

Prayers for these difficult times

A Resource from the Valley Interfaith Council April 27, 2020

Covid-19: A Prayer of Solidarity

For all who have contracted coronavirus, We pray for care and healing.

For those who are particularly vulnerable, We pray for safety and protection.

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 our brothers and sisters around the world, We pray for shared solidarity.

For public officials and decisionmakers, We pray for wisdom and guidance.

Father, during this time may your Church be a sign of hope, comfort and love to all. Grant peace. Grant comfort. Grant healing. Be with us, Lord.

Amen.

The Catholic Health Association of the United States

Various Orthodox Christian Prayers for the Coronavirus

"Is anyone among you suffering? Let him pray. Is anyone cheerful? Let him sing psalms. Is anyone among you sick? Let him call for the elders of the church, and let them pray over him, anointing him with oil in the name of the Lord. And the prayer of faith will save the sick, and the Lord will raise him up. And if he has committed sins, he will be forgiven. Confess your trespasses to one another, and pray for one another, that you may be healed. The effective, fervent prayer of a righteous man avails much. (James 5: 13-16)

> Orthodox Christian Prayer For Doctors, Nurses or Anyone In the Medical field

O Lord Jesus Christ our God, Lover of Mankind, Physician of our souls and bodies, who didst bear the pain of our infirmities, and by whose wounds we are healed; Who gave sight to the man born blind; Who straightened the woman who was bent over for 18 years; Who gave speech and sight to the mute demoniac; Who not only forgave the paralytic his sins, but healed him to walk; Who restored the withered hand of a troubled man; Who stopped the flow of blood of her who bled for 12 years; Who raised Jairus' daughter to life; And brought the 4-day-dead Lazarus to life; And who heals every infirmity under the sun:

Do now, O Lord, grant Thy grace to all those who have labored, to go into all the world, and also to heal by the talent Thou hast given to each of them. Strengthen them, by Thy strength, to fear no evil or disease. Enlighten them to do no evil by the works of their hands, and preserve them and those they serve in peace, for Thou art our God, and we know no other, and to Thee we ascribe glory together with Thy Father who is from everlasting, and Thy most Holy, good, and life-creating Spirit, now and ever and unto ages of ages. Amen.

Orthodox Christian General Prayer for the sick

Lord Jesus Christ, our God, the chief physician of our souls and bodies, who for us became Man in order to heal the great trauma of man; You, who did not despise the incurable ten lepers, but, through Your saving grace, cleansed them; You, who, as God and Man, during Your presence on earth, helped and cured all the sick and suffering; You, who also gave relief and restored health to the paralytic, the blind, the heavily transgressed, the demoniacs and the easily drawn into both the flesh and the spirit, do favorably accept our plea and expel, through Your power, the deadly virus that bears the shape of a corona, causing phobias or even death to the ailing and innocent victims. And, if for our many transgressions, You allowed these tempters, we beseech You, as the benevolent one, to take it away from us and from the entire world. But, if for a test of our faith, You found it necessary to continue its presence, ease the distress of the ailing from this epidemic.

And, if through the evil works of Satan, or the negligence of careless humans, this virus was spread, smash its power, as omnipotent God.

Protect the youth and guard all those who became ill; cure the old from the cursed virus; and deliver us all from the stress of the heart; instead, grant us health, comfort, and broadness through the intercessions of Theotokos and all the saints. Amen

Oh God, I'm Spinning Out: A Prayer

There is so much I do not know There is so much I cannot see There is so much I cannot control

In the moments I feel powerless, I will take a deep breath trusting that I am tasked only with doing my part, not the whole

In the moments I feel unsure, I will take a deep breath trusting that I am not alone and that together, our wisdom will be richer

In the moments I feel anxious, I will take a deep breath trusting that there is no depth I can fall out of reach of the Spirit that holds me close

What I do know is that my life and love and worth extend far beyond my work What I can see is that spring follows every winter and new life pokes out from cold ground What I can control is my breath and the love I inject into a world so clearly lacking it

"And now these three remain: faith, hope, and love. But the greatest of these is love."

Rev. Dr. Hannah Adams Ingram Chaplain, Franklin College, Franklin Indiana

A Prayer for Hope

Loving God, help me to hear you saying, "I am your hope" over all the other voices. Lord, your word says, you are the hope for the hopeless so I am running to you with both hands stretched out and reaching for you. Fill me with hope that I might bring that hope to others who are so in need of your good news. Amen.

