

2020 VIRTUAL PRAYER VIGIL RESOURCES

Preparations for Prayer:

Find a comfortable spot to pray for an hour. Set up the space so that you are comfortable and undisturbed. Light a candle, find your Bible, play soft music without lyrics, print out this page along with the prayer list from the announcement attachment to the Tuesday email from trinityperkasia@verizon.net.

Check in on Trinity's facebook page vigil post to let us know that you are entering a time of prayer and ask for prayer requests by your post. (www.facebook.com/TrinityPerkasia) Decide how often you will check for responses over your appointed hour.

Center yourself for prayer with a few deep breaths, close your eyes if you are comfortable doing so. Find your style of prayer for the next hour.

Suggestions:

- Read one of the Bible passages, below, or a passage you choose. Read it slowly and read a few times. Pause to ponder and follow where your mind dwells on a certain word or phrase. Wonder, "What is God saying to me?"
- Pray through the Morning Prayer intercessions, below, allowing for pauses at the (...) mark and adding your own thanksgivings and concerns.
- Allow for silence and listening with no active speaking or reading on your part. Listen and expect God's presence in the silence.
- Pray through the prayer lists, naming each person by name and calling to mind healing and hope in Jesus Christ. Add those for whom you pray.
- Use the prayers listed, below, to pray for healing, healthcare workers, anxiety, the unemployed and more. Read the prayers silently or out loud. Read slowly.
- Use your own prayer practice: sing a hymn, repeat a Taize song over and over, practice meditative breathing techniques, color or doodle, or do whatever works best for you. (Share your practice on facebook for others – we can all learn from one another!)

Bible passages for meditation:

Psalm 4 *Answer me when I call*

Psalm 27 *The LORD is my light and salvation*

Psalm 30 *Weeping spends the night, joy comes in the morning*

Psalm 46 *God is our refuge and strength*

Psalm 91 *The shelter of the Most High*

Psalm 121 *I lift up my eyes to the hills*

Isaiah 43:1-3a *I have called you by name*

Matthew 6:25-34 *Do not be anxious*

Matthew 11:28-30 *I will give you rest*

Matthew 15:29-31 *Jesus heals many who are sick*

Mark 4:35-41 *Jesus stills the storm*

John 10:11-18 *I am the good shepherd*

John 14:1-3 *Where I am, there you may be also*

Romans 8:31-35, 37-39 *Who will separate us from the love of Christ?*

2 Corinthians 1:3-7 *God comforts us in all our sorrows*

Philippians 4:4-7 *Rejoice in the Lord always*

1 Peter 5:6-9 *Cast your anxieties on God*

Evangelical Lutheran Worship Morning Prayer Intercessions

(Augsburg Fortress © 2006)

Mighty God of mercy, we thank you for the resurrection dawn, bringing the glory of our risen Lord who makes every day new.

Especially we thank you—

- for the sustaining goodness of your creation . . .
- for the new creation in Christ and all gifts of healing and forgiveness . . .
- for the gifts of relationship with others . . .
- for the communion of faith in your church . . .

Other thanksgivings may be added.

Merciful God of might, renew this weary world, heal the hurts of all your children, and bring about your peace for all in Christ Jesus, the living Lord.

Especially we pray—

- for those who govern nations of the world . . .
- for the people in countries ravaged by strife or warfare . . .
- for all who work for peace and international harmony . . .
- for all who strive to save the earth from carelessness and destruction . . .
- for the church of Jesus Christ in every land . . .

Other intercessions may be added.

O God, you have called your servants to ventures of which we cannot see the ending, by paths as yet untrodden, through perils unknown. Give us faith to go out with good courage, not knowing where we go, but only that your hand is leading us and your love supporting us; through Jesus Christ our Lord. Amen.

Additional Prayers from Evangelical Lutheran Worship, Pastoral Care

(Augsburg Fortress © 2008)

Dear Jesus, as a hen covers her chicks with her wings to keep them safe, protect us this night under your golden wings; for your mercy's sake.

Amen.

We give thanks to you, heavenly Father, through Jesus Christ your dear Son, that you have graciously protected us today. We ask you to forgive us all our sins, where we have done wrong, and graciously to protect us tonight. Into your hands we commend ourselves: our bodies, our souls, and all that is ours. Let your holy angels be with us, so that the wicked foe may have no power over us.

Amen.

Keep watch, dear Lord, with those who work or watch or weep this night, and give your angels charge over those who sleep. Tend the sick, give rest to the weary, bless the dying, soothe the suffering, comfort the afflicted, shield the joyous; and all for your love's sake.

Amen.

