



PANDEMIC PRAYERBOOK

A Pray-at-Home Guide
for the Coronavirus Crisis

compiled by Darcy Wiley

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PRAYERS FOR A HISTORIC MOMENT

Before the concentric circles of Coronavirus made their way from the starting point to us, I watched from afar as some of the most beautiful parts of humanity showed up in this worst of times.

In mid-February, I shared a call to prayer and fasting from pastors in Wuhan and watched videos of residents there, confined to their high-rise apartments, flipping their lightswitches on and off and shouting jia you from their balconies. Jia you literally means “add oil.” Similar to give it some gas, let’s go, or keep on keeping on, it’s the Chinese way of expressing support and solidarity.

Soon, social media brought us videos of Italian balcony serenades on accordions and tambourines as neighbors connected in isolation. I heard directly from friends in Italy about increasing Coronavirus concerns, how the red-zone near their city expanded day-by-day until it engulfed the entire country and all citizens were confined to their households to contain the epidemic.

Within a few weeks, our own closures and cancellations in the U.S. started rolling in. For the first time in my memory, the entire world was feeling the effects of the same struggle at once. It felt like we were living in an alternate universe.

I wasn’t in immediate danger like some were, but things had suddenly shifted and become more simple and complicated at the same time. Parts of life were put on hold while we learned to keep work, school, church, and other things going on our screens. At times, I found myself sitting stunned on the couch watching the daily news.

Stuck in place, I needed to put some motion to my emotion, within the confines of social distancing. As I worked in the yard, I’d pray over the nurses I had seen weeping on social media, over the patients I knew who were hospitalized with COVID-19, and over my own struggles finding my way through the maze of my kids’ e-learning.

Soon, I felt nudged to gather prayers of petition and intercession to provide...

- words to speak over this crisis when we are stunned and don’t know what to say.
- a healthy way to enter into our communal suffering and connect with God.
- a stay-at-home way to support the many different types of people who are affected by this crisis.
- something to recenter us and bring peace when we’re over-saturated with the daily news or yet another Zoom call.

In this collection, you’ll find prayers from writers and ministry leaders who...

- have a loved one who has recovered from a dangerous case of COVID-19.
- have a parent working in a hospital or living in a nursing home.
- have experienced the sting of anti-Asian racism.
- are raising nonprofit funds in a stalled economy.
- are serving people who they are now unable to interact with face-to-face.
- have cared for first responders and families of critically ill patients.

Whatever your reaction to the Coronavirus crisis, this prayerbook will give you a way to process and lean into this historic moment, letting God do a deep work in you while you pray for him to work in others. In these prayers, we are asking God to change the trajectory of the virus, and in the meantime, to change us. Whether you’re serving as a front-line or essential worker or doing your part at home, I hope these prayers give you a new way to jia you, add oil, keep on keeping on.

-[Darcy Wiley](#)



PRAYERS

*In my distress I called upon the LORD,
And cried to my God for help;
He heard my voice out of His temple,
And my cry for help before Him
came into His ears.*

Psalm 18:6

AS I WASH MY HANDS: A Prayer for Faith & Sanity

As I wash my hands, 20 seconds,
I think of the raw, over-sanitized skin
of hospital staff.

Circling soap over knuckles and palms,
I think of the gloved hands
of grocery clerks and restaurant workers.

Cleansing under fingernails and past the wrists,
I think of the aged hands of my grandmothers
in nursing homes that I hope are free of germs.

As I wash my hands, faucet flowing,
I think of the clear air above halted cities,
the clear waters of Venice canals,
how the world looks when we are quiet and grounded,
how sand and mud and toxins settle when we shelter in place.

As I wash my hands,
interlacing my fingers in a prayer,
I think of the work that is paused
or the work that is increased.
Lather, water, clarity,
now your work is more visible
in the world and in me.

You desire clean hearts,
right spirits.¹
Wash us with water
and your Word.
Present us to yourself a radiant Church,²
A model of holy sanity,³
as we wash our hands.

-Darcy Wiley

¹ Psalm 51:10

² Ephesians 5:26

³ A reference from C.S. Lewis' Introduction to *On the Incarnation* by St. Athanasius



PEACE, BE STILL: A Prayer for Covid-19 Patients & Families

Just as the disciples turned to you in the deluge of winds and waters
that threatened to overrun their boat and take their lives,¹
we fix our eyes on you now, Jesus.

With the unknowns and uncertainty of the Coronavirus crisis,
we praise you as a merciful and unchanging God, mighty to save.

Grant those afflicted with this illness and their loved ones
an abiding awareness of your presence with them.
May the peace that allowed Jesus to sleep in the middle of such turmoil
belong to them now.

Father, when fear and powerlessness swell
for the young child whose parent is ill,
I pray that your peace, which goes beyond understanding,
would guard their hearts;²
that they'd know you are in control
despite what they see, hear, and feel.

Father, for those caring for a loved one who is ill,
I pray for wisdom over quarantines
and courage to sacrificially serve
in the face of fears and possible infection.
Grant them a resolute spirit that will not wither
under the pressure of time, fatigue, or loss,
but would endure until the calm is restored.

For those being pummeled and overwhelmed on every side,
by the waves of responsibility,
I pray for grace, mercy, and hope.
Protect them from the voice of shame.
No one can be a full-time employee, parent, teacher, and caregiver all at once.
May they know you love them and delight in them,
even when it doesn't all get done.
I pray for the hope that leads to faith,
as they wait for Jesus
to rise and rebuke their wind and waves.

(continued on page 4)

PEACE, BE STILL: A Prayer for Covid-19 Patients & Families (continued)

Finally, we lift up those contending for their own life and health against this virus.
When they feel that they're suffocating, struggling for the next breath,
I pray that the Breath of Life would fill their airways,
that the very Spirit of God would infuse their lungs with life again.
Whether by miracle or by medicine,
Father, give them the peace and assurance
that healing belongs to them in Christ.
And for those patients who face mortality,
we praise you for the ultimate healing of resurrection In Christ,
who overcomes death.

Father, arm and empower these patients
with your promises and your Word.
Banish fear and anxiety
and let them feel the peace and rest of Sabbath
for their recovery, healing, and health.

For these families, I pray for practical mercies of divine help,
for meals to arrive, bills to be paid, jobs to be retained
and for new provision in place of what has already been lost.

Lastly, I pray that the community of Christ,
would share the burdens of the sick
until they are able to bear them again as their own.

We thank you, Jesus,
that you spoke peace to the storm
and the waters were stilled.
We thank you that even this wind and these waves
will obey you, too.

Amen.

-Brian Flora

¹ Mark 4:35-41

² Philippians 4:7

*O God of peace and joy,
we have heard the tears of our nation's nurses.
We have seen them praying on a rooftop
or crying out to You in a pre-shift prayer circle.
We pray with them and for them.*

*Even now, as red lines on graphs
climb up or down,
as IV drips fall from saline bags to
hydrate and treat,
as ventilators stand in for tired lungs,
you are there.*

-Katherine James

ON THE FRONT-LINE: A Prayer for Nurses

O God of peace and joy,
we have heard the tears of our nation's nurses.
We have seen them praying on a rooftop
or crying out to you in a pre-shift prayer circle.
We pray with them and for them.

Even now, as red lines on graphs climb up or down,
as IV drips fall from saline bags to hydrate and treat,
as ventilators stand in for tired lungs,
you are there.

You know the halls of hospitals,
the rumors of death, the sorrow, the numbness, or both,
the exhaustion of a difficult shift.
You know the ache of tired bodies looking for open ICU beds
and the ache of hearts holding the hand of the dying,
keeping vigil in place of loved ones.

You see the bruised faces when our front-line nurses remove their masks.
Walk with them as they work long hours with short breaks.
Whisper to them that they are not helpless,
even when the lines and needles and hissing medical equipment tell another story.

Give them strength in teamwork
as they turn patients to strengthen breathing,
as they step in for colleagues who are sick,
as they offer a co-worker a break.

Soothe them as they soothe others.

Give them the courage to keep on feeling.
Keep them seeing the created person behind synthetic tubes and forced breath.
Give them the peace of your sovereignty.
Let their victories outweigh their losses
and give them space to grieve or celebrate as the days go on.

Protect their bodies from sickness and exhaustion
as they seek to heal the patients in their care.
Protect their minds from second guesses.
Protect their families from exposure.
Bring healing through their hands.
And may they each know the joy of patients united once again
with those who love them.