The Bridge, Seymour Congregational Church, UCC

Prayer for these times

Holy God, ever present with us, we are mindful of these times in which we live. Uncertainty, anxiety and fear are present among us as we listen to and care for one another in these days. We ask that your peace and healing presence be with us, as we pray for and hold each other in love. We ask your guidance and direction as we live out your command to love one another as we are called to love you. In the name of the one who has called us and prepared us for these challenging days, we pray. Amen.

The National Officers of the United Church of Christ

Prayer for Strength and Healing

Be with me, God. I feel so lost. I can't seem to escape the dark cloud that is hanging over me today. Help me, God. Give me strength to combat despair and fear. Show me how to put my pain into perspective. Teach me to have faith in the new day that is coming. Thank you, God, for today's blessings, for tomorrow's hope, and for Your abiding love.

Amen.

Teach me always to believe in my power to return to life, to hope, and to You, God, no matter what pains I have endured, no matter how far I have strayed from You. Give me the strength to resurrect my weary spirit. Revive me, God, so I can embrace life once more in joy, in passion, in peace.

Amen.

When I feel tainted, God, remind me that I am holy.When I feel weak, teach me that I am strong.When I am shattered, assure me that I can heal.When I am weary, renew my spirit.When I am lost, show me that you are near.

Amen.

May God heal you, body and soul. May your pain cease, May your strength increase, May your fears be released, May blessings, love and joy surround you. Amen.

-Rabbi Naomi Levy Talking to God: Personal Prayers for Times of Joy, Sadness, Struggle and Celebration

An Orthodox Christian prayer to the Mother of God during this time of the Coronavirus

Most-Holy Ever-Virgin Mary, Birthgiver of God: receive this heartfelt supplication from us, your unworthy servants. We run to you tearfully, O Sovereign Lady, as this dreadful illness spreads through the whole world. Listen to the much-afflicted sighs of your ailing people and grant healing of soul and body. As a loving Mother, cover your suffering children everywhere with your protecting veil. In times of despair, console the faint-hearted, strengthen the weak, and enlighten those with embittered hearts. Guide the minds and hands of our doctors and nurses, that they may serve as instruments of the all-powerful Physician, Christ our Savior. You are the strong intercessor for our city, our country, and the whole world, O Queen of All. Present our prayers before the throne of the King of Glory, your Son and our God, that He may be merciful towards us and grant His grace to those who honor you and bow before your holy icon with faith and love. O joy of the sorrowful and consolation of the afflicted, stretch out your hands which are full of health and cures, so that having quickly received your wondrous help, we may glorify the Life-giving and Undivided Trinity: the Father and the Son and the Holy Spirit, now and ever and unto ages of ages. Amen.

Orthodox Christian Prayer during pandemic illness (of the new Coronavirus that has fallen upon us)

Almighty Master, the help and salvation of the world; the redeemer and Savior of the sick; the physician and aid of the ailing; the healer of the sorrows of mankind's bodies and souls; who vanquished death: our God. We now beseech, Thee, cleanse and rid us of every malady of body and soul. Lord be not far from us. Send down upon us Thy heavenly power of healing. Cast far from us every lurking illness.

Grant us aid in this time of pandemic and deliver us from every evil, grief and sorrow. End this present scourge and now grant us patience, O Lord. Uplift us and be physician to us all. Raise us from our bed of pain and from our bedding of affliction. Accept the entreaties of doctors and nurses and all whose efforts serve and minister to the sick.

They offer care and comfort. In Thy love of mankind, aid them. By Thy power strengthen them. To those who have succumbed to this accursed, illness and are now departed from us, grant them repose in a place of refreshment. They are Thy servants and our brothers and sisters.

Restore us who hope in Thee to Thy Holy Church, healed and in health, to worship and glorify Thy Holy Name. For it is Thine to show mercy and to save, O Christ our God, and to Thee, we give the glory: Father, Son and Holy Spirit, now and always and unto the ages of ages. Amen.

