side and ten thousand at your right hand, yet it shall not come near you.

**Glory to the Father and to the Son  
and to the Holy Spirit;  
as it was in the beginning is now  
and shall be for ever. Amen.**

You may wish to use one of the following short readings or choose a passage of your own.

You, O Lord, are in the midst of us, and we are called by your name; leave us not, O Lord our God.  
*Jeremiah 14.9*

or

Jesus said, 'Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest. 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. For my yoke is easy, and my burden is light.'  
*Matthew 11.28-end*

or

Humble yourselves under the mighty hand of God, so that he may exalt you in due time. Cast all your anxiety on him, because he cares for you.

*1 Peter 5.6,7*

- <sup>8</sup> Your eyes have only to behold to see the reward of the wicked.
- <sup>9</sup> Because you have made the Lord your refuge and the Most High your stronghold,
- <sup>10</sup> There shall no evil happen to you, neither shall any plague come near your tent.
- <sup>11</sup> For he shall give his angels charge over you, to keep you in all your ways.
- <sup>12</sup> They shall bear you in their hands, lest you dash your foot against a stone.
- <sup>13</sup> You shall tread upon the lion and adder; the young lion and the serpent you shall trample underfoot.
- <sup>14</sup> Because they have set their love upon me, therefore will I deliver them; I will lift them up, because they know my name.
- <sup>15</sup> They will call upon me and I will answer them; I am with them in trouble, I will deliver them and bring them to honour.
- <sup>16</sup> With long life will I satisfy them and show them my salvation.

## Prayers

Merciful God, we entrust to your unfailing and tender care this night those who are ill or in pain, knowing that whenever danger threatens your everlasting arms are there to hold us safe. Comfort and heal them, and restore them to health and strength; through Jesus Christ our Lord.  
**Amen.**

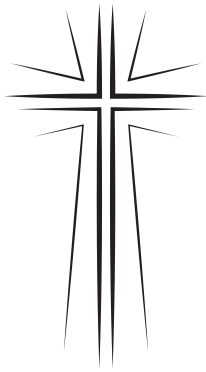
Be present, O merciful God, and protect us through the silent hours of this night, so that we who are wearied by the changes and chances of this fleeting world, may rest upon your eternal changelessness; through Jesus Christ our Lord.  
**Amen.**

Visit this place, O Lord, we pray, and drive far from it the snares of the enemy; may your holy angels dwell with us in peace, and may your blessing be always upon us; through Jesus Christ our Lord.  
**Amen.**

## The Lord's Prayer

Our Father in heaven,  
 hallowed be your name,  
 your kingdom come,  
 your will be done,  
 on earth as in heaven.  
 Give us today our daily bread.  
 Forgive us our sins  
 as we forgive those who sin against us.  
 Lead us not into temptation  
 but deliver us from evil.  
 For the kingdom, the power,  
 and the glory are yours,  
 now and for ever.  
**Amen.**

(or)



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Our Father,  
 who art in heaven,  
 hallowed be thy name;  
 thy kingdom come;  
 thy will be done;  
 on earth as it is in heaven.  
 Give us this day our daily bread.  
 And forgive us our trespasses,  
 as we forgive those who trespass against us.  
 And lead us not into temptation;  
 but deliver us from evil.  
 For thine is the kingdom,  
 the power and the glory,  
 for ever and ever. Amen.

## The Conclusion

In peace we will lie down and sleep;  
**for you alone, Lord, make us dwell in safety.**

The Lord bless us and watch over us;  
 The Lord make his face to shine upon us  
 and be gracious to us;  
 The Lord look kindly upon us and give us peace.  
**Amen.**



This booklet contains prayers for personal or group use, special prayers for use if it isn't possible to meet in church, and a simple form of prayer for the morning and evening, which can be downloaded, printed, and shared with those remaining at home or who are unable to access the Internet.

These resources are offered to help those who are struggling to find words at this difficult and stressful time, and to enable Christians to worship in solidarity with one another even if it is not possible to gather in church.

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