

Prayer For Peace in Anxiety during the Coronavirus Pandemic

Loving God,

Today we come to you full of anxiety and stress about what has happened and what may happen. Shower us with the peace Jesus promised to his disciples, and make us steady pillars for those around us.

In this time of uncertainty and pandemic, wake us up to the reminder that we are never alone.

Strengthen our resolve to lean on your word and be guided by your enduring love and Spirit.

As we are asked to keep our distance from others, help us to find ways to reach out to those who need our support.

We pray especially for those who are ill, for those whose incomes and livelihoods are threatened. For the children, who will miss meals due to school closures.

For those already isolated, lonely and scared.

Loving God, give them your peace, and through our hands, ensure they have what they need.

We must anchor our hearts in the hope we have in Jesus Christ.

Now is the time to intensify our prayers, for the love of God and for the love of our neighbors.

Loving God, draw us closer to one another, to care and support each other through this journey before us. Help us to rediscover the things that truly matter in our lives. Remind us each time we wash our hands that in our baptism, you called us to let go of our fears and live in joy, peace, and hope.

We pray this in your name. Amen.

Adapted from excerpts in the Catholic Health Association newsletter