Orthodox Christian Prayer of protection from the Coronavirus By Bishop Alexis (Trader) of Bethesda

O God Almighty, Lord of heaven and earth, and of all creation visible and invisible, in Thine ineffable goodness, look down upon Thy people gathered in Thy name. Be our helper and defender in this day of affliction. Thou knowest our weakness. Thou dost hear our cry in repentance and contrition of heart. O Lord who loves mankind deliver us from the impending threat of the corona virus. Send Thine Angel to watch over us and protect us. Grant health and recovery to those suffering from this virus. Guide the hands of physicians, and preserve those who are healthy that we may continue to serve Thee in peace and glorify Thy most honorable and majestic Name, of the Father and of the Son and of the Holy Spirit, now and ever and to the ages of ages. Amen.

Orthodox Christian Prayers for the Departed (Prayers for the Repose of Souls)

With the saints give rest, O Christ, to the souls of Thy departed servants, (names), where there is neither sickness nor sorrow nor sighing, but life everlasting. Amen.

Remember, O Lord, the souls of Thy departed servants (names) and of all my kins according to the flesh. Also remember all those of our fathers, mothers, brothers and sisters, who have fallen asleep in the hope of resurrection and of the life eternal, and render unto them eternal memory. Into Thy hands, O Lord, I commend the souls of Thy departed servants (names) and pray to Thee to

grant them rest, O Lord, in the place of Thy rest, where all Thy blessed saints repose, where the light of Thy countenance shineth. Grant that our lives may be godly, sober and blameless, that we may be worthy to meet them again in Thy Heavenly Kingdom. For Thou art the Resurrection and the Life and the Repose of Thy departed servants, O Christ our God, and unto Thee we ascribe glory, to the Father and to the Son and to the Holy Spirit. Amen.

Remember, O Lord, our parents and brethren who have fallen asleep in the hope of resurrection, and all those who have ended their lives in piety and faith. Forgive them all their transgressions, both voluntary and involuntary, committed by them in word or deed or in thought. Set them in bright places of light, in places of green pasture, in places of rest whence all pain, sorrow and sighing have fled away, and where the light of Thy countenance shineth and gladeneth forever all Thy saints. Grant unto them and unto us Thy Kingdom and participation in Thine ineffable and eternal blessings, and to delight in Thine unending and blessed life. For Thou art the Life, the Resurrection and the Repose of Thy servants who have fallen asleep, O Christ our God, and we render glory to Thee, with Thine Eternal Father, and with Thine All-holy, Gracious and Life-giving Spirit, now and forever and unto ages of ages. Amen.

The Caregiver's Prayer

Compassionate and healing God, help us to see your face in the faces of our sisters and brothers who are sick or injured. Guide us to reach out to them with hearts of compassion and hands which serve their needs. When they are anxious, help us to know how to reassure them. When they feel alone, help us to notice and be present. When they feel confused, help us to listen and assist in finding answers to their concerns. When they need comfort, help us to communicate care and understanding. When they are weak or discouraged help us find ways to refresh their spirits. When doubt or darkness touches them, give your Light to guide them and lift them up. Help us as caregivers to always turn to You as the source of our own strength and compassion as we seek to serve the needs of our sisters and brothers who are vulnerable.

Amen.

The Catholic Health Association of the United States

Make Me an Instrument of Your Healing

Lord, make me an instrument of your healing: where there is disappointment in a test or procedure, make me into a comfort; where there is confusion at a diagnosis or treatment, make me into clarity; where there is illness of any kind, make me into care and comfort; where there is anguish in death, make me into hope; where there is joy in new life, let me be a multiplier of that joy;

> O Great Physician, grant that I may not so much seek to be served as to serve to be praised as to praise to be loved as to love. For it is in giving that we receive, it is in healing that we are healed, and it is in dying that we are born to eternal life. Amen.

Inspired by and adapted from the Prayer of Saint Francis

A Prayer For Uncertain Times

God of infinite mercy, hear our prayer!

In this time of bewilderment and fear, we ask you to give us the courage to take care of one another as Jesus did. For those who are ill, especially those who are frightened and alone, for those who cannot access healthcare, for those who are homeless and lost, hear our prayer!

In the midst of our sadness and grief, we ask you to give us words to comfort one another. For those who are dying, and for those who have already died from this virus, for those who tend them and for those with no one to tend them, hear our prayer!

In the midst of our own anxiety we ask you to give us the courage to support one another as you would. For those who are unexpectedly unemployed, for employers who share what they can, for our government and financial institutions and those who lead them, hear our prayer!

In the midst of our struggle to ensure a healthy future for all who live on this planet, we ask you to give us the hope that surpasses our current understanding. For healthcare workers, spiritual leaders and our faith communities, for artists and poets, for prophets and teachers, hear our prayer!

