

## Personal prayers for difficult times

Let nothing disturb you,  
Let nothing frighten you,  
All things are passing away: God  
never changes. Patience obtains all  
things Whoever has God lacks  
nothing; God alone suffices. *St  
Teresa of Avila*

O Blessed Jesus, give me stillness  
of soul in You. Let Your mighty  
calmness reign in me. Rule me, O  
King of Gentleness, King of Peace.  
*St John of the Cross*

Watch, O Lord, with those who wake, or watch, or weep tonight, and give  
your angels charge over those who sleep. Tend your sick ones, O Lord  
Christ. Rest your weary ones. Bless your dying ones. Soothe your suffering  
ones. Pity your afflicted ones. Shield your joyous ones. And for all your  
love's sake. Amen. *Attributed to St Augustine*

## Prayers for the nation

Lord Jesus Christ,  
In these dark and difficult days we  
turn our hearts to you.  
In ages past you have delivered our  
nation from disaster.  
Do it again we pray.

Give Wisdom beyond human  
wisdom to our leaders.  
Give strength beyond human  
strength to the NHS and all our  
frontline workers.  
Give comfort beyond human  
comfort to children and the elderly  
and all who grieve.

Lord, Jesus Christ. In these dark and  
difficult days, turn your face  
towards us, have mercy upon us,  
and heal our land we pray. Amen.

Loving God,  
your Son Jesus Christ came that  
we might have life and have it  
abundantly;  
pour out your blessing upon our  
nation;  
where there is illness,  
bring your healing touch; where  
there is fear, strengthen us with  
the knowledge of your presence;  
where there is uncertainty, build  
us up in faith;  
where there is dishonesty, lead  
us into truth;  
where there is discord,  
may we know the harmony of  
your love;  
this we ask in Jesus' name. Amen.

Loving God,  
at this time of crisis  
when so many are suffering, we  
pray for our nation and our world.  
Give our leaders wisdom, our  
Health Service strength, our people  
hope.  
Lead us through these parched and  
difficult days  
to the fresh springs of joy and  
comfort that we find in Jesus Christ  
our Lord. Amen.

Loving Father God,  
Be with us in our distress: with our  
families, friends and neighbours,  
our country and our world. Give  
health to the sick, hope to the  
fearful, and comfort to the  
mourners. Give wisdom to our  
frontline and key workers, insight  
to our government and patience to  
us all; Overcome disease with the  
power of your new life, through  
your Son, Jesus Christ our Lord.  
Amen.



## PRAYER FOR THE NATION

*The Archbishops of Canterbury and York have invited all to join in Prayer for the Nation.*

*The suggestion is that as many of us as possible unite to do this at 6pm each day.*

*These prayers and themes are offered as tools to enable all to participate and are intended simply as suggestions.*

# Daily Themes

<b>Sunday</b>	Family, friends and loved ones
<b>Monday</b>	Schools and colleges, children and young people
<b>Tuesday</b>	Elderly, isolated and vulnerable
<b>Wednesday</b>	Businesses, the workplace and economic wellbeing
<b>Thursday</b>	The NHS and other key workers
<b>Friday</b>	National and local government
<b>Saturday</b>	All who are grieving and all suffering with physical and mental ill-health

## ***Sunday Family, friends and loved ones***

We lift to God those we hold in our hearts – praying for their health, their well-being and their sense of hope.

We pray that even when loved ones cannot physically be together they would not feel apart.

We ask for God's help in our communicating, our connecting and our caring.

## ***Monday Schools and colleges, children and young people***

We pray for all those involved in the shaping of young lives.

We give God thanks for the sacrifice and commitment of teachers and all those involved in serving children and young people in education.

We pray that all might be nurtured and cared for and that every needful resource would be made available – that all lives can flourish even in these difficult times and that no-one would be overlooked.

## ***Tuesday Elderly, isolated and vulnerable***

We echo God's commitment to those most at risk of this virus by praying today for those who are particularly vulnerable and isolated: praying for their deliverance, protection and comfort.

We hold before God those who care for them – that they would be strengthened and encouraged in this work.

## ***Wednesday Businesses, the workplace and economic wellbeing***

In this time of great challenge, we pray for the economic wellbeing of the country.

We remember before God those who face great uncertainty in their work. We lift before God those who have lost their jobs and face an uncertain and difficult future.

We pray for a renewed commitment to our common life together.

## ***Thursday The NHS and other key workers***

Our God is the great healer – and the agent used more than any other is the NHS.

Today we voice our gratitude for those who serve this country in the National Health Service and pray for that God would prosper the work of their hands – that they would all be encouraged in their continued work of sacrifice and care amongst us.

## ***Friday National and Local government***

We pray for those who are in positions of authority with responsibility for decision making at national and local level at this difficult time.

We ask that God would give great wisdom, deep commitment to all and right judgment.

## ***Saturday All who are grieving, and all suffering with physical and mental ill-health***

*'Lord the one you love is ill...'*

*John 11 v 3*

We bring to God all those who suffer in body, mind, spirit or with grief. We ask that in God's great loving kindness they might know God's sustaining presence amidst their pain.

We pray for those who are stretched beyond their own capacity to cope and remain hopeful – that in the roar of these waterfalls God would bring a sense of coherence, comfort and strength.