

United in Prayer

A 5-Day Prayer
devotional for COVID-19



Dear Friends

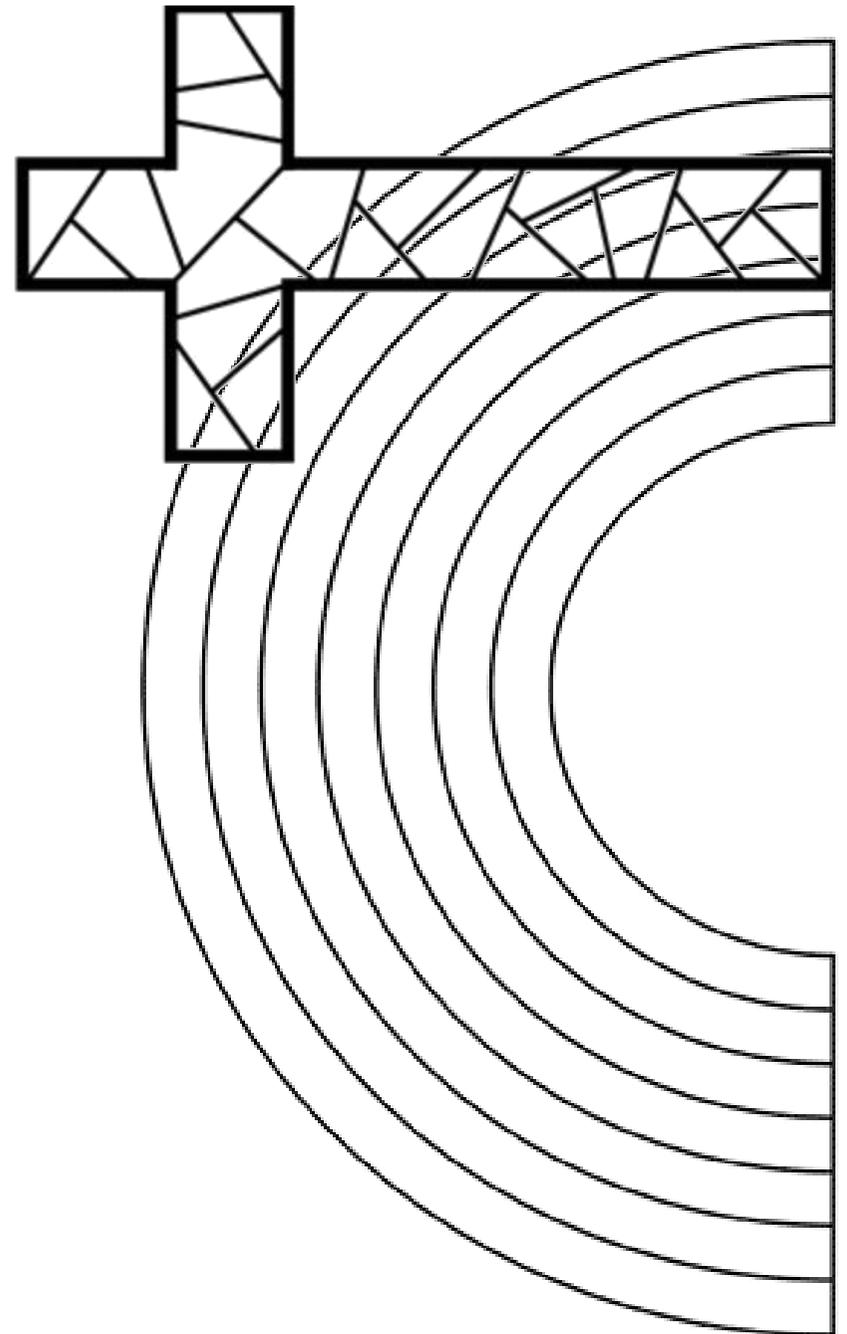
This period of lockdown has given me time to think, reflect and listen, which I have found really valuable, and I wanted to use this to create a resource for people.

The prayer booklet covers a 5 day week, exploring themes that are relevant in our current world. Each day has at least one Bible passage, and one activity. There is either a written prayer or a space to encourage you to write your own which I advise you use to end these devotions

Each day there is also a song suggestion, with YouTube links at the back of this booklet. Quite a few of these are worship songs, but I encourage you to listen to these. The idea of the songs are as a reflection and listening exercise, not to necessarily to be sung along to, so don't feel scared or daunted by them if you don't know them.