"But as for me, my prayer is to you, O Lord. At an acceptable time, O God, in the abundance of your steadfast love answer me in your saving faithfulness." Psalm 69:13

-Katherine James



HANDS OF HEALING AND HOPE: A Prayer for Physicians

Oaths were taken to serve the sick
to offer hands of healing and hope
to those who walk through hospital doors.
The world is waiting and weeping
while a disease sweeps the earth.
Doctors on the front line
use their experience and expertise
on a virus with many unknowns.

There are doctors in small towns,
like my father, who have no N95 masks in sight.
There are doctors in cities small and large,
who go to work every day without the proper personal protection.
Lord, we ask you to surround them.
Lord, we ask that you be their personal protection.
As arrows of pestilence fly all around,
place these doctors under the shelter of your wings.¹
Give them wisdom and strength
as others seek answers from them.

Give the world's physicians the eyes of compassion
as patients seek reassurance, seek relief, seek healing.
Give them stamina to stand, serve, support.
Give them hope amidst pain, suffering, and death.
Show them rays of your mercy, of your glory,
of your light in the midst of darkness.
Their faces, Lord, may be the last ones a dying patient will see.
Give them grace to be the face of compassion, mercy, and hope
for those who are alone in their care.

Thank you for the doctors who have sacrificed time
and endured years of training for days like these.

Give them grace, Lord, to be extensions of your tender hands.
Sustain them, God.

At the end of the day, give them rest, sleep, and comfort.
Renew them with hope each and every day to begin the good fight again.

-Prasanta Verma

¹ Psalm 91

BREATHE: A Prayer for the Medically Fragile

Breathe in.
Breathe out.

In the receiving of a diagnosis
we didn't want to hear.
In the wading through forms and finances
that seem to us in a foreign tongue.

Breathe in.
Breathe out.

As we sit in waiting rooms
without loved ones in sight.
As we wait for necessary treatments
to be made available.

Breathe in.
Breathe out.

When we rely on others —
doctors, nurses, parents, spouses
to care for us,
we who have always been strong for others.

Breathe in.
Breathe out.

As we lie awake at night
or early in the morning
because our bodies ache
and groan with all of creation,
awaiting your return.¹

Breathe in.
Breathe out.
Breathe in.
Breathe out.

-Amber Robinson

¹ Romans 8:22-23

ENDURING PRESENCE: A Prayer for Those in Nursing Homes and Long-term Care Facilities

Even on the good days, when the sun is shining and nations are at peace
and an unseen virus isn't threatening our way of life,
our older brothers and sisters who live in nursing homes
often find themselves alone and struggling,
plagued by as many prescriptions as pains,
and longing for the good old days...
if they can even remember them.

But Lord, during these uncertain days of fear and isolation,
when that unseen virus comes harder for them than others,
when family that usually comes once a week can't come at all,
and when even the small pleasures like going to the dining room,
taking a walk outside, or playing BINGO with friends
are all cancelled and even forbidden,
these, your elder saints, grow desperate and depressed.

In their loneliness, Lord, we pray for your mercy.

This is not the first time they have suffered, Lord.
Not by a long shot.
They have known other diseases before a vaccination and cure was found.
They and their families have endured
measles and mumps, tuberculosis and polio, influenza.
This is not the first time they've been quarantined because of health concerns.
They are the first to get their vaccinations for flu, pneumonia, shingles, and more.
They know that their age and frailty puts them at greater risk,
and they do what they must to protect themselves.

But Lord, during the uncertain days of social distancing and flattening the curve,
they've never been so dependent on us to keep them safe.
For years, they were the ones caring for
children
and spouses
and aging parents
and neighbors.
And now, beyond the help they require for their daily care,
they can only hope those who are younger, healthier, and more able,
even those they don't know,
will be willing to make the same sacrifices for them.

In their vulnerability, Lord, we pray for your tenderness.

As the Psalmist prayed when his days grew short,
"Do not cast me away when I am old;
do not forsake me when my strength is gone,"
so we pray for your enduring presence
for these your saints who are tucked away for now, safely we hope.
"Do not forsake [them], God, till [they] declare your power to [us], the next generation,
til they declare your mighty acts to all who are to come."¹

In their weakness, Lord, we pray for your strength.

-Charity Singleton Craig

¹ Psalm 71:9, 18b

TO THE GOD OF SMALL THINGS: A Prayer for the Development of Testing, Treatments, and Vaccines

O Lord, our God,
you created things large and things small.
We tremble at the power of oceans,
at the waves of the seas,
at the vast darkness.
We tremble at the infinitesimal.
We shudder before atoms splitting;
before the power of minutiae to destroy countries and rulers.
We fall prey to scorpions or tumors,
and yet we are made in your image.
“Oh, the depth of the riches and wisdom and knowledge of God!”¹

Lord, increase the knowledge of your people,
of the scientists and doctors among us
who are able to discover and unravel the complications
of things we can't see with the naked eye.
Father, they've been given what seems like sheer moments
to discover things unknown until now;
the nature of a new disease and its interactions with medicines.

Expand their capacity for creativity and innovation.
Draw them to collaborate, discuss, compare notes.
Focus the minds of scientists across the world to form a unified effort.
We pray for humility, wisdom, and a desire to seek the common good.
We pray for discovery.

There is urgency in this, God.
You understand the inner workings of this virus,
how it spreads in bodies and communities.
You are God over the enormous and the microscopic.
We ask you to reveal what needs to be revealed to scientists and doctors
so that those who are sick can be healed and those who are well can stay well.
Give our best minds insight to create proper testing, treatments, and vaccines.

-Katherine James

¹ Romans 11:33

*We are a people of great resolve,
but we are not invincible.
We see our weakness.
We ask you, God, to act on our behalf.
For the lungs that heave.
For the oxygen these patients need.
For your glory and our good.
Move in our leadership, our industry,
and our logistics,
and create abundance from our lack.*

-Darcy Wiley

SUPPLY ALL OUR NEEDS: A Prayer for Urgent Healthcare Equipment

In the land of plenty, we have found ourselves in need.
We are accustomed to being the hero,
flying in with supplies and help.
We are accustomed to being prepared.
We are not used to coming up short.
Now, even our stockpiles are not enough.

God, we acknowledge our frailty.
We acknowledge our failings.
We acknowledge that we are merely human.

In our human error, in our human limitations,
we have found ourselves ill-equipped to fight this new disease.

Lord, in some places,
critically ill patients outnumber intensive care beds by the thousands.

But your grace is sufficient for us.
Show your power to be perfect in our weakness.¹

Leaders scramble to claim ventilators in storage
or order warp-speed manufacturing.

Your grace is sufficient for us.
Show your power to be perfect in our weakness.

Respiratory medicines are being used up faster
than they're being made.

Your grace is sufficient for us.
Show your power to be perfect in our weakness.

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SUPPLY ALL OUR NEEDS: A Prayer for Urgent Healthcare Equipment (continued)

Our front-line healthcare workers are running out of N-95 masks.
Your grace is sufficient for us.
Show your power to be perfect in our weakness.

All-knowing, all-powerful, ever-present God,
We open ourselves to your presence and provision.
We look to you to supply all our needs according to the riches of you glory.²

We pray for clear communication from our front-line workers.
We pray for quick fulfillment of their need for personal protective equipment,
ventilators, and respiratory medicines.

We pray for wise leadership and a streamlined manufacturing process
at medical supply and pharmaceutical companies.
We pray for the efficiency of logistics companies
as they deliver supplies for urgent needs.

We pray that our stay-at-home measures would be effective
in keeping the need for emergency supplies low.

We are a people of great resolve, but we are not invincible.
We see our weakness.
We ask you, God, to act on our behalf.

For the lungs that heave.
For the oxygen these patients need.
For your glory and our good.
Move in our leadership, our industry, and our logistics,
and create abundance from our lack.

-Darcy Wiley

¹ 2 Corinthians 12:9

² Philippians 4:19

STRONG AND COURAGEOUS: A Prayer for First Responders

God, we thank you for our first responders
who are engaging in a call greater than we ever imagined.
Father, whether our first responders know you personally or not, they need you.

Our 911 center first responders answer call after call
to the sound of people trying to catch their breath.
Please be with them,
supply supernatural endurance,
and help them quickly qualify needs.

Our firefighters and EMS need a strength and protection,
greater than any physical gear can provide.
Cover them. Nourish them. Give them rest.
Focus their eyes on you. Keep them encouraged.

Our police officers are involved in social distancing compliance enforcement,
supporting medical responders,
and responding to community safety concerns
in this unprecedented time of need.
May your hand protect our police officers as they serve.

