

## **60 MINUTE PRAYER GUIDE: PRAYING FOR INDIVIDUALS DURING THE CORONAVIRUS PANDEMIC**

### **Praying for Individuals –**

- **those who are ill**
- **those who are isolated**
- **those who are vulnerable (physically, mentally, financially)**

You'll need: A Bible, lots of separate pieces of paper (2 different colours) to write names onto, Pens.

### **PAUSE** (5 minutes)

\*PRAY for God's presence and guidance through this time of prayer.

\*Speak out loud 2 Chronicles 20: 17 - 24

\*STAND FIRM and consider the scripture above and how God is speaking through it in this situation.

### **REJOICE** (5 minutes)

\*PRAY to the Almighty God that invites you into His family.

\*Speak out loud Matthew 5: 12

\*SING - ["WHO CAN KNOW \( I STAND IN AWE OF YOU \)](#)

### **ASK** (30 minutes - 5 minutes per sub-topic)

#### **\*PRAY FOR THE CONTAINMENT OF THE VIRUS**

Pray that God, through His almighty power, will slow and halt the spread of Covid - 19 Coronavirus.

#### **\*PRAY FOR THE ILL AND ISOLATED**

Write on separate pieces of paper (1st colour), the names of the people you know who are self-isolating or who have contracted the virus.

Pray for God's particular intervention with the comforting of those who are shut in, at home or in hospital.

Ask God to make His presence felt in the solitude and to protect, strengthen and heal them.

Pray that all those people who are caring for those who are ill are protected and empowered to make a real difference.

**\*PRAY FOR PROTECTION OF THE VULNERABLE**

\*Write on separate pieces of paper (2nd colour), the names of the people you know who are elderly or have an under-lying condition that may make them susceptible to the Coronavirus.

Ask God to protect them from infection.

\*Pray the blessing of Numbers 6:24-26 over all vulnerable people.

**YIELD** (10 minutes)

\*Pray this prayer of yielding, written by Pete Greig:

Lord Jesus Christ, we ask you to protect us from the spread of the coronavirus. You are powerful and merciful; let this be our prayer -

“Have mercy on me, my God, have mercy on me, for in you I take refuge. I will take refuge in the shadow of your wings until the disaster has passed.” (Psalm 57:1)

\*Lord, help me to understand that only you are my refuge and to display that faith to all I meet, whether it be those who are helping me or those I am called to assist. (Psalms 46:1-2)

\*God of all Comfort and Counsel, we pray for those who are grieving, reeling from the sudden loss of loved-ones. May they find your fellowship in their suffering, your comfort in their loss, and your hope in their despair. We name before you those known to us who are vulnerable and scared - the frail, the sick and the elderly. [pause]

God of all Comfort, you are powerful and merciful; may this be our prayer -

“He has delivered us from such a deadly peril, and he will deliver us again. On him we have set our hope that he will continue to deliver us.”

“Answer me when I call to you, my righteous God. Give me relief from my distress; have mercy on me and hear my prayer.” (Psalm 4:1)

May El Shaddai, the Lord God Almighty who loves you, protect you. May Jesus Christ, His Son who died for you, save you. And may the Holy Spirit who broods over the chaos and fills you with his presence, intercede for you and in you for others at this time.

“The Lord will rescue me from every evil attack and will bring me safely to his heavenly kingdom. To him be glory for ever and ever. Amen.” (2 Timothy 4:18)

BE STILL.

***\*Breathe deeply, thank God for His presence and release into His hands all you’ve prayed this past hour.***

Don’t forget to share both prayer requests and anything that you felt the Lord speaking to you during your prayer hour (this could be a verse or scripture passage, a picture, a strong word or a strong sense of something, or something else!) You can share on our dedicated 24/7 email address:

[24-7prayer@uptonvale.org.uk](mailto:24-7prayer@uptonvale.org.uk)

Thank you!