

Monday 27<sup>th</sup> April 2020

Greetings dearly beloved Church family and friends, lets us be filled with the peace and grace of our Father in Heaven and Lord Jesus Christ today.

As you will be aware I am following the Covid 19 Global Day of Fasting and Prayer schedule in my prayer time, to focus my prayer time and using the ideas as fresh expressions of praying. As we are reaching a critical time, when decisions will need to be made about coming out of the lockdown and the need for conditions to be ready for this I encourage us to take time today or over the coming days to pray, in earnest, for God intervention, His leading and timing.

I would like to share the following which focus on the virus its containment, those infected, those afflicted, the fatalities, and the remedy. Do try these out for yourselves, they are a good way of getting us into the heart of pray for our situation and for our love and concern for others.

Start with a time of confession, to make sure we are in the right place to bring our prays to God.

A contemporary Confession by John c Birch (faithandworship.com 2016)

God of healing, God of wholeness,

We bring our brokenness, our sinfulness, our fears and despair,

And lay them at your feet.

God of healing, God of wholeness,

We hold out hearts and hands, minds and souls,

To feel your touch, and know the peace

That only you can bring.

God of healing, God of wholeness,

This precious moment in your presence and power,

Grant us faith and confidence that here broken lives

\re made whole.

**[Anchor Text: Ps 24:1-6, Jam 4:7-10, Lam 3:22-33](#)**

**[Focus: Virus Containment:](#)**

Activity: **Wash** your hands with soap, slowly lathering them and intercede for God to forgive our sins and intervene and halt the spread of the COVID19 virus.

**Rinse** your hands of the lather, thanking God for love and compassion that is new every morning.

**Read aloud** Lamentations 3:22-33.

**Anchor Text: 2 Cor 12:8-10**

**Focus: Virus Infected**

Activity: **Cut out and collect** images or articles from magazines or newspapers that represent nations, regions, cities, etc. greatly afflicted by the COVID19 disease.

**Pray** for God's loving kindness on the infected population. That they would seek him and find him even though he is not far from them (Acts 17:27).

**Pray** especially for followers of Jesus infected with the virus. That God's power would work wonders in their weakness. That they would know a supernatural sense of grace and peace in their time of trial.

**Anchor Text: Ps 6:1-10**

**Focus: Virus Afflicted**

Activity: **Meditate** on the anchor text Scripture. Imagine the anguish of a person afflicted with the fullblown virus. Feel the aching bones. Take several small shallow breaths as if it were difficult to breathe. Empathize.

**Cry out to God** from an attitude of deep compassion. Repeat the kyrie eleison, "Lord, have mercy". Plead with God for relief for them

**Anchor Text: . Matt 5:4, 2 Cor 1:3-4**

**Focus: Virus Fatalities** **Hug** a large pillow while you pray for those who are mourning the loss of loved ones.

**Ask** God to envelop them with love, and comfort them in their grief with a tangible presence of peace by the Holy Spirit.

**Bless** them with the promise from Scripture that those who mourn will be comforted, as God is the source of all comfort.

**Pray** for mourners who follow Jesus, asking God to remind them that we do not grieve as people who have no hope, but we look forward to the resurrection (1 Thessalonians 4:13b).

**Anchor Text: Mal 4:2**

**Focus:Virus Remedy**

**Jump and leap and laugh with joy** in anticipation of a vaccine being produced for this virus. Do it as an act of faith in God's divine grace, because we fear God's name.

**Ask for wisdom** for the virologists and epidemiologists as they work on vaccines and other potential remedies.

**Stand** patiently in one spot, eyes closed, without moving for some time, turn toward a bright light and slowly open your eyes.

**Pray** for the grace of perseverance as we await our deliverance from this disease, in the hope that a new day will dawn bringing healing with it.

Numbers 6 v 24-26 ( I have changed you to us to make this blessing inclusive)

The Lord bless us and keep us,

The Lord make His face shine upon us,

And be gracious to us

The Lord lift up His countenance upon us

And give us peace.

Stay safe and well, in the knowledge and confidence that our Lord is with us. Much love and blessings Jacquie x