Your Word says, "Be strong and courageous.
Do not be afraid or terrified because of them,
for the Lord your God goes with you;
he will never leave you nor forsake you."¹
God, we ask you to bring this truth to life
for our Emergency Response Operations personnel.

Cover our first responders and their families
with your peace and confidence.
Keep them safe and strong.
Give them rest in mind, body, emotion, and spirit
now and after this disaster ends.

And may our first responders receive our gratitude
for their incredible service.

-Gina Kerr

¹ Deuteronomy 31:6

LET US UNDERSTAND THE TIMES: A Prayer for Journalists

Oh Lord, our God, from the first line of Scripture, “In the beginning...”¹
you have communicated with us, informed us, and inspired us.
Your Word is the foundation of our faith.
Its contents equip and encourage us in every form,
whether history, law, wisdom, poetry, prophecy, or the good news.

But even beyond your Word, you have provided us with sources of vital information
to help us to better minister where we are.

Like the ancient people of Issachar
who understood the times
and knew what to do,²
we want to understand our world
so we can know how to rightly act in it.

We thank you for those among us who search out stories and data
to help us live as informed citizens.

We thank you for the tireless work of our journalists,
for their dedicated research, interviewing, and reporting
that lead us into deeper understanding of the crises around us,
things that affect our world, our nation, our state,
our institutions, our local community, and our neighbors.

Whether in print or on camera,
may our journalists work fearlessly,
shining light on important stories
even when others may not want them to be told.
While many discount and disrespect journalists and their work,
accusing them of undermining our county, our leaders, and our institutions,
we acknowledge we need their work,
especially in these trying times.

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LET US UNDERSTAND THE TIMES: A Prayer for Journalists (continued)

As they perform their act of public service,
may they value truth and goodness over their own ratings.
Give them a greater awareness of their biases and opinions.
and move them to report with clarity and conviction.
Whether in features or investigative journalism,
we pray they would remember that the people about whom they report
are human beings,
your creation made in your image,
even those whom they may not like,
or whose actions may be reprehensible to them.

We pray that good news would surface
and that our journalists would make space to report it.

This is not a job for the faint of heart.
Anxiety comes with the territory.
We pray for the mental chatter to quiet as they lay down to sleep.
We pray against insomnia and ask you to provide deep, uninterrupted rest
so our journalists can return to being our eyes and ears day after day.
Give them clarity, vision, and energy
to make our world a better place.

We thank you, O Lord, for journalists
and the work that they do.
Through their efforts,
we pray that needs will come to light,
and we will be moved to act.

In the name of our Lord Jesus Christ.

-Mike Reed

¹Genesis 1:1

²1 Chronicles 12:32



*Jehovah Jireh, you are our provider.
When we have eaten and are satisfied,
we praise you for the good land
you have given.
We also thank you for the hands that
have harvested it,
transported it, stocked it, scanned it,
and prepared it.
Be with them in this uncertain time.
May they know your grace and
provision like never before.*

-Sarah Quezada

BLESS THOSE WHO FEED US: A Prayer for Farmworkers, Delivery Drivers, Grocery Clerks, and Restaurant Workers

God our provider,
we give you thanks for our daily bread,
and we offer gratitude and prayers
for the hands that have prepared it.

Far too often, we confess, we have baked and roasted,
sauteed and fried, steamed and boiled,
taking for granted the bounty on our tables,
in our fridge, and lining our pantry.

As the virus spread and store shelves emptied,
we felt fear suddenly rising that there may not be enough.
We became acquainted with phrases like “food supply chain,”
and we were reminded again of all the people –made in your image–
whose work nourishes us in the most literal sense.

Not even a pandemic stops the ground from growing.
You tell us that, “As long as the earth endures,
seedtime and harvest, cold and heat,
summer and winter, day and night will never cease.”¹

We pray for farmworkers,
bowed low in the fields and reaching high in the trees,
to receive what you have provided.
So many are not from this country
and have been told time and time again
that they do not belong, that they should go home.
Now, they rise early,
holding papers that declare them “essential workers”
as they crowd onto farms
to harvest the food America so desperately needs.
As they sigh relief that fears of deportation have eased,
they now worry about sickness and death more than ever before.
God, we ask you to protect them,
from illness, from exhaustion,
from exploitation, from family separation.

(continued on page 19)



BLESS THOSE WHO FEED US: A Prayer for Farmworkers, Delivery Drivers, Grocery Clerks, and Restaurant Workers (continued)

God, be with the delivery drivers and grocery workers as they stock the shelves and serve others. Surround them with protection as they watch customers make a range of choices about public safety, which have a direct impact on their own safety as an essential worker. Ease minds and hearts as cashiers step behind the fresh plexiglass and don whatever protective wear they have found or made. Comfort their family members who worry that their sickness is inevitable. Free them from fear and germs as they shed clothes in carports and scurry toward the shower after every shift.

For those in the restaurant business, Lord, we pray. Remind them of your provision as they worry about closed dining rooms, lost revenue, meager tips, and slowing orders. Keep healthy those who remain working, and we pray they may experience the generosity of community.

Jehovah Jireh, you are our Provider. When we have eaten and are satisfied, we praise you for the good land you have given.² We also thank you for the hands that have harvested it, transported it, stocked it, scanned it, and prepared it. Be with them in this uncertain time. May they know your grace and provision like never before.

-Sarah Quezada

¹ Genesis 8:22

² Deuteronomy 8:10

PROVISION IN THE PAUSE: A Prayer for Businesses and Furloughed Workers

Heavenly Father,
as business owners are forced into a moment of decision,
as millions of people are being furloughed or have completely lost their jobs,
We acknowledge our fear and anxiety
for individual finances and the economy as a whole.

You say, “For I know the plans I have for you,
plans to prosper you and not to harm you,
plans to give you hope and a future.”¹

In the midst of this pandemic, we look to you.
We may not understand this virus and the crisis it brings,
But we trust whatever your purpose may be in allowing it.
We recognize that you are our hope as we go through it.
May we seek you like never before.
May we emerge from this crisis
with greater love for you and for humankind.

We ask that you guide hearts and minds
of business owners and employees,
as we strive to do what’s best
for our families, our economy, and our world.

Allow us to be creative in this time,
using our unique skills and resources
to meet needs in a new way.

Allow us to see your provision in our lives
and show us how to use what you have given us
to bless our friends, neighbors, and loved ones in need.

Allow us to be productive when you would have us be productive
and rest when you would have us rest.

Father, for those who are unable to return to our former work,
we ask for an extra measure of faith and hope,
to trust that you hold our future,
that you have good plans for us.

We pray for leaders and influencers,
that you would grant wisdom
as they seek to ensure both public health and financial health.
Even a global crisis isn’t beyond you.

Show us where we need to grow and change
spiritually, personally, and in our work.
Make us more gracious, understanding, and loving.
Guide us in every decision in the waiting
And in the decisions that remain when this trial has passed.

We ask these things in the precious name of Jesus.

-Thresette Briggs

¹Jeremiah 29:11



AT OUR NEW SMALL DESKS: A Prayer for Those Working from Home, Maybe for the First Time

More people are buying small desks, the New York Times reports,¹
and I imagine the slim pieces of furniture
tucked behind sofas
and next to beds
and maybe even inside closets
in houses and condos and apartments around the world.

A lot of us are working at home now, Lord, and we need your grace.

Grace for the extra emails replacing hallway discussions.
Grace for the Zoom calls replacing daily stand up meetings.
Grace for the extra long support call with the IT help desk.
Grace for the irate client call because the shipment hasn't arrived.
Grace for the interruptions, when our kids need help with eLearning.
Grace for the slow WiFi, when our spouses need more bandwidth for their own work.

Some of us were already happily working at home,
and suddenly, the other people who live in our house
never leave.
The cars stay in the garage,
the coats stay in the closet,
and the toys stay on the floor.
The kitchen, where we go for a mid-day cup of tea,
is now filled with teenagers boiling ramen noodles and baking taquitos.
The living room, which we normally avoid,
now hosts children on iPads learning vocab words.
The dogs, who used to sleep on pillows all day in the office,
spend restless hours barking at the sounds
of family members moving throughout the house.

(continued on page 22)

AT OUR NEW SMALL DESKS: A Prayer for Those Working from Home, Maybe for the First Time (continued)

Meanwhile, the rest of us were happily working at the office or in the field, and suddenly, we are the ones who never leave.

It's one thing to choose a work-from-home option, when we have the space and the desire and the will to make it work. It's another thing entirely to suddenly have our routines, our relationships, our resources, our responsibilities, —all the regular parts of our work lives— ripped away.

