

A Time of Prayer & Reflection



I lift up my eyes to the hills—
from where will my help come?
My help comes from the Lord,
who made heaven and earth.
He will not let your foot be moved;
he who keeps you will not slumber.

He who keeps Israel
will neither slumber nor sleep.

The Lord is your keeper;
the Lord is your shade at your right hand.
The sun shall not strike you by day,
nor the moon by night.

The Lord will keep you from all evil;
he will keep your life.

The Lord will keep
your going out and your coming in
from this time on and forevermore.

The Lord be with You

The sacrifice of God is a broken spirit; a broken and contrite heart God will not despise. Let us come to the Lord, who is full of compassion, and acknowledge our transgressions in penitence and faith.

**Wash me thoroughly from my wickedness
and cleanse me from my sin:**

Lord, have mercy. Lord, have mercy.

Make me a clean heart, O God, and renew a right spirit within me:

Christ, have mercy. Christ, have mercy.

**Cast me not away from your presence
and take not your holy spirit from me:**

Lord, have mercy. Lord, have mercy.

We pray to the Lord for courage, to give ourselves to him this Lent. May the presence of the risen Jesus, his body once broken and now made whole, bring peace and direction as we live with one another. Lord, meet us in the silence, give us strength and hear our prayer.

The Lord is my strength and my shield;
my heart trusted in Him, and I am helped;
therefore my heart greatly rejoiceth;
and with my song will I praise Him. Psalm 28:7

Lord, we pray for those who are experiencing challenges beyond what they have known previously, You sent us faith to realize that we could not make it on our own. Lord, as we pray for those to the right and left of us, we ask You to lighten life's load, And help us to realize that we can do All things through Christ who strengthens us. Lord in your mercy.....hear our prayer.

Almighty and everlasting God, from whom all blessings flow. We pray for all of our health professionals. Those with the gentle touch of the hand of God. Lord, we are thankful that You are present in all of our healthcare professionals. Lord, let them know that You are with them. Continue to bless those You have anointed to work on the human body that You created. Lord, please give them the strength and courage to continue to nurture each patient as if they were their very own child. Lord, You are so wonderful to create each individual with a special gift of love and to reach out to those who are less fortunate than they.

We are thankful that You have helped us in our suffering, and restored our strength. We will forever show gratitude for a constant and faithful service given by all medical, nursing, care staff, and those working continually in the background involved in research using their skills and talent to find medicine to cure our ills. Lord in your mercy.....hear our prayer.

Though I walk in the midst of trouble,
you preserve me against the wrath of my enemies;
you stretch out your hand, and your right hand delivers me.
The Lord will fulfill his purpose for me; your steadfast love,
O Lord, endures forever.

Do not forsake the work of your hands. Psalm 138:7-8

Father in the name of our Lord and Savior Jesus Christ we pray for people who are coming against spiritual, physical and natural giants. We know that You have dealt with many giants. You stand over and above all giants; above all power and authorities, above all failure and weakness. We ask that You please release Your spirit throughout the church. Move from aisle to aisle, window to window, pew to pew and from person to person. We have seen You move before. Now, Lord do it again and again. We love You for what You have done and what You will do. We will praise Your name. Forever and ever! Lord in your mercy..... Hear our prayer

EXHORT therefore, that, first of all,
supplications, prayer, Intercessions, and giving of thanks,
be made for all men. 1 Timothy 2:1

Our Heavenly Father, The source of all truth and wisdom, who knows and loves the whole creation, please watch over our nation: So, that truth may prevail over distortion, wisdom triumph over recklessness and the concerns of every person be heard. Lord Jesus, help us to support policies that sustain the sick, the poor, the vulnerable, and the frightened people of this land, especially in this time of national crisis. Lord in your mercy.... hear our prayer

And I will pray the Father, and He shall give you another Comforter,
that He may abide with you forever. John 14:16

O Lord our God, we pray for Thy comforting spirit to abide this day upon all who mourn; Lord, we thank You for Your Holy Spirit. Lord, You know our hearts and share our sorrows. Lord, You know our hurt because of the loss of the one we love. Lord, we long for words of comfort, Yet we find them hard to hear. Lord please, turn our grief to truer living, our affliction to firmer hope in Jesus' name we pray.

O Gracious God, surround us, and all who mourn this day with Your continuing compassion. Do not let grief overwhelm Your children, or turn them against You. When grief seems never-ending, take them one step at a time along your road of death and resurrection in Jesus Christ our Lord.

Lord in your mercy.....hear our prayer



He gives power to the faint,
and strengthens the powerless.
but those who wait for the Lord
shall renew their strength,
they shall mount up with wings like eagles,
they shall run and not be weary,
they shall walk and not faint. Isaiah 40:29,31

Almighty and all loving God,
Father, Son and Holy Spirit,
We pray to you through Christ the healer,
for those who suffer from the Coronavirus Covid 19
in Ireland and across the world.
We pray too for all those
who reach out to those
who mourn the loss of each and every person
who has died as a result of contracting the disease.
Give wisdom to policymakers,
skill to healthcare professionals and researchers,
comfort to everyone in distress
and a sense of calm to us all
in these days of uncertainty and distress.
This we ask in the name of Jesus Christ our Lord
who showed compassion on the outcast,
acceptance to the rejected
and love to those to whom no love was shown.
Lord in your mercy.... Hear our prayer.