Lord Jesus, stay with us, for evening is at hand and the day is past. Be our companion on the way, kindle our hearts, and awaken hope, that we may know you as you are revealed in scripture and the breaking of bread. Grant this for the sake of your love.

Amen.

Almighty and merciful God, you are the only source of health and healing; you alone can bring calmness and peace. Grant to us, your children, an awareness of your presence and a strong confidence in you. In

our pain, our weariness, and our anxiety, surround us with your care, protect us by your loving might, and permit us once more to enjoy health and strength and peace; through Jesus Christ, our Savior and Lord.
Amen.

O most loving Father, you want us to give thanks in all circumstances and to lay all our cares on you, knowing that you care for us. Grant that fears and anxieties in this mortal life may not hide from us the light of your immortal love shown to us in your Son, Jesus Christ our Lord.
Amen.

Lord Christ, you came into the world as one of us, and suffered as we do. As we go through the trials of life, help us to realize that you are with us at all times and in all things; that we have no secrets from you; and that your loving grace enfolds us for eternity. In the security of your embrace we pray.
Amen.

God our comforter, you are a refuge and a strength for us, a helper close at hand in times of distress. Enable us so to hear the words of faith that our fear is dispelled, our loneliness eased, our anxiety calmed, and our hope reawakened. May your Holy Spirit lift us above our sorrow to the peace and light of your constant love; through Jesus Christ, our Savior and Lord.
Amen.

O Lord our God, you see and know and feel the pain of the world. Look upon us when we feel alone, and enfold us with your love, that in the midst of pain we may know your presence; through Jesus Christ, our Savior and Lord.
Amen.

God of justice, we remember before you those who suffer want and anxiety from lack of work. Guide the people of this land so to use our wealth and resources that all people may find suitable and fulfilling employment and receive just payment for their labor; through your Son, Jesus Christ our Lord.
Amen.

Compassionate God, support and strengthen all those who reach out in love, concern, and prayer for the sick and distressed. In their acts of compassion, may they know that they are your instruments. In their concerns and fears, may they know your peace. In their faithful serving, may they know your steadfast love. May they not grow weary or faint-hearted, for your mercy's sake.
Amen.

Merciful God, your healing power is everywhere about us. Strengthen those who work among the sick; give them courage and confidence in all they do. Encourage them when they are overwhelmed with many pressing needs or when their efforts seem futile. Increase their trust in your power to bring life and wholeness even in the midst of death and pain and crying. May they be thankful for every sign of health you give, and humble before the mystery of your healing grace; through Jesus Christ our Lord.
Amen.

God of earth and air, water and fire, height and depth, we pray for those who work in danger, who rush in to bring hope and help and comfort when others flee to safety, whose mission is to seek and save, serve and protect, and whose presence embodies the protection of the Good Shepherd. Give them caution and concern for one another, so that in safety they may do what must be done, under your watchful eye. Support them in their courage and dedication that they may continue to save lives, ease pain, and mend the torn fabric of lives and social order; through Jesus Christ our Lord.
Amen.

We pray to you almighty God, in this time of pandemic. You are our refuge and our strength, a very present help in time of trouble. Do not let us fail in the face of these events. Uphold us with your love, and give us the strength we need. Help us in our confusion, and guide our actions. Heal the hurt, console the bereaved and afflicted, protect the innocent and helpless, and deliver any who are still in peril; for the sake of your great mercy in Jesus Christ our Lord.

Amen.

O Lord, we are at the limits of our power to help. We place into your hands ourselves and all that we have left undone. For what you have helped us to do, we thank you. We ask you to lend your strength to what must be done by others. Now shelter us in your peace, which surpasses our understanding.

Amen.

O Lord our God, we need your guidance in all we do. Let your wisdom counsel us, your hand lead us, and your arm support us. Conform us to your image and make us like our Savior, that in some measure we may live here on earth as he lived and may act in all things as he acted; through Jesus Christ our Lord.

Amen.

O Lord, support us all the day long of this troubled life, until the shadows lengthen and the evening comes and the busy world is hushed, the fever of life is over, and our work is done. Then, in your mercy, grant us a safe lodging, and a holy rest, and peace at the last, through Jesus Christ our Lord.

Amen.

The Lord's Prayer

Our Father, who art in heaven,
hallowed be thy name,
thy kingdom come,
thy will be done,
on earth as it is in heaven.

Give us this day our daily bread;
and forgive us our trespasses,
as we forgive those
who trespass against us;
and lead us not into temptation,
but deliver us from evil.

For thine is the kingdom,
and the power, and the glory,
forever and ever. Amen.