Whether we chose it or not, this is not simply working at home for any of us now. This is being stuck at home trying to cobble together a work life during a global pandemic. It's different, and it's hard.

For all the ways our work is harder now, Lord, we need your mercy.

But working from home also has brought unexpected blessings. Suddenly we find ourselves with no commute. perpetual “casual day.” lunch with our families or our roommates. time to walk the dogs during breaks. greater flexibility for caring for the kids. fewer gas station fill-ups and parking fees.

The new
laptop
desk
chair
monitor
mouse pad
headset
telephone
pen
notebook
help, too.
We don't know how long we'll need them, but these practical tools make working at home easier.

(continued on page 23)



AT OUR NEW SMALL DESKS: A Prayer for Those Working from Home, Maybe for the First Time (continued)

For all the ways our work is easier now, Lord, we give you thanks.

Working from home has allowed us to practice social distancing and help flatten the curve even while we continue to provide for our families and advance our careers.

Sure, life would be easier if things could just get back to normal. Not knowing when that will be keeps us distracted and less productive than we'd like. But when our thoughts start spiraling too far off course, remind us, Lord, that things could also be worse. For some people, they are.

Working from home isn't All bad. or All good. Like most things in life, it's the and that makes the difference.

For all the ways our work is both bad and good, Lord, we embrace the complexity of life with you.

Whether we planned to be at home or are here unexpectedly, help us do our work with all our heart, as if we are working for you, Lord,² not just our boss, who now shows up for Zoom calls in sweatpants.

We don't know how long this pandemic will last or how long we'll all be doing our jobs from the basement. But we do know that wherever we work, we need your peace, your grace, and your love to do our work well.

Despite the fear and uncertainty that is now part of our lives, help us to keep showing up at our tiny desks ready to work and grateful.

Lord, establish the work of our hands for us— yes, establish the work of our hands.³

-Charity Singleton Craig

¹ April 7, 2020, New York Times Morning Briefing

² Colossians 3:23

³ Psalm 90:17

INSPIRATION IS NOT CANCELLED: A Prayer For Creatives

Heavenly Father,
just as you called prophets, priests, and kings,
you called your people to artistry,
giving them your kingdom as a canvas,
filling them “with skill to do all kinds of work
as engravers, designers, embroiderers
in blue, purple and scarlet yarn and fine linen,
and weavers—all of them skilled workers and designers.”¹

In this time of pause,
minister to our artists, writers, musicians,
all who draw beauty out of the air for others to savor.
Thank you for art, a rich source of nourishment
to supplement our daily diet of breaking news.

Kindle in artists a slow-burning fire that feeds their creativity,
sparking insight out of loneliness, anxiety, and concern.
Like Irina, poet of the gulag, who would carve her poems on bars of soap,
memorize them, then wash the evidence away,
may our artists find that words and concepts, chorus and verse, paint on canvas
are powerful and eternal, regardless of the medium used to express them.

Invite artists into deeper co-creation with you.
Let them be moved not by the urge to be seen,
but by the desire to find beauty and share it.
While stuck at home alone or with children,
feverish with illness,
or finding themselves stunned with a litany of cancellations,
release them from the pressure to perform and produce.
May artists of words, watercolor, or rhythm
remember that time being fully present is time spent constructively.

Bring hope in long, dark nights.
Bring energy and vision to mornings that come too early.
Bring inspiration and income to fill the empty spaces on the calendar.

Breathe into artists, and through them, your life-giving strength.

Amen.

-Tammy Perlmutter

¹ Exodus 35:35

*Lord, be with us
as we scramble,
fighting with technology
that breaks,
wrestling with new ways to
teach old things,
ways to bring light
and understanding
across too-small screens.*

-Amber Robinson

NEW LESSONS: A Prayer for Teachers

As the last student walked out of the class,
we flicked off the light, locked the door,
and still can't comprehend,
how through the howling winter wind,
it would be the last time we would be with them in person this year.

Lord, be with us as we scramble,
fighting with technology that breaks,
wrestling with new ways to teach old things,
ways to bring light and understanding across too-small screens.

Bolster us when we are tired,
up extra early and late at night.
Days blur together to finish lesson plans.
Stay near us with our exhaustion when some students handle this crisis by getting quiet,
and others get loud and angry at this new way of life at home.

Meet us in our grief.
the very sadness we push away,
grief that comes in waves,
we whose lives are lived by the ticking clock.
Class starts and ends.
Seasonal clocks.
End of the year concerts, graduations,
last week of school celebrations.

And time
to say
goodbye
to students
we
love.

Time lines are unwound, disentangled.
We are floating, unmoored.

Sit with us in our doubt and faith
to trust that you, God, Eternal King are just,
the Keeper of all good time.
Nothing is lost in you.
All things are bound together and are held together in you.¹

-Amber Robinson

¹ Colossians 1:17



STUDYING IN THE GAP: A Prayer for Parents and K-12 E-learners

With just a few days' notice
we went from being the hub of our childrens' world,
to becoming the whole of it.
The schools are quiet and sanitized,
little ghost towns waiting for a better day.

Now we are the stand-in for the principal,
the instructional assistant,
the school counselor,
the cafeteria worker,
the administrative assistant,
the custodian.

This is on-the-job training and we need your help, Lord.

When you offered a new job to Moses you said, "I will be with you.... Now go; I will help you speak and will teach you what to say."¹

God with us, teach us how to teach our children.

When you offered a new job to Gideon you said, "Am I not sending you?I will be with you."²

God with us, help us move forward in clarity and confidence.

When you offered the job of parenting the Messiah to Mary, she heard your messenger say, "The Lord is with you.... Do not be afraid."³

God with us, empower us to live out our new assignment.

Even as we grieve, let us find deeper rest
in the ways this crisis has slowed down our days.
No morning alarms or school bells. No bus stop.
No sports or activities to rush to after school.
No performances to attend.

Let us find deeper faith as we deal with things
that make our days more frenetic.
Clicking buttons and links in the maze of e-learning technology.
Helping our learners stay engaged.
Asking what day it is as we remember a Zoom call on the calendar.
Sending emails to check that we haven't overlooked a teaching video
or an assignment due date.

(continued on page 28)

STUDYING IN THE GAP: A Prayer for Parents and K-12 E-learners (continued)

God with us,
you hear our murmurs and mumblings with our distracted students most of all,
the ones with the A+ imaginations and the just-get-by work style.
When we are at our wits' end,
you invite us into a deeper wisdom.
You assure us,
"Those who are spiritual can evaluate all things...
for we have the mind of Christ."⁴

You are with us. Your resurrection power lives in my children and in me.
Fill us with love. Fill us with energy. Fill us with fresh, life-giving ideas.

We may not have signed up for this,
But as we live these new rhythms day by day,
we have access to the full power and creativity of your Spirit.
Thank you for showing yourself at work in and among us.

Give my learners a thirst for knowledge,
a satisfaction in sticking to a task,
not just to check it off the list, but to exercise the mind
and make connections that will undergird all future knowledge.

Give us resolve as we partner with teachers
to bridge this gap in our children's education.

Give us grace and rest
when we need to step away and regroup.

The pat on the back that used to happen in the classroom,
Now comes through the screen and through me.
Help me embrace this moment
as a chance to lead and love in a new way.

-Darcy Wiley

¹ Exodus 3:12 & 4:12

² Judges 6:14,16

³ Luke 1:28, 30

⁴ 1 Corinthians 2:15-16



DORMS, DREAMS, AND DISSONANCE: A Prayer for University Students

Lord, when the reality of the pandemic hit,
universities closed doors,
leaving an academic desert of empty dorms,
classrooms, cafeterias, and libraries.

No more walking on campus green
or crossing busy sidewalks to talk with friends.
Pain, loss, confusion,
uncertainty regarding current semesters
and future studies.
All belongings left in a dorm room with no timeframe
or plan of how or when to return.

Distance learning is a new normal;
screens have replaced live teaching.
Students are giving up on opportunities
for exciting research and learning.

Lord, fill our students' hearts with your love as they work in isolation.
Fill their minds with your truth and knowledge.
We pray our university students will have no fear of bad news;
that their hearts will be steadfast and secure, trusting in you.¹
Lord, we pray that our university students may persevere
in studying and training
for future work and service.
Lord, we trust that you have a good plan and purpose for our students,
to bring to completion the hopes and dreams you planted in them.²

Lord, give our university students signs of your goodness
as they have moved back home,
remained in their apartments,
or moved in with friends or family.
Comfort them as they learn in new ways,
deal with job losses and income uncertainties,
and work to stay connected with friends.

