

## PRAYERS AND AFFIRMATIONS

Attributed to Augustine of Hippo (354-430)

Loving God, to turn away from you is to fall,  
to turn towards you is to rise,  
and to stand before you is to live forever.  
Grant us, dear God, in all our work, your help;  
in all our uncertainties, your guidance;  
in all our dangers, your protection;  
and in all our sorrows, your peace;  
through Jesus Christ our Lord. Amen.

사랑이신 하나님,  
당신에게 등을 돌리면 멸망에 이르고,  
당신을 향하여 다가가면 하늘에 솟아오름을 압니다.  
당신의 얼굴에 우리의 얼굴을 대하면, 영생을 얻게 됨을 압니다.

오 하나님!  
우리의 모든 삶 속에 임하시어 우리를 도와주시옵소서.  
불안 속에 처한 우리 모두에게 구원의 손길을 허락하시고,  
슬픔 속에 처한 우리 모두에게 당신의 평안으로 위로하소서.

우리 구주 예수 그리스도의 이름으로 기도드립니다.  
아멘.

(Translation by Young-Ho Chun)

Based on the Lord's Prayer

Our great God in heaven,  
we pray that in our time of loneliness and isolation you would draw near to us,  
here on earth, when we cannot draw near to one another.  
Hallowed be your name, still and especially now.  
As we are forced to be set apart physically,  
help us also consider what it is to be set apart in holiness, all the days of our lives.  
Send your kingdom here and may we participate in it,  
calling on our neighbors in creative ways  
as we are physically separated from each other.  
We depend on one another to be your hands and feet as we seek after your will,  
but in these days when we cannot,  
enable us still to be your voice and love one another in spirit.

Give us this day our ordinary food,  
and help us to find ways to also make sure others have what they need.  
May we treat it as manna and take only enough.  
Comfort us as we grieve the fellowship  
of receiving the spiritual food that is your body and blood,  
looking forward to the day when we can once again gather.  
Forgive us our sins as we forgive those who sin against us.  
Prompt us to take some extra time in the silence and the solitude to confess and turn  
from the things that have grieved you and harmed others.  
Empower us to consider the things that we have been unable to participate in  
during these days  
and carefully decide whether we should take them up again when we can.  
Help us not to be tempted beyond what is common.  
May we not look for new ways to fill our time  
that cause our eyes to be fixed on anything but you.  
Deliver us from evil so that we may emerge on the other side of this suffering  
closer to you and not separated from you.  
For yours is especially now, in our suffering and lament,  
the kingdom and the power and the glory forever. Amen.  
(Lisa Michaels)

### **Breath prayer**

*Pray one sentence silently while inhaling, one while exhaling, etc.*

Lord, save us. Lord, awaken us.  
Lord, use us. We are yours. Amen.

(Kenneth Loyer)

### **During a time of trouble** (based on Rev. 22, esp. vss. 16-17)

Holy God, the source of life and creator of all that is good,  
you sent to a world lost in darkness your only Son,  
the bright and morning star,  
who has broken the power of sin and death:  
quench our present fear and enliven us by your Spirit,  
that we may live boldly as beacons of light in a time of trouble;  
through Jesus Christ our Lord. Amen.

(Dirk R. Ellis)

### **During an epidemic**

Almighty God, you have dominion over life and death. We beseech you, let us not  
all be destroyed. Hear our cry and look upon the needs of the sick, the dying, and one  
another: so many we cannot number them. You who are our aid, turn away this plague.

Keep us in your care, you who love what you have created, and give comfort and  
strength to those whom you chasten. You who are father to the fatherless, the refuge and

defender of widows, soothe the stricken and the suffering; lighten the heart of the oppressed.

Merciful God, let your consolation never be taken from the afflicted. Make us content in your will, and prepare us with your Word. Let us run our course with patience and hope, and finally, with sin's contagion washed away, take us to abide in your arms forever, through Christ our Lord. Amen.

