

How many of us turn to prayer as a last resort, when nothing else is working so we may as well give it a try? Or save our prayers for church on Sundays? Or our lives become so busy and filled with other demands that we do not make time to pray?



The Archbishops of Canterbury and York and senior church leaders have called a month of Prayer for the Nation during the second



lockdown. The suggestion is that as many of us as possible unite to do this at 6pm each day. These prayers and themes are offered by them as tools to enable all to participate and are intended simply as suggestions.

### PRAYERS FOR THE NATION

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#### Lord Jesus Christ,

In these dark and difficult days we turn our hearts to you.

In ages past you have delivered our nation from disaster.

Do it again we pray.

Give Wisdom beyond human wisdom to our leaders.

Give strength beyond human strength to the NHS and all our frontline workers.

Give comfort beyond human comfort to children and the elderly and all who grieve.

Lord, Jesus Christ. In these dark and difficult days, turn your face towards us, have mercy upon us, and heal our land we pray. Amen

#### Loving God,

your Son Jesus Christ came that we might have life and have it abundantly;  
pour out your blessing upon our nation;  
where there is illness, bring your healing touch;  
where there is fear, strengthen us with the knowledge of your presence;  
where there is uncertainty, build us up in faith;  
where there is dishonesty, lead us into truth;  
where there is discord, may we know the harmony of your love;  
this we ask in Jesus' name. Amen.

#### Loving God,

at this time of crisis when so many are suffering,  
we pray for our nation and our world.

Give our leaders wisdom, our Health Service strength, our people hope.

Lead us through these parched and difficult days

to the fresh springs of joy and comfort that we find in Jesus Christ our Lord.

Amen

#### Loving Father God Be with us in our distress:

with our families, friends and neighbours, our country and our world.

Give health to the sick, hope to the fearful, and comfort to the mourners.

Give wisdom to our frontline and key workers, insight to our government and patience to us all;

Overcome disease with the power of your new life,  
through your Son, Jesus Christ our Lord. Amen

#### A Family Prayer

Loving God, you know us and all that we are facing.

We thank you that we can come to you as we are – with all our fears and concerns, our difficulties and challenges.

Please draw close to each of us

and those we remember before you now.

Bring to us your peace and comfort.

And fill us with your Spirit

that we may be bearers of your grace and hope to others.

As a country protect us, encourage us and keep us.

In the name of your Son Jesus we pray. Amen.

## Daily Themes

Sunday	Family, friends and loved ones
Monday	Schools and colleges, children and young people
Tuesday	Elderly, isolated and vulnerable
Wednesday	Businesses, the workplace and economic wellbeing
Thursday	The NHS and other key workers
Friday	National and Local government
Saturday	All who are grieving, and all suffering with physical and mental ill health

### Sunday: Family, friends and loved ones



We lift to God those we hold in our hearts – praying for their health, their well-being and their sense of hope.

We pray that even when loved ones cannot physically be together they would not feel apart.

We ask for God's help in our communicating, our connecting and our caring.

### Monday: Schools and colleges, children and young people



We pray for all those involved in the shaping of young lives. We give God thanks for the sacrifice and commitment of teachers and all those involved in serving children and young people in education. We pray that all might be nurtured and cared for and that every needful resource would be made available – that all lives can flourish even in these difficult times and that no-one would be overlooked.

### Tuesday: Elderly, isolated and vulnerable



We echo God's commitment to those most at risk of this virus by praying today for those who are particularly vulnerable and isolated: praying for their

deliverance, protection and comfort. We hold before God those who care for them – that they would be strengthened and encouraged in this work.

### Wednesday: Businesses, the workplace and economic wellbeing



In this time of great challenge, we pray for the economic wellbeing of the country. We remember before God those who face great uncertainty in their work. We lift before God those who have lost their jobs and face an uncertain and difficult future. We pray for a renewed commitment to our common life together.

**Thursday: The NHS and other key workers**



Our God is the great healer – and the agent used more than any other is the NHS. Today we voice our gratitude for those who serve this country in the National Health Service and pray that God would prosper the work of their hands – that they would all be encouraged in their continued work of sacrifice and care amongst us.



**Friday: National and Local government**



We pray for those who are in positions of authority with responsibility for decision making at national and local level at this difficult time. We ask that God would give great wisdom, deep commitment to all and right judgment.



**Saturday: All who are grieving, and all suffering with physical and mental ill-health**



‘Lord the one you love is ill...’ John 11 v 3  
We bring to God all those who suffer in body, mind, spirit or with grief. We ask that in God’s great loving kindness they might know God’s sustaining presence amidst their pain. We pray for those who are stretched beyond their own capacity to cope and remain hopeful – that in the roar of these waterfalls God would bring a sense of coherence, comfort and strength.

**A Grace**

Dear God  
We are grateful for all that you have given to us – this food, each other and our health. We pray for those who lack these things we enjoy. Give us thank full hearts and opportunities to share your gifts with others. We lift before you this country in these difficult days – and pray you would protect us, encourage us and keep us. Amen.