

Daily Prayer During Coronavirus Quarantine 2020

God our Father,
we come to You in our need
to ask Your protection against the coronavirus
that has claimed lives
and has affected many.

We pray for Your grace
for the people tasked with studying the nature and cause
of this virus and its disease
and stemming the tide of its transmission.

Guide the hands and minds of health workers
that they may minister to the sick
with competence and compassion.

Give knowledge and insight to those who are in authority
that they will make wise decisions
for the benefit of all.

Lord Jesus,
you came into the world
to heal our infirmities and to endure our sufferings.
You went about healing all and bringing comfort to those in pain and need.

We come before you now in this time of pandemic
asking that you may be the source
of our peace in mind, strength in body, and courage in spirit.

May we join ourselves more closely to you
on the cross and in your suffering
that through them we may draw our patience and hope.

Restore those who are afflicted to health,
comfort those who are struggling in isolation,
and provide for those who are in financial distress.

Grant us the grace to act for the good of all and to help those in need
so that we may give praise and honor to your name.

In the name of the Father, the Son, and the Holy Spirit,
Amen.

Taken and lightly modified from the Oratio Imperata of the Catholic Bishops' Conference of the Philippines and "A Prayer in Times of Illness" from Catholic Health Association of the United States.)

For anyone who wants to intentionally schedule more prayer into their day during these unpredictable times, I recommend the Daily Office of the Northumbria Community at <https://www.northumbriacommunity.org/offices/midday-prayer/> They have Morning, Midday, and Evening Prayers, as well as daily Compline prayers before bed. They may be longer than what you are used to, so feel free to start with a few sections that seem the most fitting to your situation. If you have trouble accessing the website, let me know and I'll provide a handout for you. May we boldly approach God's throne of grace together in spirit! -Your Sister in Christ, Paige