(Christoffer Dahl [1758-1809] in *Den Svenska Psalmboken* [1819]. Translated from the Swedish by Carol M. Norén)

### **For a time of social distancing**

Great God of Love, you who are never distant:  
whisper comfort and courage to all in quarantine;  
breathe faith and patience into all who wait in worry.  
Unbind our hearts to rest in you.  
In Jesus' name, we pray. Amen.

(Rebecca Josephson)

### **For awareness of God's presence**

LORD our God,  
you who have been our Dwelling Place in all generations,  
be our dwelling place in these tumultuous times;  
you who are the Prince of Peace,  
be our Peace in the midst of our anxiety and care;  
you who are the Breath of Life,  
be our Breath and our Song of Confidence, now and forevermore. Amen.

(Kendall Soulen)

### **For leaders of faith communities**

God our Shepherd, you never leave or forsake us.  
Strengthen those who are leading communities of faith through these times of uncertainty,  
that they may follow your example of steadfast care.  
Enlighten the eyes of their hearts,  
that they may discern your presence amid changed rites and new directions,  
and give them wise words to guide those they serve.  
Reinforce the hope to which they have been called,  
even as they walk with their congregations  
through the valley of the shadow of death.  
Safeguard their faith, that they may be beacons of your love to a world in desperate need.  
We ask these things through Jesus, who goes before us always, showing us the way. Amen.

(Jayleigh Lewis)

### **For medical workers**



For all who have contracted the coronavirus, we pray for care and healing.  
For those who are particularly vulnerable, we pray for protection and your sustaining grace.  
For all who experience fear or anxiety, we pray for peace of mind and spirit.  
For affected families who are facing difficult decisions between food on the table  
or public safety, we pray for policies that recognize their plight.  
For those who do not have adequate health insurance,  
we pray that no family will face financial burdens alone.  
For those who are afraid to access care due to immigration status,  
we pray for recognition of the God-given dignity of all.  
For all those whose lives are disrupted, for teachers, students, and parents  
engaged in new ways of learning, we pray for patience and creativity.  
For our brothers and sisters around the world, we pray for shared solidarity.  
For public officials and decision makers, we pray for wisdom and guidance.

Help us to reach out with our hearts when we can't touch with our hands;  
to be socially connected, when we have to be physically distant;  
to love as perfectly as we can in spite of the epidemic, in spite of the fear.

Help us, O God, that we might help each other so that your Church may be  
a sign of hope, comfort and love to all.

Grant peace.  
Grant comfort.  
Grant healing.  
Be with us, Lord. Amen.

(adapted and modified by Karen Scheib from  
prayers by the Right Rev. Richard Bott,  
Moderator, Church of Canada, and the  
United States Conference of Catholic  
Bishops. Permission to reproduce or use  
portions of these prayers granted by both  
authors.)

### **For strength in difficult times**

Caring and Compassionate God,  
in Christ you have provided everything I need to feel secure.  
Lord Jesus, you are compassionate and tender-hearted.  
Lord Jesus, you want to help me in all situations in every possible way.  
Lord Jesus, you can calm my mind and comfort my heart  
when I am discouraged and confused—when my soul faints.  
Through the Spirit you provide everything I need to grow.  
Holy Spirit, you help me wrestle through and overcome the difficulties I face.  
Holy Spirit, you offer me life when my heart faints and loss overwhelms my soul.  
Holy Spirit, you intercede for me when I have no words of my own

and you lift up my head in hope.  
As a loving Parent, you provide everything I need to be who I am.  
Love Divine, I cast all my uncertainties and concerns—as burdens too heavy—on you.  
Love Divine, I leave them in your care because you can handle them and resolve them.  
Love Divine, carry me through.  
Help me to look to Jesus, the Author and Finisher of my faith,  
as the source of my courage in life.  
Help me to rely on the Spirit, the Power and Energy of love,  
as the source of my strength in this uncertain race. Amen.  
(Paul Wesley Chilcote)

