



*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.*

### **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.

## Daily Themes

Sunday	Family, friends and loved ones
Monday	Schools and colleges, children and young people
Tuesday	Elderly, isolated and vulnerable
Wednesday	Businesses, the workplace and economic wellbeing
Thursday	The NHS and other key workers
Friday	National and local government
Saturday	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.