

## Prayer for the Nation

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Whilst this call to pray was specifically set for February 2021, these resources remain available for all those who wish to continue praying for the nation.

We beseech thee, Master, to be our helper and protector.

Save the afflicted among us; have mercy on the lowly;

raise up the fallen; appear to the needy; heal the ungodly;

restore the wanderers of thy people;

feed the hungry; ransom our prisoners;

raise up the sick; comfort the faint-hearted.

*Clement of Rome, 1st Century*

Lord God,

You have called your servants

to ventures of which we cannot see the ending,

by paths as yet untrodden,

through perils unknown.

Give us faith to go out with good courage,

not knowing where we go,

but only that your hand is leading us

and your love supporting us,

through Jesus Christ our Lord.

Amen.

**In response to reaching the terrible milestone of 100,000 deaths from COVID-19, the Archbishops invited all to call on God in Prayer. Through the month of February 2021, the nation was invited to set aside time every evening to pray, particularly at 6pm each day. More than ever, this is a time when we need to love each other. Prayer is an expression of love.**

• [Read the letter](#)

Look upon us, O Lord,  
and let all the darkness of our souls  
vanish before the beams of your brightness.  
Fill us with holy love,  
and open to us the treasures of your wisdom.  
All our desire is known to you,  
therefore perfect what you have begun,  
and what your Spirit has awakened us to ask in prayer.  
We seek your face,  
turn your face to us and show us your glory.  
Then shall our longing be satisfied,  
and our peace shall be perfect.

*St Augustine of Hippo*

Alone with none but thee, my God,  
I journey on my way.  
What need I fear, when thou art near O King of night and day?  
More safe am I within thy hand  
than if a host did round me stand.

*Columba, c.521 - 597*

Lord, because you have made me, I owe you the whole of my love;  
because you have redeemed me, I owe you the whole of myself;  
because you have promised so much, I owe you my whole being.  
Moreover, I owe you as much more love than myself as you are greater than I,  
for whom you gave yourself and to whom you promised yourself.  
I pray you, Lord, make me taste by love what I taste by knowledge;  
let me know by love what I know by understanding.  
I owe you more than my whole self, but I have no more,  
and by myself, I cannot render the whole of it to you.  
Draw me to you, Lord, in the fullness of your love.  
I am wholly yours by creation; make me all yours, too, in love.

## Daily prayer themes

[Download these prayers in a printable PDF](#) | [Large print PDF](#)

### 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.

A group of people looking at a sunrise.

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### 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.

An elderly man looking out a window.

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## 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.

A birds eye view of someone working on a computer.

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## 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 11v3

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.



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# Weekly prayers

## Week 1 (1-7 February)

Gracious God,  
as we remember before you the thousands who have died,  
surround us and all who mourn with your strong compassion.  
Be gentle with us in our grief,  
protect us from despair,  
and give us grace to persevere  
and face the future with hope  
in Jesus Christ our risen Lord.  
Amen.

## Week 2 (8-14 February)

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.

### Week 3 (15-21 February)

Loving Father God,  
be with us in our distress;  
be with our families, friends, and neighbours,  
our country and our world.  
Give health to the sick,  
hope to the fearful,  
and comfort to 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.

### Week 4 (22-28 February)

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 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.

## **Other prayers**

[Download personal prayers in a printable PDF](#)

[A Litany PDF](#)

[Download a guide on fasting from 24-7 Prayer International](#)

## Prayers in schools

[Download prayers for use in primary schools PDF](#) | [Single page PDF](#)

[Download prayers for use in secondary schools PDF](#) | [Single page PDF](#)

## Further prayers

### [Short Prayers](#)

**There are times when we don't have time for long prayers – and so we simply cry out to God. You could use words like these.**

God, please help us now.

Amen

O God, make speed to save us.

O Lord, make haste to help us.

O God, our help in ages past,  
our hope for years to come,  
be thou our guard while troubles last and our eternal home.

*Isaac Watts paraphrasing Psalm 90*

O Lord, hear our prayer, and let our crying come before you.

*or another paraphrase of Psalm 102*

May the Lord keep watch over us, from this time forth for evermore.

*paraphrasing Psalm 121*



Good Lord, deliver us now.

Good Lord, deliver us and let your light shine in the darkness.

Come to us, Lord our God:

Stretch out your arm to save,

strengthen our hands to love,

for the sake of the world that is your own.

Amen.

Come to us Lord our God

Stretch out your arm to save

Strengthen our hands to love

For the sake of the world that is your own.

Amen.

### A Grace

Dear God,

We are grateful for all that you have given to us: this food, each other and our health.

We pray for those who lack these things we enjoy.

Give us thankful hearts and opportunities to share your gifts with others.

We lift before you this country in these difficult days: and pray you would protect us, encourage us and keep us.

Amen.

### A Family Prayer

Loving God, you know us and all that we are facing.

We thank you that we can come to you as we are – with all our fears and concerns, our difficulties and challenges.

Please draw close to each of us and those we remember before you now.

Bring to us your peace and comfort.

And fill us with your Spirit that we may be bearers of your grace and hope to others.

As a country protect us, encourage us and keep us. In the name of your Son Jesus, we pray. Amen.

## **School prayer videos**

### **Primary**

#### Week 1

Week 2

Week 3



# Secondary

## Week 1

Week 2

Week 3

## **A prayer for all those affected by coronavirus**

Keep us, good Lord,  
under the shadow of your mercy.  
Sustain and support the anxious,  
be with those who care for the sick,  
and lift up all who are brought low;  
that we may find comfort  
knowing that nothing can separate us from your love  
in Christ Jesus our Lord.

**Amen.**

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## Weekly online services

Watch our national services, streaming live at 9am every Sunday

[Watch now](#)



[Listen to a service of daily prayer](#)

[Subscribe to our prayer podcast on your favourite platform](#)



[Mental health reflections](#)



It's more important than ever to support our mental health

Prayer for use during the coronavirus outbreak.

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## COVID-19 liturgy and prayer resources

Prayers and intercessions for personal or group use

Rows of tea lights, some lit, some not, on a tea-light candle stand in a church

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## Light a candle to remember someone

An online candle is a helpful way of remembering someone who has died

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**Source URL:** <https://www.churchofengland.org/resources/prayer-nation>