Lord, equip them to be strong, faithful,
and prepared to lead as they grow and mature.
Answer their questions about the future and about who you are.
Comfort them in their circumstances
and use these days of uncertainty to spark revival,
to turn the hearts of our students to you as their living and eternal hope.

-Prasanta Verma

¹ Psalm 112: 7-8

² Philippians 1:6

In this moment, we are unable to welcome our loving community of friends and family to add joy and celebration, or to help us grieve. God, bring us comfort as these events are canceled or rescheduled.

Help our virtual gatherings offer connection. May heartfelt expressions of loving care soothe our disappointment and sadness.

-Jacquie Reed



HOPE DEFERRED: A Prayer for Those Dealing with Postponed Events

Merciful and loving God,
whose name gives us grounding and presence,
we are living in unusual times,
when we are asked to remain apart
from our sustaining and nurturing community.

We are experiencing changes and loss of traditions with great meaning,
milestones that mark the transitions in our lives –
birthday parties,
baptisms,
graduations,
weddings,
funerals.

In this moment, we are unable to welcome
our loving community of friends and family
to add joy and celebration, or to help us grieve.
God, bring us comfort as these events
are canceled or rescheduled.
Help our virtual gatherings offer connection
May heartfelt expressions of loving care
soothe our disappointment and sadness.

God, we have deepest compassion
for the families of those who have died in this time
and whose funerals or times of remembrance are put on hold.
Grief comes with loss no matter the circumstance,
but our inability to hug family and friends,
to gather for greeting and comfort,
compounds the loss.

In your expansive mercy, God,
wipe the tears of those who are mourning in isolation.
Surround them with your love.
Give them strength and perseverance
to continue through difficult days
when those who offer companionship are unable to be there in person.
Sustain them with fond memories
Until our familiar traditions are open to us once again.
As many hopes are deferred,
we offer our prayers in the name of Jesus
whose resurrection gives us life
and, in whose name, we are held close and dearly loved.
Amen.

"He heals the brokenhearted and binds up their wounds." Psalm 147:3

-Jacquie Reed

EVERY ANXIOUS THOUGHT: A Prayer for Those Struggling with Mental Health

You search them and know them, O Lord.

When they stumble in silence, you hear.
When they have no words, you comprehend them still.
When they hide behind their masks, you are the God who sees.

Your eyes saw their silent, speechless, hidden frames from the beginning.
Your hands wove them in the secret of the womb.
Your book bespoke their days before they felt the sun on their skin.

We praise you, Lord.
Fearfully and wonderfully you've made them.

Fearfully, they reflect your image.
Even as they fight against fear in the foxholes and trenches of their brains.
Alongside misfiring amygdalae, neurodivergent circuitry, and scarcities of Serotonin.
They wage their war on mental illness, within. And without.

Wonderfully is your craftsmanship made. Immeasurable of worth.
Humanity falls short in its metrics:
With mortal scales and spectrums,
and definitions like disability, disorder, depression.

Forgive us, Lord, for seeing labels instead of image bearers.
Show us how to search them and know them like you.
As we enter into their suffering,
in this new world of isolation, fear, and sleepless nights. Their world.

As we fasten our physical masks in the days and weeks ahead
and long for a protection less fragile and paper-thin,
may we look with new compassion into the eyes of these
who've worn their masks for a lifetime.

(continued on page 33)

EVERY ANXIOUS THOUGHT: A Prayer for Those Struggling with Mental Health (continued)

These whose fear, trauma, and upending uncertainty
rise exponentially with every Corona case confirmed.
In this momentary solidarity, we see them
and entreat you, Lord:

When they concede to the darkness,
and make their bed in the depths.
When light becomes night to them,
be near – for darkness is light to you.

Search them. Know their hearts and every anxious thought.

When they rise, whether with the wings of the dawn or reluctantly,
come closer still.
And guide them,
your right hand holding them fast.

Holding us fast,
in these uncertain days.
Hem us in, be hind and before,
and lay your hand upon us.

One body.
Yours.
Fearfully and wonderfully made.¹

-Nichole Woo

¹ Psalm 139

HOW LONG O LORD: A Prayer for the Lonely

I know your word.
It is your voice,
but if it is your voice,
why can't I hear you speak?

To you, O Lord, I lift my voice.
Arrows of grief have torn holes in the sky.

How long, O Lord, will you be silent?
Do not be silent.
I don't want to fall down.

Return, O Lord.
We need your mercy.
So many years are washed up in the flood.

My body's worn and wrenched with pain.
My aching bones have groaned both day and night.

Your love, O Lord, it is my strength.
You are my shield.
You hear me when I fall down.
You hear me when I fall down.
I don't want to fall down.¹

-Aaron J. Robinson

¹ Psalm 13

How Long O Lord, is a song from the album Love Struggle, by Aaron J Robinson
Lyrics reprinted with permission.



AT HOME WITH YOU: A Prayer for Those Staying at Home When Home Isn't Safe

God, you could have quarantined yourself in the splendors of heaven,
yet for the sake of love, you left your heavenly home
and so willingly entered into ours.

You came into a world full of isolation, loneliness, hostility and pain,
into a world that offered you rejection, betrayal, darkness and shame.
Yet you so humbly emptied yourself, becoming one of us,¹
so that we would be raised to become one with you.
How great is your love for us. How great is your care.

Jesus, we bring to you the confusion and chaos
of homes that may not be like our own,
those for whom staying at home may not feel safe.

You willingly take on our cares and fears, O God!
So it is to you we offer our most complicated prayers.
You know the deepest part of each one of us.
You are great enough to hold the universe,
and yet live within us.
How is it that you dwell within our hearts?
Our inner real estate, full of pain, distrust, unmet expectations, and doubt.
Yet somehow you have chosen to call our hearts your home.
How mysterious and majestic you are.

Gracious Lord, full of compassion and mercy,
strengthen our fellow citizens who live in complicated places,
under the confines of tent, overpass, or shelter,
in the place where hurt and hopelessness have become home.
Gracious Lord, ready to rescue,
strengthen those who need the courage to cry for help,
those in the confines of walls, doors, and windows,
who are exposed to neglect and abuse.

They need your hope, O God!
Be near, O Prince of Peace!

Grant them wisdom to change what they can,
and to lay down what they cannot.
Grant them courage to trust you to act
when a way forward or a way out seems impossible.
Grant them hope and lead them to a better tomorrow.
Grant them grace as they wait with you today.

No matter where they find themselves, let them know you are with them.

Let them feel at home with you.

Amen.

-Emanuel David

¹ Philippians 2:7

BLESS AND PROTECT THIS SACRED COVENANT: A Prayer for Marriages

Father, in this time of unprecedented suffering and great turmoil,
In this time of loss and pain,
let my marriage be a refuge from the storms.
Let this covenant provide a place of safety
where we can turn to each other
and ease our aloneness,
our anxieties,
our fears.

Help me to notice and value my spouse's needs above my own,
to respect their limitations and boundaries
and to faithfully lift up their needs to you.

Give me the strength to serve
even when I'm tired or feel empty.
Give me a servant's heart.
Give me the desire to serve.
Keep me from resenting their neediness.

Give me the capacity to fulfill Philippians 2:
"Don't be selfish; don't try to impress others.
Be humble, thinking of others as better than yourselves.
Don't look out only for your own interests, but take an interest in others, too.
You must have the same attitude that Christ Jesus had.
Though he was God,
he did not think of equality with God
as something to cling to.
Instead, he gave up his divine privileges;
he took the humble position of a slave
and was born as a human being."

Help me to be an empathetic listener.
Let my listening be an offering of love rather than an obligation.
Help me to let go of my agenda and hear my spouse on their own terms.

(continued on page 37)

BLESS AND PROTECT THIS SACRED COVENANT: A Prayer for Marriages (continued)

Father, when anger and hurts surface,
give us humility to apologize quickly.
Keep us from being defensive.
Help us to forgive quickly and fully.
Help us to believe the best about each other
and always offer grace and mercy.
Keep me from holding onto hurts or weaponizing them.
When there is a divide between us,
give me the courage to reach across,
trusting that you are with me.

Inspire our imaginations to find our way through this difficult place.
Ignite our God-given creativity and help us direct it toward our marriage.
Let us see from your perspective.
Give us each a heart of gratitude for the person we share our lives with.
Let that gratitude turn us to focus on our spouse's strengths.
Give us the faith and hope that we need to go through each day
loving you,
loving each other,
and loving others you have placed in our lives.

