

## Daily Prayer for an Extra-Ordinary Time

*In times of uncertainty, disaster, tragedy and pandemic, we need to rest in the words of our tradition, lean into the words of faith, allowing God to cradle us in compassion. A practice of daily prayer roots and grounds us in our faith when life is uncertain, when it has been torn apart. You are invited to pray three times a day, using these forms. Light a candle, if available, or hold a rock, or wrap yourself in prayer shawl. If praying with another person, change the first person 'I' to the third person 'we.'*

### Morning Prayer

Lover of Humanity, Creator of the Universe, who is known in cradle and cross,

I pause in your presence this morning,  
seeking to deepen my relationship with you.

Whisper today into my doubts and fears,  
into my worries and wonderings.

Whisper into my human frailty and vulnerability.

I breathe. (*take three deep breaths*)

I enter this day in trust and in hope,  
knowing that your love is greater than anything  
that might or might not happen.

I breathe. (*take three deep breaths*)

As I follow the Way of Jesus today, I will watch for your guidance,  
your wisdom, your love, your presence along my path.

May your Spirit inspire all that I do today.

I breathe. (*take three deep breaths*)

In this moment, I open my heart to all the members of my church community. (*pause*)

I open my heart to my family (*pause*), my friends (*pause*) and my neighbours (*pause*).

I pray for all those whose day will be challenging and difficult and all who are suffering. (*pause*)

I pray for all the health-care workers and front-line responders around the world,  
and for our government officials that your wisdom might guide them.

I commit myself to embrace the gift of life in all its fulness, even within the challenges of this time.

Gracious God, grant me the wisdom I need, the courage I need, the patience I need, the hope I need  
and the faith I need. In the name of Jesus, our Saviour and Friend. Amen.

**Courage means to "have heart."**  
As people of faith, we don't avoid feeling alarm but we have the courage of our faith to bring alongside our alarm. We journey through the situation knowing that God is with us; we are not alone!

### Noontime Reflection

It is the middle of the day, Loving God.

It is time to pause, pay attention, and consider my relationship with you.

It is one relationship at which I can't fail; I can only grow in your love.

My mistakes – you've already forgotten them.

My sufferings – already held in your love.

My frailty – already known to you.

My dreams – already in your care.

My fears – you were there before I experienced them.

Bless me now, for the rest of my daily journey. Amen.

### Evening Prayer

Loving God, I greet you this evening, offering my gratitude for this day. (*offer your specific thanks*)

As I prepare now for my time of sleep, I place these things into your hands,

(*name worries, to-do items, concerns*)

I pray love and well-being for (*name family, friends, situations near & far*)

This precious day now comes to an end.

Some things are done; some things are not. Some things are out of my control.

I leave it all in your care, Gracious God,

knowing that you are with me, knowing that I can rest in you. Amen.

## Daily Prayer for Children in Extra-Ordinary Times

Daily prayer practice is a gift to be shared by the whole family. Here are some prayers that would fit especially for younger children, that could be used alongside or instead of the prayers above. What a gift to offer your children – a spiritual practice of leaning on God when things uncertain and difficult.

### Morning

Good morning, dear God!  
Here we go!  
Things aren't normal,  
so I'm glad you're with me! Amen.

### Noon

Hello God!  
I know you are saying, "I love you!"  
in so many ways.  
I'm paying attention. Thank you. Amen.

### Evening Prayer

Dear God, I know you love me.  
Thank you for being so good! (*name things you are thankful for*)  
Here are my worries! (*share them*)  
Here are my fears. (*share them*)  
Would you help me? (*share what you need*)  
Would you help my friends and family? (*name the people and what they need*)  
Bless my family.  
Bless my friends.  
Bless the earth and animals,  
and bless me. Amen.  
\*Bless – to wish good, hope, love, peace & joy

### Another Prayer for Children

Thank you, o God,  
for being with us today.  
Thank you for Jesus,  
who shows us your Way.  
Thanks for the Spirit,  
who helps us to pray.  
You're awesome, God,  
we just have to say.  
Help us, o God,  
be our strength and our peace.  
Bless our family, friends, and world,  
for your love will never cease. Amen.

