

# Prayer Guide

A simple guide to prayers in these days of uncertainty

- Pray for peace in your own heart, trusting in God who is "our refuge and our strength, an ever-present help in trouble." (see Psalm 46)
- Pray against fear, fear in every form that leads to unrest, to panic, to anxiety. Pray Psalm 27:1-6
- Pray for those who are traveling, that they can find flights to come home
- Pray for those who are in isolation, pray for their health and happiness
- Pray for those who have been infected, pray for recovery and healing
- Pray those who are out of work as a result of the shutdowns, pray for financial stability and health
- Pray for those who have to work, pray for their protection, for bus drivers, for grocery store workers.
- Pray for the front-line defenses against the pandemic, for doctors and nurses, for scientist and researchers, for first responders
- Pray for our government leaders who are making difficult decisions
- Pray for businesses big and small that are facing a financial crisis, pray that they may act in kindness and grace for their employees who cannot work.
- Pray for the stock market and the effects that the pandemic is having on so many retirement plans.
- Pray for your neighbours, for those that you know, and for those that you don't. May this be a time to show the love of Christ to our community
- Pray for you church, and all churches as they strive to serve the community in new and impactful ways.
- Give thanks for warmer weather and the opportunity to go outside
- Give thanks for families as they spend more time together
- Give thanks for technology that connects us all