

# 5 Ways to Pray Right Now

***Devote yourselves to prayer, being watchful and thankful. (Colossians 4:2)***

Let's respond to the COVID-19 outbreak by devoting ourselves to prayer. Would you please set aside a special time to pray through the following Scriptures? You may want to do this right away by yourself. Or you may want to call someone to pray together over the phone.

## **1) Praise God for who He is.**

*God is our refuge and strength,  
an ever-present help in trouble.  
Therefore we will not fear, though the earth give way  
and the mountains fall into the heart of the sea,  
though its waters roar and foam  
and the mountains quake with their surging...  
He says, "Be still, and know that I am God;  
I will be exalted among the nations,  
I will be exalted in the earth." (Psalm 46:1-3, 10, NIV)*

In a time of crisis we turn to God's Word for guidance and comfort. Offer praise by declaring who God is. Stay with it until the truth settles into your heart. Lord, you are...

## **2) Pray for a supernatural ability to live in God's peace.**

*Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. (Philippians 4:6-7, NIV)*

*For God has not given us a spirit of fear and timidity, but of power, love, and self-discipline. (2 Timothy 1:7, NLT)*

Speak to God openly and honestly about what you are feeling. Then apply these verses to your situation. Read these verses slowly. Meditate on them. Ask God to give you a lived experience of these truths.

## **3) Pray for progress in efforts to combat the virus.**

*I urge you, first of all, to pray for all people. Ask God to help them; intercede on their behalf, and give thanks for them. Pray this way for kings and all who are in authority so that we can live peaceful and quiet lives marked by godliness and dignity. (1 Timothy 2:1-2, NLT)*

Pray for:

- Scientists working on vaccines and strategies to combat COVID-19
- Healthcare workers caring for those who are sick

- Service industry personnel who are cleaning and disinfecting
- Decision makers at all levels of government and organizations

Join us in praying: Almighty God, whose blessed Son Jesus Christ went about doing good, and healing all manner of sickness and disease among the people: Continue in our hospitals his gracious work among us [especially in \_\_\_\_\_]; console and heal the sick; grant to the physicians, nurses, and assisting staff wisdom and skill, diligence and patience; prosper their work, O Lord, and send down your blessing upon all who serve the suffering; through Jesus Christ our Lord. Amen.

#### **4) Pray for people to trust Christ for salvation.**

*Devote yourselves to prayer with an alert mind and a thankful heart. Pray for us, too, that God will give us many opportunities to speak about his mysterious plan concerning Christ. That is why I am here in chains. Pray that I will proclaim this message as clearly as I should. Live wisely among those who are not believers, and make the most of every opportunity. Let your conversation be gracious and attractive so that you will have the right response for everyone. (Colossians 4:2-6, NLT)*

Current events may cause people to reevaluate their lives and what they believe. Pray by name for the salvation of family, neighbors, and friends. Pray for opportunities to share the hope we have in Christ. And pray that our conversations will be full of grace.

#### **5) Offer yourself to God to be tangible expressions of His love.**

*So God has put the body together such that extra honor and care are given to those parts that have less dignity. This makes for harmony among the members, so that all the members care for each other. If one part suffers, all the parts suffer with it, and if one part is honored, all the parts are glad. (1 Corinthians 12:24-26, NIV)*

*Love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength.' The second is this: 'Love your neighbor as yourself.' There is no commandment greater than these." (Mark 12:30-31, NIV)*

We are not created to go through stress alone. While we follow guidelines for social distancing, let us be proactive in avoiding social isolation. Praise God that we have access to technology that can allow us to stay connected. Pray about who God may want you to reach out to by phone, text, email, or video call. You can be a tremendous encouragement to someone by reaching out, asking them questions, and listening well.

God gives each of us unique gifts and opportunities to love our neighbors as we respond to the circumstances at hand. Pray that God's Spirit will empower us to be his witnesses in word and deed. Listen for ways God is inviting you to partner with Him for the good others.

May God deepen our faith, renew His church, and be glorified in all circumstances.

*Now to him who is able to do immeasurably more than all we ask or imagine, according to his power that is at work within us, to him be glory in the church and in Christ Jesus throughout all generations, for ever and ever! Amen. (Ephesians 3:20-21, NIV)*

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