Almighty God, we kneel before you with fearful hearts and quivering souls.  
Amid our predictable lives, we now face each day as a great unknown.  
By your love and grace, you call us in this time of darkness  
to remember that you have sent your Son Jesus Christ  
as a lamp to our feet and a beacon to our souls.  
Fill us, Lord, with your light of hope  
so that we may be a lamp of love and grace to the sick and the dying.  
Through the power of your Holy Spirit,  
grant us strength to persevere in this time of crisis,  
so that others may see hope through our love and care for our neighbors.  
We ask this through the one who is the way, the truth and the life,  
Jesus Christ our Lord. Amen.  
(Glenn Mortimer)

### **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,  
British Methodist Conference)

### **For those experiencing anxiety**

Ever-present God, your care for us reaches to the heights and depths of this world.  
Help us when we are afraid for ourselves or for others;  
relax our racing minds and give us your peace.

Remind us with each breath that nothing shall separate us from your love.  
When we are troubled, overwhelmed, or dismayed by what we see and hear,  
    carry us with compassion, so that our hearts may be soothed and strengthened.  
We ask this through Jesus, who promised to be with us always, even to the end of time.  
Amen.

(Jayleigh Lewis)

### **For those sheltering in place**

Liberating God, you hear the cries of those in distress.  
Watch over those who must now endure living situations not of their choosing,  
    and those who feel trapped in hostile environments.  
Guard them from despair; keep them free in spirit.  
Deliver them from the suffering that is more than they can bear,  
    so that they may experience the wonders of your love even in a besieged city.  
Into your hands we commit their lives, so that your faithful mercies may shelter them.  
We ask this in Jesus' name. Amen.

(Jayleigh Lewis)

### **For those who must die alone**

**Por los que mueren solos**

**Pour ceux qui doivent mourir seuls**

**혼자 죽음을 맞이하는 분들을 위한 기도**

Lord Jesus Christ, you walked the lonesome valley  
and knew the sharp sense of death for us all.  
Draw near in mercy to all who are isolated from those who love them.  
Surround them with your unsearchable grace  
in their crossing over to the divine embrace,  
comforting those who have loved them, and love them still;  
In your boundless compassion. Amen.

(Don Saliers)

Señor Jesucristo, tú caminaste por el valle solitario  
y conociste el agudo sentir de la muerte por todos nosotros.  
Acércate misericordiosamente a todos los que están aislados de quienes los aman.  
Acompáñalos con tu gracia insondable al cruzar a tu abrazo divino.  
Consuela a todos quienes los amaron, y todavía los aman.  
En tu compasión infinita oramos; Amén.

(Edgardo A. Colón-Emeric)

Seigneur Jésus-Christ, Toi qui as traversé la vallée de la mort en solitaire  
et qui a connu l'agonie et la mort pour nous tous,  
dans ta miséricorde, sois proche de tous ceux qui sont isolés de ceux qui les aiment.

Entourez-les de ta grâce insondable dans leur passage à l'étroite divine,  
réconforte ceux qui les ont aimés et les aiment toujours.  
Dans ta compassion sans limites. Amen.

(Frédérique Poulet)

우리 주 예수님,

주님은 우리 모두를 위해

외로운 골짜기를 걸어가셨고

몸소 죽음을 깊이 경험하셨습니다.

사랑하는 이들과 떨어져 홀로 고립된 모든 이들에게

주의 자비로 다가오소서.

그들이 하나님 품으로 건너갈 때,

헤아릴 수 없는 주님의 은혜로 감싸주시고,

그들을 변함없이 여전히 사랑하고 있는 이들을

위로해 주소서.

주님의 한없는 긍휼하심에 의지하여 기도합니다. 아멘.

(Hae Jin Bahng 방혜진)

### **For times of distress**

Holy Jesus,  
guide and guardian of our way,  
shelter us in this wilderness of fear.  
Lead us through barren places to streams  
that green the heart and heal the land.

In the cool of evening,  
let our weariness subside.  
Root us deep in dreams of peace at the close of day.

When morning comes,  
when morning comes,  
call us by name and we will rise.