I hope you find this helpful in this weird time. I'd love to here any feedback if you are able to email me on naomi@theprincefamily.co.uk

Thinking of you all—Naomi x



Links to the Songs

Day 1

You Say by Lauren Daigle <https://www.youtube.com/watch?v=N8WK9HmF53w>

Day 2

How Great thou art <https://www.youtube.com/watch?v=INTU-pfeJHg>

Day 3

In Christ Alone by Stuart Townend <https://www.youtube.com/watch?v=oKJfs8C14yc>

Day 4

Way Maker—Leeland <https://www.youtube.com/watch?v=EXQGTInPpZU>

Day 5

Never Gonna Stop Singing <https://www.youtube.com/watch?v=bdnZqrfhwM0>

We Believe by Newsboys <https://www.youtube.com/watch?v=BLpS70QYdXM>

The **Methodist** Church 



Day 1 : Loneliness

In this time of Lockdown a lot of people are feeling trapped and isolated. Unable to meet with friends and family. You might be struggling and that's okay. We are all here for you, God is here for you through all of this.

Bible Passage

Psalm 23

2 Corinthians 4



Activities

1. Write a letter to someone you may know who is stuck in 12 week isolation.

Let them know that you are thinking of them and praying for them.

2. If you know someone who has or is struggling with Mental Health drop them a message to check up on how they are doing.

Song

You Say Lauren Daigle



Prayer

Silence, Stillness, Emptiness.
A forced break. Empty streets.

During this time of lockdown unite us in your love. Unite us in our faith. Unite us so we don't feel alone. For you are with us every moment of every day. Your love is greater than the walls that surround us.

Turn the silence into worship, turn the emptiness into love, turn the time into a blessing.

You are walking through this with us.

Amen

Day 2 : The world

During this pandemic it can become so easy to focus on what is happening here, in our towns, our cities and our country. The news is fixated on our problems. But God's world is greater than us and many other countries are struggling with COVID19 and many other problems. Use this time to reflect on the world that God made and think about how you might be able to help

Bible Passage

Psalms 19

Activities

Use this website or a globe to pick a random country. Then take some time to research how this country is doing right now.

Then I encourage you to write a prayer about it

<https://wordwall.net/resource/53215/geography/wheel-random-countries>



Song

How Great Thou Art—
Carl Boberg

I encourage you to use this space to write your own prayer

Day 5: Keeping Faith and spreading the word

Through all that is going on we're 'Never gonna stop singing', we're never going to stop deepening our understanding of God. Through all this we are all united in our faith and our love for Jesus and through this time we can share this love and hope with those who may not know of God's love.

Bible Passage

Philippians 4: 12-13

Romans 8: 32-39

Activities

1. What's your favourite bible passage, or has a particular passage spoken to you recently? Why not share it on social media.
2. Do a video or write a blog entry about your story for your church website or YouTube page and share it



Song

We Believe—Newsboys
Never Stop Singing - Kim Walker

You are my Rock, You are my Saviour.

You are my stronghold.

You are the one who blots out my sins, and You are my God who comforts me when I hurt.

The King of the universe is my advocate.

You are my comforter in sorrow.

You are my confidence when I'm unsure.

You are my strength when I am weak.

You are my helper, my hiding place, my hope, my light.

You are my refuge in time of trouble, my song, and my strong deliverer.

Taken from Dangerous Prayers by Craig Groeschel



Day 4 : Community



Through all of this change in the past few weeks, one positive from it all are the communities that have developed. From all the volunteers, the clapping for the NHS, the local community support groups to the church community. We are all helping one another and trying to make a good thing out of the horrible situation.

Bible Passage

Colossians 3:14

1 Corinthians 12: 27

Activities

1. Clap for the NHS and key workers
2. If you are able and haven't already, see what volunteering programs there are around which you could sign up for
3. Colour in the rainbow at the back of this booklet and put it on a window

Songs

Waymaker—Leeland



Father, through all of this change you have brought us all together, closer and stronger than ever before,

We are so grateful for all those working in shops, all those risking their lives for feeding this nation.

We thank you for the work of NHS staff, who are being severely challenged each and every day, risking putting their physical and mental health, and we ask, that they all get the support they need.

We thank you for the benefits of technology and the role this has had in keeping communities together.

Amen

Day 3 : Fear

The relentless news, the scaremongering headlines, the forever changing guidelines, the worries for others, has caused fear and uncertainty but God tells us:

'Do not be afraid or discouraged. For the Lord your God is with you wherever you go' Joshua 1: 9

Bible Passage

Philippians 4: 6-7

Matthew 6: 25—34

Isiah 41:10

Activities

Write down on a piece of paper all your fears, concerns and worries.

Reflect and pray on this list, giving what you can to God



Song

In Christ Alone - Stuart Townend

Prayer

Fear for loved ones

Fear for the key workers

Fear of the guidelines

Fear of the illness

Take these fears, take our concerns, take our worries for you are our strength, light and soul.

Fill us with Hope, fill us with gratitude, fill us love, for we find these things in You, and You alone can give us these.

Amen

