



PRAYER

FOR TIMES OF SICKNESS & PANDEMIC

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“The LORD is good, a refuge in times of trouble. He cares for those who trust in him.”

The stock market plummets. Schools close. We have started using words we probably have rarely used before like “self-quarantine.” Everywhere we look, we can’t help but see updates and headlines about the sickness brought on by the coronavirus. It has already disrupted your life in probably numerous ways, ways that may become a new normal for a time. How is the Christian to respond when it seems all around them are reasons to panic and fear?

In this time, like any time in life, we start with what our almighty God tells us. Especially in times of fear, stress, and anxiety, it is crucial for us to hear of God’s love, the strength he promises and the hope we have as his children. It is only in our Savior and his promises that we will find peace in troubling times. And think of the opportunity we have with the comfort our God gives—we can comfort those around us with the comfort we ourselves have received from God’s Word!

What does our God tell us?

GOD OUR HELPER IS WITH US ALWAYS *“Never will I leave you; never will I forsake you.”*⁶ So we say with confidence, *“The Lord is my helper; I will not be afraid.”* **Hebrews 13:5-6**

GOD PROMISES TO HELP US IN OUR TIME OF NEED ¹⁰ *So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand.* **Isaiah 41:10**

*But now, this is what the LORD says— he who created you, O Jacob, he who formed you, O Israel: “Fear not, for I have redeemed you; I have summoned you by name; you are mine.”*² *When you pass through the waters, I will be with you; and when you pass through the rivers, they will not sweep over you. When you walk through the fire, you will not be burned; the flames will not set you ablaze.*³ *For I am the LORD, your God, the Holy One of Israel, your Savior;* **Isaiah 43:1-3**

GOD IS OUR REFUGE AND SHELTER IN TIMES OF TROUBLE ¹ *He who dwells in the shelter of the Most High will rest in the shadow of the Almighty.*² *I will say of the LORD, “He is my refuge and my fortress, my God, in whom I trust.”* **Psalms 91:1-2**

GOD CARES FOR HIS CHILDREN ⁷ *The LORD is good, a refuge in times of trouble. He cares for those who trust in him,* **Nahum 1:7**

GOD IS IN CONTROL ¹⁰ *“Be still, and know that I am God.”* **Psalms 46:10**

WHEN YOU ARE ANXIOUS, TALK TO YOUR HEAVENLY FATHER IN PRAYER ⁶ *Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God.*⁷ *And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.* **Philippians 4:6-7**

CALL UPON THE LORD IN THE DAY OF TROUBLE ¹⁵ *and call upon me in the day of trouble; I will deliver you, and you will honor me.”* **Psalms 50:15**

CAST ALL OUR ANXIETY AND YOUR WORRIES ON OUR SAVIOR ⁷ *Cast all your anxiety on him because he cares for you.* **1 Peter 5:7**

GOD WORKS ALL THINGS FOR OUR GOOD ²⁸ *And we know that in all things God works for the good of those who love him, who have been called according to his purpose.* **Romans 8:28**

GOD IS FAITHFUL, HIS MERCIES ARE NEW EVERY MORNING ²² *Because of the LORD’s great love we are not consumed, for his compassions never fail.*²³ *They are new every morning; great is your faithfulness.*²⁴ *I say to myself, “The LORD is my portion; therefore I will wait for him.”* **Lamentations 3:22-24**

WHO SHOULD I PRAY FOR?

One way to think about who to pray for in such a situation is to start with yourself and those closest to you and move outward from there.

Pray for:

You and your family
Extended family, coworkers, and your friends
Your neighbors and neighborhood, your community, and your city
Your state, the nation, and the world

Another way to think about who to pray for would be to consider those who have been afflicted and those working to fight against the coronavirus.

Pray for:

Those who are sick
Those who care for the sick: caregivers, first responders, hospital personnel
Those who are learning about the illness and how to fight it: doctors and scientists

Pray for deliverance from this pandemic and the fears that you and others may be experiencing.

Pray that:

The coronavirus and the illness it causes will cease & that God heal those affected by it
God would alleviate our fears, our anxiety, and our worries by reminding us of his promises and care

SOME PRAYERS YOU CAN USE PERSONALLY AND WITH OTHERS

DURING A TIME OF SICKNESS

Almighty God, merciful Father, our ever-present help in time of trouble, once again we have come to realize that your thoughts are not our thoughts, your ways are not our ways. In your wisdom you have permitted a disastrous pandemic to cause fear, sickness, pain, and loss. Do not let the hearts of your people despair, but sustain and comfort them. Heal the sick, console the bereaved and afflicted, protect the helpless, and deliver all who are still in danger, through Jesus Christ our Lord. Amen.