(Heather Murray-Elkins)

**For times when the church cannot assemble as usual**

Lord Christ, you have promised that even when we are alone,  
you will never leave us or forsake us.  
In these days when we cannot assemble as usual,  
give to the members of your Body full assurance of your presence.  
Meet us in prayer and in the reading of Holy Scripture,  
as in the bread and wine from which we fast.  
Unite us in your love, and inspire us to connect across distance.  
Protect us from danger, and speak your abiding peace into our hearts. Amen.  
(Regina Walton)

**Litany of lamentation** (based on Psalm 130:1-2, 5, 7)

Out of the depths I cry to you, O Lord,  
**Lord, hear my voice. Let your ears be attentive to the voice of my supplications.**

Lord of creation, who knows each one's heart,  
floodwaters of despair rise around me. I cannot find solid ground.  
Waves of exhaustion slap my face  
and leave me gasping for breath.  
My sadness pulls at my legs and weighs down my arms.  
No rock, no shore, no safety is in sight.  
Out of the depths I cry to you O Lord,  
**Lord, hear my voice. Let your ears be attentive to the voice of my supplications.**

I cannot find my center.  
Each day new tempests spin me about.  
Like a compass needle with no magnetic North,  
I move from crisis to crisis, day to day,  
in a spiral of despair and anguish.  
Out of the depths I cry to you O Lord,  
**Lord, hear my voice. Let your ears be attentive to the voice of my supplications.**

Love spurs me on, but I cannot reach my loved ones.  
Who am I when my dear ones are just an image, a voice?  
Our hands don't touch, our eyes don't meet.  
Helplessness consumes me,  
wasting my joy and compassion.  
I long for the impossible, and my days are lit by guilt.  
Out of the depths I cry to you O Lord,  
**Lord, hear my voice. Let your ears be attentive to the voice of my supplications.**

Rescue me, O Lord.  
Turn my vision toward your safety.

You are a warm shore to rest upon,  
a high rock where the fires cannot reach.  
Preserve my heart, God of love,  
and carry us through these troubles.  
Out of the depths I cry to you O Lord,  
**Lord, hear my voice. Let your ears be attentive to the voice of my supplications.**

My soul waits for you, O Lord, for in you is steadfast love, and with you is our hope.  
This we ask in the name of your son, Jesus Christ, our Rock and our Redeemer.  
**Amen.**

(Rebecca Josephson)

### **Litany of thanksgiving** (inspired by Psalm 118)

You, Creator God, are so good! At all times, in all places, let all of creation sing praises to  
your holy name!

**You, O God, continually bless us with a love that endures forever.**

Though we find ourselves separated, uncertain, and distressed about the future, we know  
you are our God; the one who remains steadfast with us, and so we sing,

**You, O God, continually bless us with a love that endures forever.**

Your healing spirit makes us whole. In your presence our brokenness is transformed;  
our fears, you soothe.

**You, O God, continually bless us with a love that endures forever.**

Even as we question the world around us,  
we see your Spirit move and breathe life into our lives.

Each day brings new challenges and new marvels.

We rejoice in you and we are glad!

**You, O God, continually bless us with a love that endures forever.**

You go before us, and you follow close behind us. You are present  
in places where our congregation gathers,  
in our homes, and in our hearts.

Your Spirit fills us with songs of thanksgiving  
and you place upon our lips sweet alleluias to your name.

**You, O God, continually bless us with a love that endures forever.**

To you we give praise! To the One who creates order from chaos,  
who inspires all good things, and guides us as a loving parent guides their children,  
we celebrate and glorify your name!

**You, O God, continually bless us with a love that endures forever.**

(Alicia Vélez Stewart)

### **Oración en la hora del dolor**

Señor Jesucristo en la cruz clamaste “consumado es.” Verdaderamente en el calvario se cumplen las promesas de las escrituras, la voluntad de tu Padre, y la hora por la cual viniste al mundo. Haznos instrumentos de tu consumación de todas las cosas. Inclina tu cabeza sagrada y sangrienta hacia tu pueblo sufrido que también se siente atado, cansado, e impotente. Ayúdanos a verte nuevamente en las escrituras y en los rostros de los afligidos.

