

# A Time of Prayer & Reflection



I lift up my eyes to the hills—  
from where will my help come?  
My help comes from the Lord,  
who made heaven and earth.  
He will not let your foot be moved;  
he who keeps you will not slumber.

He who keeps Israel  
will neither slumber nor sleep.

The Lord is your keeper;  
the Lord is your shade at your right hand.  
The sun shall not strike you by day,  
nor the moon by night.

The Lord will keep you from all evil;  
he will keep your life.

The Lord will keep  
your going out and your coming in  
from this time on and forevermore.

The Lord be with You

The sacrifice of God is a broken spirit; a broken and contrite heart  
God will not despise. Let us come to the Lord, who is full of  
compassion, and acknowledge our transgressions in penitence and faith.

**Wash me thoroughly from my wickedness  
and cleanse me from my sin:**

**Lord, have mercy. Lord, have mercy.**

**Make me a clean heart, O God, and renew a right spirit within me:**

**Christ, have mercy. Christ, have mercy.**

**Cast me not away from your presence  
and take not your holy spirit from me:**

**Lord, have mercy. Lord, have mercy.**

**We pray to the Lord for courage, to give ourselves to him this day  
May the presence of the risen Jesus, his body once broken and now made  
whole, bring peace and direction as we live with one another. Lord, meet us  
in the silence, give us strength and hear our prayer.**

The Lord is my strength and my shield;  
my heart trusted in Him, and I am helped:

therefore my heart greatly rejoiceth;

and with my song will I praise Him. Psalm 28:7

**Keep us, good Lord, under the shadow of your mercy in this time  
of uncertainty and distress. Sustain and support the anxious and fearful,  
and lift up all who are brought low; that we may rejoice in your comfort  
knowing that nothing can separate us from your love. Lord in your mercy.....hear  
our prayer**

**Lord Jesus Christ, you taught us to love our neighbour, and to care for those  
in need as if we were caring for you.**

**In this time of challenge, give us strength to comfort the fearful, to tend the sick,  
and to assure the isolated of our love, and your love, for your name's sake.**

**Lord in your mercy....hear our prayer**

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**God of compassion, be close to those who are ill, afraid or in isolation. In their loneliness, be their consolation; in their uncertainty, be their hope; in their darkness, be their light; through him who suffered alone on the cross, but reigns with you in glory,  
Lord in your mercy....hear our prayer**

Though I walk in the midst of trouble,  
you preserve me against the wrath of my enemies;  
you stretch out your hand, and your right hand delivers me.  
The Lord will fulfill his purpose for me; your steadfast love,  
O Lord, endures forever.

Do not forsake the work of your hands. Psalm 138:7-8

**For those who are ill Merciful God, we entrust to your tender care those who are ill or in pain, knowing that whenever danger threatens your everlasting arms are there to hold them safe. Comfort and heal them, and restore them to health and strength; Be with all family and friends as they watch and wait for their loved ones recovery.  
Lord in your mercy....hear our prayer**

And I will pray the Father, and He shall give you another Comforter,  
that He may abide with you forever. John 14:16

**God of all wisdom, Be with the leaders of all nations. Give them the foresight to act with charity and true concern for the well-being of the people they are meant to serve. Give them the wisdom to invest in long-term solutions that will help prepare for or prevent future outbreaks. May they know your peace, as they work together to achieve it on earth.  
Lord in your mercy....hear our prayer**

EXHORT therefore, that, first of all,  
supplications, prayer, Intercessions, and giving of thanks,  
be made for all men. 1 Timothy 2:1

**For hospital staff and medical researchers. Gracious God, give skill, sympathy and resilience to all who are caring for the sick, and your wisdom to those searching for a cure. Strengthen them with your Spirit, that through their work many will be restored to health; Lord in your mercy...hear our prayer**



He gives power to the faint,  
and strengthens the powerless.  
but those who wait for the Lord  
shall renew their strength,  
they shall mount up with wings like eagles,  
they shall run and not be weary,  
they shall walk and not faint. Isaiah 40:29,31

Almighty and all loving God,  
Father, Son and Holy Spirit,  
We pray to you through Christ the healer,  
for those who suffer from the Coronavirus Covid 19  
in Ireland and across the world.  
We pray too for all those  
who reach out to those  
who mourn the loss of each and every person  
who has died as a result of contracting the disease.  
Give wisdom to policymakers,  
skill to healthcare professionals and researchers,  
comfort to everyone in distress  
and a sense of calm to us all  
in these days of uncertainty and distress.  
This we ask in the name of Jesus Christ our Lord  
who showed compassion on the outcast,  
acceptance to the rejected  
and love to those to whom no love was shown.  
Lord in your mercy.... Hear our prayer.