

Coronavirus – how to pray

- **Love God** – worship, pray, read your bible
- **Love neighbours** – send a note, buy groceries etc.
- We are supposed to take longer washing our hands – say the Lord's prayer as you wash your hands.
- Read Psalm 91 each day and let it shape your prayers.
- Use these prayers as a starting point and pray specific prayers for the people and organisations (e.g. doctors) in your neighbourhood.

We believe...

- God is good. He loves us.
- He is the same God today, as he was before this virus broke out.
- He is able and mighty to save.
- He promises to heal our land when we humble ourselves and pray.
- He is a shelter for all who are afraid and He comforts all who mourn.

And so we pray...

Dear Father, give us faith to trust you in this time. Our normal routines are being disturbed. In this time, meet us in new ways.

You are our redeemer and we look to you to redeem this situation and bring about a new awareness of your love and sovereignty.

Save us from this virus, may it decline in a miraculous way.

In the meantime, we especially pray for everyone in healthcare services in Southampton. Be their strength and wisdom to cope with unprecedented pressure on their services. Be their peace and security.

We ask you for a spirit of generosity over us all, instead of fear and selfish hoarding. Help us to reach out to neighbours and care for those who are vulnerable at this time.

We put all our trust and hope in You.

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Our God, our help in ages past

1. Our God, our help in ages past,
our hope for years to come,
our shelter from the stormy blast,
and our eternal home:
2. Under the shadow of thy throne,
still may we dwell secure;
sufficient is thine arm alone,
and our defence is sure.
3. Before the hills in order stood,
or earth received her frame,
from everlasting Thou art God,
to endless years the same.
4. A thousand ages in thy sight
are like an evening gone;
short as the watch that ends the night
before the rising sun.
5. Time, like an ever-rolling stream,
bears all who breathe away;
they fly forgotten, as a dream
dies at the opening day.
6. Our God, our help in ages past,
our hope for years to come,
be thou our guide while troubles last,
and our eternal home!

Isaac Watts, Southampton, 1708 (Paraphrase of Psalm 90)
<https://www.hymnal.net/en/hymn/h/607>

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