Entréganos el Espíritu Santo, nuestro defensor y consolador. Transforma nuestros hogares en Aposentos Altos, nuestras cocinas en altares, y nuestros calvarios en pascuas. Para que esta hora de lamento sea también hora de esperanza y testimonio, hora de iglesia y misión, hora de alabanza y adoración cuando tu nombre es reverenciado de lo profundo. Amén.  
(Edgardo A. Colón-Emeric)

**Osiana in the house!**

“Osiana” is the Twi (a language of Ghana) adaptation of “hosanna.” The Hebrew “hosanna” means “save us.”

You, who long to be in church  
or in a procession,  
anywhere but home;  
you, who cry from indoors  
for rescue, for safety, for a Savior,  
*Osiana in the house!*

You who long for salvation  
to come to your house,  
to your neighbor’s house,  
to the house of your loved ones,  
to any house where there is distress,  
*Osiana in the house!*

You whose praise and adoration  
will not be stifled  
or locked down,  
or pent up,  
or distanced,  
*Osiana in the house!*

In the house where sadness has entered,  
where grief looms large,  
*Osiana in the house!*

In the house where there is loneliness  
or anger or menace,  
*Osiana in the house!*

In the house where resources are thin,  
where worries are high,  
*Osiana in the house!*

In the house where burdens are carried,  
and wisdom is sought,  
*Osiana in the house!*

In kitchens which have become classrooms,

for those who study and those who teach,  
*Osiana in the house!*

In the houses of healing,  
and for all who work in them,  
*Osiana in the house!*

You who yearn for blessing,  
behold, your king comes,  
*So, sing Osiana in the house!*

(David Markay)

### **To be offered by a child**

God, thank you for sending us Jesus, your only Son.  
Jesus healed many people from their sickness.  
He calmed a storm,  
and even raised people from the dead.

God, let me know that Jesus is with me now.  
Many people are getting sick.  
Some live near me.  
Some are in countries far away.

Sometimes I am very upset and sad.  
I can't go outside and play with my friends.  
I can't go down the slide and play on the swing.  
I can't go to visit grandparents and cousins.

Grownups tell me that it is safest to stay at home.  
Are the little birds outside of the window safe?

God!  
I can do nothing, but I believe you can do anything.  
Please protect my family and me from the sickness.  
When everyone is better,  
I will go to the playground with my friends.  
I will sing your love with the little birds.

Thank you for your amazing love.  
I pray in the name of Jesus. Amen.

하나님,  
하나님의 하나뿐인 아들이신 예수님을 우리에게 보내주셔서 감사합니다.

예수님은 아픈 사람들을 낫게 하셨어요.  
또 몰아치는 폭풍우를 잠잠하게 하셨고,  
죽은 사람까지도 다시 살아나게 하셨어요.

하나님, 예수님이 저와 함께 계시는지 알고 싶어요.  
많은 사람들이 아파하고 있거든요.  
저와 함께 살아가는 이웃들과,  
더 먼 곳에 있는 세계 곳곳의 사람들 말이에요.

저도 가끔은 너무 속상하고 슬퍼요.  
저는 밖에 나가서 친구들이랑 놀 수 없어요.  
미끄럼틀과 그네도 탈 수 없고,  
할아버지, 할머니 그리고 친척들을 만날 수도 없어요.

어른들은 저에게 집에 있는 게 가장 안전하다고 말해요.  
창밖의 작은 새들은 괜찮을까요?

하나님!  
저는 아무것도 할 수 없지만, 하나님은 무엇이든지 할 수 있다는 것을 믿어요.  
저와 우리 가족이 건강할 수 있도록 지켜주세요.  
모든 것이 괜찮아지면,  
저는 친구들과 함께 놀이터에 갈 거예요.  
그리고 작은 새들과 함께 하나님의 사랑을 노래할 거예요.

하나님의 놀라우신 사랑에 감사드립니다.  
예수님의 이름으로 기도드립니다, 아멘

(Jihye Ma)