

Luke 12:25 – Jesus: “Who of you by worrying can add a single hour to your life?”

Almighty, Sovereign, All-knowing God, we come humbly before you today, wanting to just be in your presence. We live in anxious and uncertain times right now, and we need your assurance and your peace that passes all understanding. Lord, we don't want to worry or be afraid, and we don't want to be guided by sensationalism or misinformation. And so we need your wisdom and discernment to help us navigate our way as we learn to live with the impact the coronavirus has on our lives. We pray for those who are affected with the illness - for their healing, and for their families members who are worried about them, and about contracting the virus themselves. We pray for those who have lost loved ones to this disease - may you bless them with comfort and strength. We pray for health care officials, doctors, nurses, researchers working to combat the disease. And we pray for our leaders, and decision makers as they determine our future and the next steps. Grant them wisdom, collaboration and courage as they look for effective ways to help contain the virus and minimize it's spread. And we pray for patience for all of us, as we have to change plans, make sacrifices, adjust schedules, and face uncertainty. And so help us to remember that, especially as Christians, we seek to put the common good of all people, your people, first. Help us as individuals to do our part to be proactive, to take preventative measures, and to be aware of our surroundings and our bodies. And Lord, during this time when the focus is on health, we want to say thank you for our bodies and for the health we enjoy, and forgive us when we take it for granted. May this be a reminder to us to not be nonchalant in how we treat our bodies – the food we eat, what we drink, the rest we need, the stress we don't need. During this Lenten season, when we are called to examine our lives more thoroughly, may we remember the words of St. Paul, “Do you not know that your bodies are temples of the Holy Spirit, who is in you? Therefore honor God with your bodies.” And so we seek to honor you with mind, soul and body in all we do.

And Lord, there are other concerns on our hearts today. There are those who are in need that we wish to lift to you. You have heard those on our prayer list, but there are others. And so I pause now that people in our congregation both here and watching may lift up names to you, and may offer their own personal prayers.

And now, Lord, as a community of faith, separated physically but not spiritually, we will sing together the Lord's Prayer.