Continue to fill us with your Holy Spirit
that we might love extravagantly in sickness or in health,
in times of peace and times of war,
until we draw our final breath.

Amen.

-Dorothy Littell Greco

WITH THE COMFORT WE'VE RECEIVED: A Prayer for Chaplains

Father of compassion,
we thank you for comforting us in all our troubles,
so that we can comfort others in the way you comfort us.¹
We thank you for those who have answered your call to serve as chaplains.
Daily, these men and women step into situations
as an intimate stranger and bring peace
through their words or simply through their presence.

Chaplains are trained to be a non-anxious presence.
They offer this gift regularly to patients at medical facilities,
to those who are incarcerated in jails and prisons,
to family members of patients
and to staff members at all of these institutions.
As they minister, chaplains encounter people
who are experiencing every emotion possible.
Yet, they respond with just the right gesture, word,
prayer, or moment of silence.
Thank you for the gifts of wisdom and discernment
for chaplains as they provide care.

Chaplains see a lot on a normal day,
but these days are far from normal.

Medical staff are overwhelmed by their exposure to tragic deaths
and figuring out how to provide care
during a pandemic when their own lives are at stake.

Family members are experiencing great distress
from not being able to be physically present with loved ones,
especially those who are gravely ill or have died.

People who are hospitalized are experiencing distress
from not being able to have consistent physical support from family members.

Those who are incarcerated
and already physically isolated from loved ones
are further separated because of health concerns.

Chaplains are responding to all these needs.
They are being hit with a tidal wave of emotions – their own as well as others'.
They are bearing heavy burdens.

God, give them strength;
hold up their arms as Aaron and Hur did for Moses.²
Allow them time and space
to bring their wearied and burdened souls to you.³
Give them rest and renewal
so they can return again
to comfort others with the comfort they've received.

-Nilwona Nowlin

¹ 2 Cor. 1:3-5

² Exodus 7:12-14

³ Matthew 11:28-29



YOUR CHURCH IS YOUR PEOPLE: A Liturgy for Local Church Staff

Confined, quarantined, and sheltering-in-place.
Adapting, improvising, and streaming,
making it up as we go along,
in hopes that your church feels connected and loved.
Through screens we now enter the homes
of our beloved church family.

It is said the church is not a building,
not confined by brick and glass,
by thatch roof and dirt floor,
by rehabbed big box stores,
or grand Gothic cathedrals.
Your church is your people.

So now we pivot and become a new church.
In this crisis we invent new out of necessity,
knowing this may change your church forever.
Creativity thrives within difficult constraints,
so take this tension and struggle and
imperfectly scrap together a new way
to connect, worship, and serve.

He handed out gifts above and below,
filled heaven with his gifts, filled earth with his gifts.
He handed out gifts of apostle, prophet,
evangelist, and pastor-teacher
to train Christ's followers in skilled servant work,
working within Christ's body, the church.¹

To work for the church, using our gifts
is our life's calling.
We take the gifts you handed out and continue to
pray and teach and sing and dance,
to counsel and study and listen and lead
in this pandemic moment.

-Lindsay Dudeck

¹ Ephesians 4:11-12

IN YOUR SIGHT, IN YOUR HANDS: A Prayer for Those Who Serve in Nonprofits

Almighty and Everlasting Father,
we are grateful to be in your sight and in your hands.
You saw us as we were knitted together in our mother's womb.
You see us when we travel and when we rest at home.
You see when we sit and when we stand and can divine our motives.
You are with us in the valley of the shadow of death
and hold our hand as we climb to the heights.
Your light shines in our lives, and even the darkness is not too dark for you to see.¹

Abba Father, in the midst of this dark time,
we need and crave your light.
Bless us with your presence.
Take our hand and lead us still.

We do not know the future but we know you in the present,
and we thank you for your Spirit.

We lift up nonprofit leaders to you now.
Grant them your wisdom, peace, and passion.
Remind them that you “did not give us a spirit of fear
but of power and love and self-control.”²
Help them to let go of the illusion of control and trust you.

Give them deep compassion
in the midst of difficult executive decisions
that must be made.

Jesus, you say that your “yoke is easy and [your] burden is light”³
and that we should “abide in [you] and [you] will abide in [us].”⁴
We pray that our nonprofit leaders would abide in you
as their source of hope, guidance, and rest.

We pray for nonprofit fundraisers.
May they love your donors well
through this challenging time.
Give them the heart of a shepherd
to display your compassion
and provide encouragement.
Help them to put their hope in you
more than strategies,
and seek your kingdom first.

(continued on page 41)



IN YOUR SIGHT, IN YOUR HANDS: A Prayer for Those Who Serve in Nonprofits (continued)

We pray for nonprofit staff serving people daily.
Give them strength and courage.
Grant them confidence and peace.
As their work load and burden feels heavy,
give them colleagues and friends
to help lift their hands
as you gave Moses his friends Aaron and Hur.⁵

We pray for those benefiting from nonprofit services.
Remind them that it is not a nonprofit that serves them,
but it is you who is providing for them as you see fit.
Remove their worry about life, food and lodging,
reminding them that you provide such things even for birds and flowers.
Feed them and declare to their hearts
how much more important they are to you than birds.⁶
Provide for them and grant them your peace and love.

Jesus, we thank you for your parting words,
“I’ll be with you...day after day after day,
right up to the end of the age.”⁷
Holy Spirit, increase our awareness of your presence
in every moment, every hour, every day.
May your kingdom come, your will be done,
and your love and hope made known.

In the mighty and holy name of Jesus Christ we pray.
Amen.

-Adam J. Nevins.

“Don’t try to hold God’s hand; let Him hold yours. Let Him do the holding and you do the trusting.”
-H. William Webb-Peploe

¹ Psalm 139 & 23

² 2 Timothy 1:7

³ Matthew 11:30

⁴ John 15:4a

⁵ Exodus 17:12

⁶ Luke 12:22-31

⁷ Matthew 28:20 MSG

I pray that we would stand with assurance and dignity, as ones formed in Jesus' likeness, and render our contributions to solving this problem in the world. I declare that we shall do so, not from the need to prove our worthiness as "good Americans" or "model minorities" but as the manifestation of hearts set free by the acceptance and delight of our loving Heavenly Father.

-Brian Flora

WE ARE NOT A VIRUS: A Prayer for Asians in America

Heavenly Father, you look upon all of humanity as your creation.
You don't distinguish our differences as markers of our worth,
but rather you delight in them as expressions
of your infinite complexity and goodness,
reflected in us as your image bearers.

I thank you that your heart is not one of blame and retribution.
You grieve with every loss, and every sufferer.
Your heart is pierced by the collective and individual pains, fears,
and anxieties we all feel in this moment.

I lift up to you my brothers and sisters of East Asian descent,
especially those living as citizens or residents of the United States.
The enemy of our souls has sought to unleash fear, division,
and hatred upon us under the guise of Coronavirus,
knowing the virulence of these spiritual maladies
to be deeply insidious and damaging,
leaving emotional scars that will outlast the pandemic.

From the thoughtless ignorance
of warning friends to stay away from Asian establishments;
to the overtly racist hate-letter taped to the door
of a Hmong-American's home in suburban Minnesota,
to the stabbing of an Asian American family of three in a Texas Sam's Club
perpetrated by an assailant who thought they were Chinese
and assumed they were spreading the virus.

Father, we stand in opposition to these thoughts and behaviors.
They did not originate with you.
May we grant them no space in our hearts and communities.

(continued on page 44)

WE ARE NOT A VIRUS: A Prayer for Asians in America (continued)

Father we speak blessings of comfort, healing, and holy peace
to those who've suffered the words and deeds of ignorance and reckless hatred.
Comfort to soothe the pain of our souls,
healing to close the wounds our enemies would exploit.
Grant holy peace that we would live free
from the whispers of fear tempting us to shrink into invisibility.

We deny the lies that we are less than human.
#IAmNotAVirus.
We Are Not A Virus.
We affirm the truths that we are God's workmanship,
wonderfully created in the image of the Divine,
for his delight and good purposes.

While as yet, we have no proven treatments and vaccines for this disease,
we already know the antidote of fear to be courage.
I pray a blessing of courage upon us all.
Courage to live from the fullness of our identity in Christ.
Courage to banish the fear of disease and of our fellow human beings.
Courage to intercede, intervene, and protect others
from those enslaved to fear.