We pray to you, almighty God, in this time of sickness. Be our refuge and our strength, an ever-present help in time of trouble. Do not let us lose courage in the face of these events. Uphold us with your love, and give us the strength we need. Help us in our confusion, and guide our actions; in Jesus Christ our Lord. Amen.

Heavenly Father, we commend to your care all whose jobs are on hold, those who can't find work, those who don't know where their next paycheck is coming from, and those who don't know where they're going to lay their head tonight. Do not forget or forsake them. Keep them from bitterness and frustration, and help them cast their cares on you. Graciously supply their physical needs from day to day. Encourage them as they seek work. Give us all the spirit of love that willingly bears each others' burdens and shows itself in genuine concern for each other's needs, for the sake of Jesus, whose compassion never fails. Amen.

FOR THE SICK (GENERAL)

O Lord, you are the great physician of soul and body. You chasten and you heal. We pray that you would look with mercy on this servant of yours in their illness. If it is your will, spare their life and restore their strength. You gave your Son to bear our infirmities and sicknesses. Deal compassionately with your servant and bless the medical means employed on their behalf with your healing power. We commit them to your gracious mercy and protection, for you are a faithful and merciful God. Amen.

Remember, O Lord, the tempted, the distressed, and the erring; gently guide them, and by your great goodness bring them into the way of peace and truth. Let the light of your truth shine on those who do not know you, that they may be turned toward you and so find peace. Graciously regard all who are sick, in trouble, danger, temptation, bondage of sin, and those to whom death draws near. In your mercy draw them to yourself; through Jesus Christ our Lord. Amen.

Almighty God, the consolation of the sorrowful and the strength of the weak, hear the prayers of those who cry out to you in sickness or sorrow, in trouble or distress. Grant relief to those suffering pain, comfort to those who mourn, and recovery to those burdened by illness and disease. Look with compassion on the homeless, the destitute, those whose inner hurts we cannot see, and all who have none to care for them. Soothe and heal all who are broken in body or spirit, and bring us all to the perfect peace and rest of heaven, for the sake of Jesus, your Son and our Savior. Amen.

FOR THE SICK (SPECIFIC)

Compassionate Father, in your mercy you transform even sickness and disease into a blessing for your children. With this confidence we commit all who are sick or suffering to your tender care. We pray especially for _____. Provide healing and relief according to your infinite wisdom and boundless mercy. Grant patient endurance if his suffering must linger. Help him find true spiritual strength through Jesus and his cross during this time of physical weakness. By the work of the Holy Spirit, teach him to trust in your forgiveness, grace, and love. In Jesus' name we pray. Amen.

FOR YOURSELF AND YOUR FAMILY

Watch, dear Lord, with those who wake or watch or weep this night, and give your angels charge over those who sleep. Tend the sick, give rest to the weary, pity the afflicted, soothe the suffering, bless the dying—and all for your love's sake. Amen. (Saint Augustine c. 354-430)

Write your blessed name, O Lord, on my heart, there to remain so indelibly engraved that no prosperity, no adversity, shall ever move me from your love. Be to me a strong tower of defense, a comforter in tribulation, a deliverer in distress, an ever-present help in trouble, and a guide to heaven through the many temptations and dangers of this life. Amen. (Thomas à Kempis, c. 1380-1471)

What does it matter, O Lord, if the future is dark? I do not pray for tomorrow but for today. Keep my heart steadfast and grant me your light—just for today. Amen. (Theresa of Lisieux, 1873-1897)

Almighty and merciful God, our only source of health and healing, you alone can bring calmness and peace. Grant to us, your children, a consciousness of your presence and a strong confidence in you. In our pain, our weariness, and our anxiety, surround us with your care, protect us by your loving might, and permit us once more to enjoy health and strength and peace; through Jesus Christ our Lord. Amen.

PSALMS TO READ

Psalm 4

Psalm 56

Psalm 23

Psalm 91

Psalm 25

Psalm 103

Psalm 46

Psalm 121

Psalm 55

Psalm 139

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