

# Coronavirus Prayers

Specially written prayers to help you at a time of uncertainty.



William Lister [Follow](#)

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We need to pray together at a time like this. Picture courtesy of Pixabay

**M**any of our churches here in northern Italy are closed right now and people have been asking me to help them to pray in this coronavirus crisis. There is a lot of fear, especially when the “enemy” is invisible and could be anywhere.

Prayer is the ultimate mindfulness. It places events and experiences into their true perspective. It focusses our energy on the positive around us. I also believe that these prayers will be answered by the God who made us and loves us.

I’ve written these prayers to help you in this current situation, whether you are religious or not.

You don’t need to close your eyes, kneel down, or hold your hands together. Prayer is about talking to God in the same way as you would talk to a close friend or a loving relative. Just say the words in your head, or out loud if you prefer, but feel comfortable and know that someone has already heard you and answered your need at this time.

I hope they help you and bring you reassurance.

### **A prayer for use by someone who doesn't believe in God**

Dear God. I don't even know if you exist or if I'm just talking to myself, but I know I need help to face my fears right now. If you can hear me, forgive my lack of faith and show me your mercy and strength in my time of need.

Amen.

### **A general prayer**

All-powerful God and Father, I come to you now acknowledging my fear in this current crisis, praying for myself and my loved ones. Keep us safe in your loving arms and defend us with your strength to save, so that this hidden danger all around us will only be able to demonstrate your great mercy and forgiveness. I ask this through your Son, our Saviour, Jesus Christ. Amen.

### **When surrounded by doubt**

Father almighty, your Son was in the wilderness for forty days and forty nights being taunted and tempted by evil. As we endure this current wilderness of fear and uncertainty, inspire us with your powerful grace; help us to overcome our doubts and anxieties, and bring us to a sure knowledge of our closeness to your Son and the love he came to share. Through the same Jesus Christ our Saviour. Amen.

### **A prayer for strength to get on with life**

Almighty God, you care for everything you have made. You feed the birds of the air, you clothe the flowers of the field and your Son has told us to rest secure in your providence. I come to you now with great fear and uncertainty in this current crisis. Take this fear away from me. Help me to see the beauty and blessings all around me still. Inspire me to acts of kindness to others and open my heart to their support for me. Give each one of us a sure faith in this time of need and the knowledge of your love in your Son, our Saviour Jesus Christ. Amen.

### **A prayer for someone infected**

Loving God, in your mercy hold (name of relative/friend) in your strong love; give us all courage and patience in this time of need, and help us to know that we are surrounded by your power to save; I ask this through your Son, our Saviour Jesus Christ. Amen.

### **A prayer for someone who is infected which they can use personally**

Dear God. I come before you when I am most vulnerable, praying for my

loved ones and asking your protection and strength in this my hour of need. Forgive me for not praying and thanking you when you have blessed me with good health, or for not thinking about the skill and dedication you have given to the medical practitioners around me now. Keep me safe in your loving arms, I pray, as I fight this illness, with courage and faith in your good purpose to endure and overcome this trial. In Jesus' name. Amen.

### **A prayer to make a spiritual communion when churches are closed**

Dearest Lord Jesus, I believe that you are fully present in the most holy Sacrament. I love you above all things and desire to receive you into my soul; since I cannot at this time receive you sacramentally, come into my heart spiritually and allow me to embrace you and to unite myself wholly with you; above all, grant me faith to know that I can never be separated from you or the Father's love you came to share. Amen.

(slightly adapted from the original prayer of St Alphonsus Liguori)

No-one can write a better prayer than Jesus himself. This is what he taught us to say to God:

Our Father, who art in heaven, hallowed be thy name; thy kingdom come; thy will be done; on earth as it is in heaven. Give us this day our daily bread. And forgive us our trespasses, as we forgive those who trespass against us. And lead us not into temptation; but deliver us from evil. For thine is the kingdom, the power and the glory, for ever and ever. Amen.

We all need prayer in times of need. I hope these help you and I thank you for your prayers for me also.

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153 claps



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