

Some Prayer Resources for these Times

These prayers have been designed to work both as “stand-alone” prayers, or to be incorporated as part of a set of intercessions on a “pick and mix” basis.

The stand-alone versions are below.

With a bit of adaptation, they can all be used as intercessions. Each bidding could then conclude with:

- God of compassion **Hear our prayer.**
- In Jesus’ name **Amen.**
- Lord of all hopefulness **In your mercy, hear us.**

or some other suitable responsive ending. (See Patterns for Worship, Section F if you have the book – or online here - <https://tinyurl.com/CofEResponses>)

A Prayer for Mothering Sunday 2020

Hold in your strong and tender arms this day,
O wise grandmother* God,
all for whom these times are hard:
those separated from the ones they love;
those anxious for the ones they love;
and those who find themselves alone.

By our prayers and acts of kindness
may we too help and hold them.

Watch over us, and those we hold dear,
and grant us all your healing and protection.

Amen.

**after Mothering Sunday, you might replace “wise grandmother” with “wise and caring”*

For the Leaders of our Nation

Give energy and guidance, all-knowing God,
to those tasked with governing our land
in this time of crisis:

our Prime Minister and his civil servants;
our Members of Parliament;
and all involved in local government.

Amidst all the uncertainty,
show them a clear path to tread.

May they use their powers
wisely, bravely and well
to serve all the people of our nation,
and especially the most vulnerable.

Amen.

For those affected Financially

Give comfort and hope, God of all peace,
to those whose livelihoods
are threatened at this time:
the self-employed;
those whose work depends on people gathering
together;
those who have no secure contract of employment
and no guaranteed income now.

May they find support
in family, friends and neighbours
and may we, as communities,
learn to pull together
so that none should suffer want.

Amen.

For Shops and Businesses

God of all our endeavours,
prosper and protect our shops and businesses -
especially those for whom
margins were already thin,
and survival precarious.

Give compassion to those who must lay off staff,
courage to those who must balance the books,
and resolve to our Government
to take every step possible
to help them to weather this storm.

Amen.

For those whose studies have been interrupted

Calm and encourage, patient God
all young people and adults
who have been working hard
to prepare for exams and meet study deadlines.
In the confusion of postponement,
disappointment and delays,
help them to maintain
their sense of vision and purpose,
that they may make the most
of this enforced time off
to achieve different goals,
and focus on all that gives them life.
Amen.

For frontline Health Workers

God of all wholeness and healing,
we thank you with all our hearts
for those who are working
with selfless skill and dedication
to sustain our National Health Service.
Grant that they may receive
the resources they require
to meet the demands that each day brings.
Keep them safe and healthy while at work,
and bless their families and loved ones at home.
Amen.

For those juggling responsibilities

We are spinning plates, O God of gentle mercy:
school-age children;
elderly parents;
empty supermarket shelves,
and trying to “work from home”.
When panic rises,
and we fear that something precious
will be dropped,
give us wisdom to prioritise our time;
to know when to let go;
and to trust that you will be our safety net.
Amen

For those who are anxious or afraid

Still us,
God of all time and eternity,
when we find ourselves losing sleep:
when the situation seems overwhelming
and we are sick with worry
for our future,
and that of those we love.
Help us to believe that this too shall pass.
Fill us with hope and courage.
And with Mother Julian of Norwich,
help us to trust that
“All shall be well,
and all shall be well
and all manner of thing shall be well.”
Amen

For the wider World

God of all Creation,
in our time of national emergency,
we lift before you the wider needs of the world:
the continuing crisis of climate change;
the plight of millions who live in grinding poverty;
the cries of all for whom
oppression, injustice and war are a daily reality.
Bless all who work tirelessly
to tackle these issues
through campaigning, diplomacy and aid.
In our concern for our situation,
may we never forget them.
Amen.

A Caim Prayer (in the Celtic Tradition*)

Circle us, Lord.
Keep good health in.
Keep infection without.

Circle us, Lord.
Keep kindness in.
Keep suspicion without.

Circle us, Lord.
Keep faith and hope in.
Keep fear without.

Behind us; before us; to our left and to our right.
God the Holy Trinity, be our fierce protector.
Amen.