

## Schedule for Eight Days of Prayer

Tuesday, January 19, 2021, Day 3

We Lift Up our Prayers in the time of the Pandemic

# Pandemic

What if you thought of it  
as the Jews consider the Sabbath—  
the most sacred of times?  
Cease from travel.  
Cease from buying and selling.  
Give up, just for now,  
on trying to make the world  
different than it is.  
Sing. Pray. Touch only those  
to whom you commit your life.  
Center down.

And when your body has become still,  
reach out with your heart.  
Know that we are connected  
in ways that are terrifying and beautiful.  
(You could hardly deny it now.)  
Know that our lives  
are in one another's hands.  
(Surely, that has come clear.)  
Do not reach out your hands.  
Reach out your heart.  
Reach out your words.  
Reach out all the tendrils  
of compassion that move, invisibly,  
where we cannot touch.

Promise this world your love—  
for better or for worse,  
in sickness and in health,  
so long as we all shall live.

— Lynn Ungar, March 11, 2020 (posted with permission of the author)  
for more from this author, view: <http://www.lynnungar.com/poems/>

## Strength for this Challenging Time

We pray for your love and compassion to abound as we walk through this challenging season.

We ask for wisdom for those who bear the load of making decisions with widespread consequences.

We pray for those who are suffering with sickness and all who are caring for them.

We ask for protection for the elderly and vulnerable to not succumb to the risks of the virus.

We pray for misinformation to be curbed that fear may take no hold in hearts and minds.

As we exercise the good sense that you in your mercy provide, may we also approach each day in faith and peace, trusting in the truth of your goodness towards us.

[www.holyspiritewloe.com](http://www.holyspiritewloe.com)

## Prayer for People Critically Ill or Facing Great Uncertainty

God of the present moment,  
God who in Jesus stills the storm  
and soothes the frantic heart;  
bring hope and courage to all  
who wait or work in uncertainty.

Bring hope that you will make them the equal  
of whatever lies ahead.

Bring them courage to endure what cannot be avoided,  
for your will is health and wholeness;  
you are God, and we need you.

*- Adapted from New Zealand Prayer Book, p. 765*

"As a deer longs for a stream of cool water, so I long for you, O God."

*- Psalm 42:1*