## Daily Scripture Readings for an Extraordinary Time

If possible, along with your morning or evening prayer time, spend time with the words of faith in scripture. Below are two options from which to choose for a daily scripture reading practice.

### Reading the Psalms

Read a psalm a day and work your way through all 150 psalms. When reading a psalm, remember that these were written to express heartfelt and deep emotions. Sometimes the images used to express those emotions might challenge our sensibilities. When reading the psalms,

- **What words jump out for you? With which phrases do you connect?**
- **What emotion is being expressed by the psalm writer? Do you resonate with that emotion?**
- **What word or thought from the psalm do you want to hold in your spirit for the rest of today?**

### Reading Scripture

**When you read the scripture passage,**

- **What words or phrases jump out for you?**
- **What person (if there are people in the story) do you connect with?**
- **Why do you think this story was told? Why was this message shared by the writer?**
- **What word or thought from the scripture do you want to hold in your spirit for the rest of today?**

*Day 1 - Luke 8:22- 25 Jesus stills the storm*

*Day 2 – Revelation 21:3-4 The home of God is among mortals*

*Day 3 – Psalm 23 The Lord is my shepherd*

*Day 4 – Romans 8:26-27 The Spirit prays for us when we don't know how to pray*

*Day 5 – John 14:25-27 – Peace I give to you; do not be afraid*

*Day 6 – Psalm 27:1-14 The Lord is my light and my salvation*

*Day 7 – Romans 12:9-13 Rejoice in hope*

*Day 8 – Psalm 56:1-13 God collects our tears & fears in a bottle*

*Day 9 – Isaiah 41:9-10 Do not fear for I am with you*

*Day 10 – Ephesians 3:14-21 God's power accomplishes more than we imagine*

*Day 11 – Luke 24:13-35 Jesus is made known in the breaking of bread*

*Day 12 – 1 Corinthians 13:4-13 Faith, hope & love never end*

*Day 13 – Colossians 3:12-17 Clothe yourself with compassion*

*Day 14 – Philippians 2:1-5 Look out for each other's interests*

*Day 15 – Revelation 22:1-5 The tree of life for the healing of the nations*

*Day 16 – Philippians 2:12-15 Be stars that shine in the world*

*Day 17 – Revelation 22:1-5 The tree of life for the healing of the nations*

*Day 18 – Psalm 46:1-11 Be still and know that I am God!*

*Day 19 – Mark 12:28-34 Love the Lord your God with all that you are*

*Day 20 – Mark 12:41-44 A widow offers abundance out of her poverty*

*Day 21 – John 13:1-15 Jesus washes the disciples feet*

*Day 22 – Psalm 22 My God, why have you forsaken me*

*Day 23 – Psalm 100:1-5 Make a joyful noise to the Lord*

*Day 24 – John 21:1-14 The risen Jesus shares breakfast*

*Day 25 – Psalm 118:1-9 God's steadfast love endures forever*

*Day 26 – Philippians 4:4-9 Rejoice always*

*Day 27 – Matthew 5:43-48 Love your enemies*

*Day 28 – Psalm 63:1-8 My soul thirsts for God*

*Day 29 – Micah 4:1-4 Everyone is safe – no one is afraid.*

*Day 30 – Nehemiah 8:9-12 The joy of the Lord is your strength*

*Day 31 – Matthew 11:25-30 Come to me all you who are weary and burdened*

*Day 32 – Luke 15:1-7 The parable of the lost sheep*

*Day 33 – Luke 15:8-10 The parable of the lost coin*

*Day 34 – Luke 15:11-32 The parable of the generous father & the lost brother*

*Day 35 – Mark 8:1-10 Jesus feeds 4,000+ people*

*Day 36 – Psalm 139:1-18 Wherever we go, God is already there.*

*Day 37 – Psalm 126:1-6 – Restore our fortunes*

*Day 38 – Psalm 88: 1-18 – A psalm of complaint*

*Day 39 – Matthew 7:7-14 Ask, and it shall be given*

*Day 40 – 1 Kings 19:11-13 A discouraged Elijah meets God in sheer silence*

*From here, you might wish to begin reading the Gospel of Mark from beginning to end. Or, move to reading a psalm a day, if you have not already done so.*