I pray that we would stand with assurance and dignity,
as ones formed in Jesus' likeness,
and render our contributions to solving this problem in the world.
I declare that we shall do so,
not from the need to prove our worthiness
as "good Americans" or "model minorities"
but as the manifestation of hearts set free
by the acceptance and delight of our loving Heavenly Father.

Thank you Jesus for your inexhaustible grace,
mercy, and kindness towards us
in our hour of need.

-Brian Flora



LET DISPARITY BE A THING OF HISTORY: A Prayer for African-American Healthcare

Lord, I pulled about a thousand weeds today.
I lifted one long leafy stem
and found it attached to a maze of tangled vines
lurking just under the dirt.
I finished the one and saw another peeking up.
And then another.
If you stand in one place long enough,
you start to see all the things you walked right over before.

America's doctor says our system
has left our African-American citizens exceptionally vulnerable
to this new threat.
Diabetes. Asthma. All kinds of underlying conditions
from a lifetime of being deprived.

This minority,
in the time of Corona,
makes up the majority
of intensive care intubations
and COVID-19 deaths.

We grieve the gaps in healthcare.
We grieve that these voices
have had to speak twice as loud
to be heard.
We grieve that these vulnerabilities
have been right under our noses
yet so hard to see.

We thank you, the God who sees,
that through this trial,
you are turning our eyes to what we've long overlooked.

Soothe tired lungs.
Whether by machine or miracle, push oxygen into tired bodies.
Maker and healer, we ask you to undo the damage.

May we find these statistics so unbearable that we won't forget.
When the Coronavirus crisis is a thing of history,
let these disparities be a thing of history, too.
Grant our leaders and influencers compassion and courage
to act and heal what's ailing.

May we search out the tangled lines
and bend low to tug out inequity
by the roots.

-Darcy Wiley

THOSE WHO WAIT IN DANGER: A Prayer for Detainees and People in Migrant Camps at the Border

God, I confess, I do not know how to wait.
Sitting in my house, drawing up plans and lists and schedules,
I am ready to “get back to it.”
I am drawn to productivity,
to project management apps.
And yet, I am quick to recognize
that while my waiting is boring, frustrating, and uncomfortable,
it is not dangerous.

For those families,
waiting for months at the border,
we offer our prayers.
Cover them in your grace and protection
as they live in close-quartered migrant shelters,
sleep in unplanned tent communities,
or cook around communal, outdoor fires.

Many have waited their turn,
clutching papers with court dates scheduled months away,
while existing in difficult conditions.
You have accompanied them through the dangers
that chased them from their home countries,
the ones they encountered on the journey,
and the ones near the camps.

You, O Lord, promise to hear the needy
and you do not despise your imprisoned people.¹
Now please, Lord, surround them with your love
and supernatural covering as they fear an outbreak
in the crowded communities where they wait still.

Give wisdom and protection to the humanitarian volunteers
and the Border Patrol agents,
who interact daily with the waiting families.

(continued on page 47)

THOSE WHO WAIT IN DANGER: A Prayer for Detainees and People in Migrant Camps at the Border (continued)

We pray, too, for those in detention centers across the country.
Still hearts that are anxious about the dangers they face
quarantined in tight conditions.
Comfort them as visitors are no longer allowed
and they feel cut off from loved ones.

May you reveal your presence in unexpected ways
to those hidden from view
as you have done so many times before.

As judges weigh whether or not to release those who have not committed crimes,
give them wisdom in exploring justice and mercy in this unprecedented time.

Help us to “Remember those in prison, as if you were there yourself.
Remember also those being mistreated,
as if you felt their pain in your own bodies.”²

God, may we learn from our brothers and sisters
what it means to wait in hard circumstances.
We lean into your word: “The Lord is the everlasting God,
the Creator of the ends of the earth.
He will not grow tired or weary,
and his understanding no one can fathom.
He gives strength to the weary
and increases the power of the weak.
Even youths grow tired and weary,
and young men stumble and fall;
but those who hope in the Lord
will renew their strength.
They will soar on wings like eagles;
they will run and not grow weary,
they will walk and not be faint.”³

-Sarah Quezada

¹ Psalm 69:33

² Hebrews 13:3

³ Isaiah 40:28-31

HEAL OUR LANDS: A Prayer for Recovery in Coronavirus Hotspots around the Globe

Lord, your word says
“If my people who bear my name,
humble themselves,
pray and seek my face
and turn from their sinful ways,
then I will hear from heaven,
forgive their sins,
and heal their land.”¹

May it be according to your word
that we, your people in all lands, seek your face
and ask for forgiveness
for evil choices,
for failing to put you and your purposes first in our lives.

We come and cry out
for your intervention in our country and world.
You are the only one with the power to heal our land.

Whether we live in a tiny apartment in an urban center
or watch from our television screens,
we feel an urgency
for the containment and treatment of COVID-19,
particularly in the densely populated regions of our nation.

New York
Los Angeles
Seattle
Detroit
Chicago
Miami
New Orleans

Greater density means more exposure,
affecting health, jobs, and the nation’s economy.
Jehovah Rapha, the God who heals,
we ask you to strengthen the sick.
Touch tired bodies and make them well.
As we comply with stay-at-home orders,
doing our part to protect our fellow citizens,
and as our healthcare workers persevere in serving patients,
we acknowledge that, ultimately, we depend on you
to quell these outbreaks.

(continued on page 49)



HEAL OUR LANDS: A Prayer for Recovery in Coronavirus Hotspots around the Globe (continued)

As cases worldwide have reached into the millions, we think of all the nations who have braved this pandemic, short on resources and long in suffering.

China
Italy
South Korea
Switzerland
Spain
Austria
Belgium
Germany
Netherlands
France
Iran
The United Kingdom
and more...

We bless these countries
and acknowledge your love and care
for all people across the world.

We ask you to reverse the spread of Coronavirus
and heal their lands.

For those world citizens in isolation for weeks, even months,
we pray for peace and new or deeper connections with family and with you.

We worship you Lord.

You are a good Father who promises to work all things for good
for those who love you and are called according to your purpose.²

We pray that your worldwide Church would serve well
and share your love in this historic moment.

We thank you for your mercy.

We thank you for healing our lands.

We pray your will be done here as it is in heaven.³

-Rebecca Colucci

¹ 2 Chronicles 7:14

² Romans 8:28

³ Matthew 6:10

PANDEMIC PRAYERBOOK WRITERS

DARCY WILEY is co-writer of *The Yes Effect: Accepting God's Invitation to Transform the World Around You*. She teaches English to international workers, offers spiritual and practical coaching for writers and creatives, and serves alongside her husband in his literary agency while raising three high-energy kids to be curious and compassionate citizens of the world. Darcy writes about spiritual, emotional, and cultural health and helps people tune in with God to experience power, love, and a sound mind. Connect with her via [Instagram @darcywiley](#), [Facebook](#), or at [DarcyWiley.com](#).

Page iii - Prayerbook for a Historic Moment

Page 2 - Supply All Our Needs: A Prayer for Urgent Healthcare Equipment

Page 27 - Studying In The Gap: A Prayer for Parents and K-12 E-learners

Page 45 - Let Disparity Be A Thing Of History: A Prayer for African-American Healthcare

THRESETTE BRIGGS is the Founder, President & Chief Performance Officer of Performance 3, a nationally certified Women's Business Enterprise providing keynotes, virtual and on-site training, and coaching and consulting to help leaders accelerate achieving high performance. Thresette has written articles for Talent Development, Indiana Minority Business Magazine, IndyBiz, and HR News Magazine. You can connect with her at [BestPerformance3.com](#) or on [Facebook](#), [Instagram @performance3llc](#), and [Twitter @performance3](#).

Page 20 - Provision in the Pause: A Prayer for Businesses and Furloughed Workers

REBECCA COLUCCI has been a follower of Christ since the age of 15. She has served in the TV industry and in government from the national and state levels. Her greatest desire is to spread the fame of Jesus and help believers live every day in the power of the Holy Spirit.

Page 48 - Heal Our Lands: A Prayer for Recovery in Coronavirus Hotspots around the Globe

CHARITY SINGLETON CRAIG is a writer, author, and speaker, telling stories of faith, hope, and love through essays, articles, books, and presentations. She is the author of *The Art of the Essay: From Ordinary Life to Extraordinary Words* and a contributor to *The Wonder Years: 40 Women over 40 on Aging, Faith, Beauty, and Strength*. Charity's work is regularly featured in *Edible Indy* and *In Touch Magazine*, and her essays also have been published at *Redbud Post*, *InCourage*, *Christianity Today Women*, *The High Calling*, *Discipleship Journal*, *Tweetspeak Poetry*, *The Write Life*, and *Grubstreet Daily*. She lives with her husband and three stepsons in central Indiana. You can find her online at [CharitySingletonCraig.com](#).