In the midst of our growing awareness that all life on Earth is connected, we ask for the heart to respect and cherish all life. That all peoples recognize that we are all your children, hear our prayer!

We trust in you and your power working in us. Please hear and answer our prayers.

Amen! Amen!

Sister Cynthia Serjak Sisters of Mercy of the Americas

A Prayer for Persons Suffering from the Coronavirus

You shall not fear the terror of the night nor the arrow that flies by day, nor the pestilence that roams in darkness, nor the plague that ravages at noon. Ps 91:5-6

Merciful God, hear our fervent prayer for all who suffer from the coronavirus. May those who are infected receive the proper treatment and the comfort of your healing presence. May their caregivers, families and neighbors be shielded from the onslaught of the virus. Give solace to those who grieve the loss of loved ones. Protect and guide those who strive to find a cure, that their work may conquer the disease and restore communities to wholeness and health. Help us to rise above fear. We ask all this through the intercession of Our Lady of Lourdes, and in the name of your Son, Jesus, and the Holy Spirit, now and forever. Amen.

The Catholic Health Association of the United States

Healing Prayers from the Quran

Truly distress has seized me, but You are Most Merciful of those that are merciful.

Oh Allah! The Sustainer of Mankind! Remove the illness, cure the disease. You are the One Who cures. There is no cure except Your cure. Grant us a cure that leaves no illness.

Oh Allah! Our Lord and Sustainer! Grant us good in this world and good in the Hereafter, and save us from the Fire of Jahannam (Hell)

I seek protection in the might of Allah and His power from the evil of what I am experiencing and of what I fear.

Huda. "Du'a: Muslim Prayers For Healing Sickness." Learn Religions, Apr. 8, 2020, learnreligions.com/prayers-for-healing-sickness-2004521.

Prayers for Difficult Times

Give us Hope

When evil darkens our world, give us light. When despair numbs our souls, give us hope. When we stumble and fall, lift us up. When doubts assail us, give us faith. When nothing seems sure, give us trust. When ideals fade, give us vision. When we lose our way, be our guide! That we may find serenity in Your presence, and purpose in doing Your will.

For Trust in God

O God, the source of all health: So fill my heart with faith in your love, that with calm expectancy I may make room for your power to possess me, and gracefully accept your healing; through Jesus Christ our Lord. Amen.

In Pain

Lord Jesus Christ, by your patience in suffering you hallowed earthly pain and gave us the example of obedience to your Father' will: Be near me in my time of weakness and pain; sustain me by your grace, that my strength and courage may not fail; heal me according to you will; and help me always to believe that what happens to me here is of little account if you hold me in eternal life, my Lord and my God. Amen.

For Protection

Christ, light of light, brightness indescribable, the Wisdom, power and glory of God, the Word made flesh: you overcame the forces of Satan, redeemed the world, then ascended again to the Father. Grant me, I pray, in this tarnished world, the shining of your splendor. Send your Archangel Michael to defend me, to guard my going out and coming in, and to bring me safely to your presence, where you reign in the one holy and undivided Trinity, to ages of ages. Amen.

For Recovery from Sickness

Spirit of all healing, visit me, your child; in your power, renew health within me and raise me up in joy, according to your loving-kindness, for which I give thanks and praise; through Jesus Christ our Savior. Amen.

For Strength and Confidence

Gracious God, only source of life and health: Help, comfort, and relieve me, and give your power of healing to those who minister to my needs; that my weakness may be turned to strength and confidence in your loving care; for the sake of Jesus Christ. Amen.

For Rest

O God my refuge and strength: in this place of unrelenting light and noise, enfold me in your holy darkness and silence, that I may rest secure under the shadow of your wings. Amen.

The Book of Common Prayer and Enriching our Worship 2 The Episcopal Church

Mi Sheberach

A healing prayer for when a loved one is suffering.

May the One who blessed our ancestors -Patriarchs Abraham, Isaac, and Jacob, Matriarchs Sarah, Rebecca, Rachel, and Leah bless and heal the ones who are ill May the Holy Blessed One overflow with compassion upon them, to restore them, to heal them, to strengthen them, to enliven them. The One will send them, speedily, a complete healing healing of the soul and healing of the body – along with all the ill, among the people of Israel and all humankind, soon, speedily, without delay, and let us all say: Amen!

RABBI SIMKHA Y. WEINTRAUB