

From Carol Penner, a pastor and professor at a Canadian university

Pandemic Prayer

Great God,
you are an ever-present help in times of trouble,
and that's why we're praying now.
We are troubled and we're worried things
are going to get more troubling.
This virus is spreading around the world:
so many are seriously ill
or will be seriously ill,
so many health care systems are stretched
or will be stretched.
Be with front line medical workers,
give them courage to do their work
and keep them safe.
Be with public health officials
as they make decisions for the common good,
and politicians as they roll those decisions out.
Help us to be kind to one another,
because anxiety can make us snappy.
Help our communities to be resilient
and expansive as we reach out to help
all who are isolated and afraid.
In these times of shutdowns and slowdowns,
when travel is restricted or banned,
as routines are disrupted and we spend
less time together or more time together,
help us zero in on what is essential.
Thank you that love is also contagious
and stronger than any virus.
You will be with us,
and we will be with each other
in sickness and in health.
Amen.