

What to Pray During the Corona Virus Epidemic

- Prayers by *Barbara Glasson, President of the Methodist Conference, England*

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.

Lord Jesus Christ, you taught us to love our neighbor, 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.**

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.

Scriptures to Read

Deuteronomy 31:8-9

Joshua 1:9-10

Psalms 23

Psalms 46

Psalms 121

Mark 12:28-31

John 14

Romans 8:31-39

Philippians 4:6-7

Revelation 21:1-4

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.**

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 neighbors' 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. **Amen.**

Breath Prayer

A breath prayer is a simple, intimate prayer that can be done in one breath. Breathing is an unconscious thing, so breath prayers remind us that just as we can't live on one breath of air, we can't live on one breath of God. God is the oxygen of our soul so we need to breathe God in all day long, in this way we can "pray without ceasing."

Breathing in, you pray "Give me wisdom and strength," breathing out, you say, "to love God and my neighbors."

This short repetitive prayer frees you from linear thought and allows you to begin to pray in your body, not just your mind. It is meant to be a living, breathing rhythm of surrender.

Prayer Labyrinth Meditative Practice



Directions For Prayer Labyrinth:

1) Use the pointer finger on your non-dominant hand to walk the labyrinth. It will feel a little strange at first.

2) Start at the entrance. As you trace the path think about letting go of the things that are causes you anxiety and fear. Take your time walking towards the center.

3) At the center recognize the presence of Christ in your life. Rest in the center in the mighty presence of God.

4) Then as you come out of the labyrinth think of new ways that you will try to recognize the way that Christ is moving in your live each day and calling you to serve.