Page 9 - Enduring Presence: A Prayer for those in Nursing Homes & Long-Term Care Facilities

Page 21 - At Our New Small Desks: A Prayer for Those Working from Home, Maybe for the First Time

EMANUEL DAVID was born and raised in Tehran, Iran. After extreme religious persecution, potential martyrdom of his father, and forced migration, he and his parents fled Iran with the aid of the United Nations and the Assemblies of God Church International. By the grace of God, the goodness of the United States of America, and the generosity of the Christian Church, Emanuel and his family entered the United States as refugees on asylum in the early 1980s. Emanuel now lives in the Los Angeles area with his wife and son, and is a seminarian at Fuller Theological Seminary, Pasadena. He currently serves as Pastor of Discipleship and Spiritual Formation at Community Life Church in La Crescenta, California. Connect with him at [EmanuelDavid.com](#).

Page 35 - At Home with You: A Prayer for Those Staying at Home When Home Isn't Safe



PANDEMIC PRAYERBOOK WRITERS (continued)

LINDSAY DUDECK works for Compassion International and recently moved from Indiana to Colorado Springs with her husband, son, and dog. A communications consultant by trade, in her bag she always carries a journal and a pen. She never knows when something will spark a poem that has to get out. Lindsay also carries a water bottle, sunglasses and lip balm, because she lives at an elevation of 6,500 feet. She blogs at Dudeckahedron.wordpress.com.

Page 39 - Your Church Is Your People: A Liturgy for Local Church Staff

BRIAN FLORA is a bi-racial Japanese-American from Ohio. His passion is building the Church to live as a true spiritual family; with God as Father, Jesus our eldest brother, and the Holy Spirit empowering us to live as God's ambassadors in the world. He has served as a Christian missionary in East Asia and France, and as an Associate Pastor in Indianapolis. As part of his own existential journey in ministry, he has studied, in depth, the intersection of Asian culture with Christian faith while earning an M.A. in Theology at Fuller Theological Seminary with an emphasis in Asian American contexts. You can find him on Facebook.

Page 3 - Peace, Be Still: A Prayer for COVID-19 Patients & Families
Page 43 - We Are Not a Virus: A Prayer for Asians in America

DOROTHY LITTELL GRECO is the author of *Making Marriage Beautiful* and the forthcoming *Marriage in the Middle* (IVP, Sept. 15). She and her husband of 29 years live outside Boston. You can find more of her work on her website DorothyGreco.com.

Page 36 - Bless and Protect This Sacred Covenant: A Prayer for Marriages

KATHERINE JAMES holds an MFA from Columbia University, where she received the Felipe P. De Alba fellowship. Her novel, *Can You See Anything Now?* won Christianity Today's award for best fiction of 2018. *A Prayer for Orion*, her memoir about her son's heroin overdose, was released in January. You can connect with her at KatherineJamesHome.com.

Page 6 - On the Front-line: A Prayer for Nurses
Page 10 - To the God of Small Things: A Prayer for the Development of Testing, Treatment, and Vaccines

GINA KERR loves serving God through ministries for inner city youth and our homeless neighbors. She is a member at Traders Point Christian Church's North Campus in central Indiana where she is a nursery team lead. In the current COVID-19 situation, Gina serves as Prayer Officer for the Joint Christian Response in the greater Indianapolis area.

Page 14 - Strong and Courageous: A Prayer for First Responders

ADAM J. NEVINS is the Executive Director of ServLife International, based in Indianapolis and working in India and Nepal to plant churches, care for children, and fight poverty. A volunteer since 2003 and employee since 2012, Adam has a passion for seeing Jesus minister to the spiritual and physical needs of humanity. You can connect with him at ServLife.org.

Page 40 - In Your Sight, In Your Hands: A Prayer for Those Who Serve in Nonprofits

PANDEMIC PRAYERBOOK WRITERS (continued)

NILWONA NOWLIN is a redemptive artist who uses her creative abilities to bring about God's shalom in individuals and communities. She is a licensed minister and serves at Kingdom Covenant Church, Chicago. She has also served as a resident chaplain at Rush University Medical Center in Chicago. You can connect with her at Nilwona.com and [Facebook](#).

Page 38 - With the Comfort We've Received: A Prayer for Chaplains

TAMMY PERLMUTTER is founder and curator of [The Mudroom](#), a collaborative blog encouraging women to speak truth, love hard, and enter in with each other. She is co-founder of Deeply Rooted, a biannual faith and creativity gathering for women. Tammy is a member of Redbud Writers Guild and has contributed to two essay collections, [Soul Bare: Stories of Redemption](#), and [Everbloom: Stories of Deeply Rooted and Transformed Lives](#). Visit The Mudroom at MudroomBlog.com.

Page 24 - Inspiration Is Not Cancelled: A Prayer for Creatives

AMBER ROBINSON is a Pianist, Teacher, and Composer from Indianapolis, IN. Her book and video curriculum, *Piano Lessons for Kids*, was a #1 new release on Amazon. She loves running on really cold days, being silly with her students, and curling up with a good book. You can connect with her at AmberPiano.com.

Page 8 - Breathe: A Prayer for the Medically Fragile

Page 26 - New Lessons: A Prayer for Teachers

AARON J. ROBINSON's second album [Love Struggle](#) was Kickstarter-funded and features musicians who have performed with Sara Groves, Emmylou Harris, and The Civil Wars. His musical adventures have taken him from playing local shows to opening for John Mark McMillan on the Borderland tour. Currently, he lives and makes music in Indianapolis with his piano-playing, business-ninja wife Amber. You can connect with him at AaronJRobinson.com.

Page 34 - How Long O Lord: A Prayer for the Lonely

SARAH QUEZADA is an author, speaker, and advocate living in a bicultural household in Atlanta, Georgia. She has a master's in sociology and shares her writing at SarahQuezada.com or on [Instagram @sarah-quezada](#). Sarah oversees the fast-growing online community [Welcome.](#), a project of World Relief and the National Immigration Forum, and she and her husband founded GreenTec, a social impact start-up in Guatemala. Sarah is the author of [Love Undocumented: Risking Trust in a Fearful World](#),

Page 18 - Bless Those Who Feed Us: A Prayer for Farmworkers, Delivery Drivers, Grocery Clerks, and Restaurant Workers

Page 46 - Those Who Wait in Danger: A Prayer for Detainees and People in Migrant Camps at the Border

JACQUIE REED is a writer, spiritual director, and retired speech pathologist. You can connect with her on [Instagram @reedjacquie](#) or at JacquieReed.com.

Page 31 - Hope Deferred: A Prayer for Those Dealing with Postponed Events



PANDEMIC PRAYERBOOK WRITERS (continued)

MIKE REED served 35 years as a United Methodist pastor and now works part-time at the local YMCA. He and his wife Jacquie are active at St. Luke's United Methodist Church in Indianapolis. They have two daughters Sarah (Ryan) and Anna (Brian) and a cat named Lucy.

Page 15 - Let Us Understand the Times: A Prayer for Journalists

PRASANTA VERMA is an Asian-American freelance writer, poet, and artist. She holds an MBA and an MPH, and currently coaches high school Team Policy debate. Prasanta has been published in *Relief Journal*, *Barren Magazine*, *(in)courage*, *The Perennial Gen*, [The Mudroom](#), *Tweetspeak Poetry*, and more. You can follow her on [Twitter @VermaPrasanta](#), [Instagram @prasanta_v_writer](#), or her website [PathofTreasure.wordpress.com](#).

Page 7 - Hands of Healing and Hope: A Prayer for Physicians

Page 29 - Dorms, Dreams, and Dissonance: A Prayer for University Students

NICHOLE WOO writes at [WalktheNarrows.com](#). She's a member of the Redbud Writers Guild, an editor and regular contributor at [The Mudroom](#), and miraculously coexists with an OCD diagnosis and a dirty kitchen. Nichole lives in the shadow of the Rocky Mountains, where she's often playing and writing at their edges.

Page 32 - Every Anxious Thought: A Prayer for Those Struggling with Mental Health

Pandemic Prayerbook: A Pray-at-Home Guide for the Coronavirus Crisis

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MY PANDEMIC PRAYER

Share your prayer on social media and tag it with #pandemicprayerbook



#pandemicprayerbook

