

Covid-19 Prayers

These activities have been developed to be used **at home** during the coronavirus pandemic.



Introduction

Coronavirus disease 2019 (COVID-19) is a respiratory illness that can spread from person to person. It was first identified in Wuhan, China, at the end of 2019, but it quickly spread around the world.

To protect themselves from catching the disease, people can:

- Avoid close contact with people who are sick
- Avoid touching your eyes, nose, and mouth
- Wash your hands often with soap and water for at least 20 seconds. Use an alcohol-based hand sanitizer that contains at least 60% alcohol if soap and water are not available

Christians believe that prayer makes a difference too.

These prayer activities were adapted from various sources (including 24-7 Prayer) to enable people to reflect and express their hopes and prayers *at home*.

(They can also be used in schools, of course.)



Keep Me Safe

Equipment: water, soap

Set Up: You could do this simple activity every time you wash your hands in a sink.

Suggested Instructions:

Using soap and water, thoroughly wash your hands for at least 20 seconds.

As you wash your hands, think about how you feel about the coronavirus disease.

If you want to, you can say a hope or a prayer for safety.

Psalm 46:1 *"God is our refuge and strength, a very present help in trouble."*



Keep Others Safe

Equipment: tissues/toilet roll, pens

Set Up: You could do this activity at a table, maybe with your family. Or in your bedroom.

Suggested Instructions:

Tissues are fragile. They tear easily.

Think about someone you know, or groups of people (e.g. those who are elderly or homeless) who may feel 'fragile' or vulnerable.

If you want to, you can write or draw a hope or a prayer for them onto one of the tissues. Keep the tissue in your pocket or put it beside your bed to remind you to keep these people in your thoughts and prayers.



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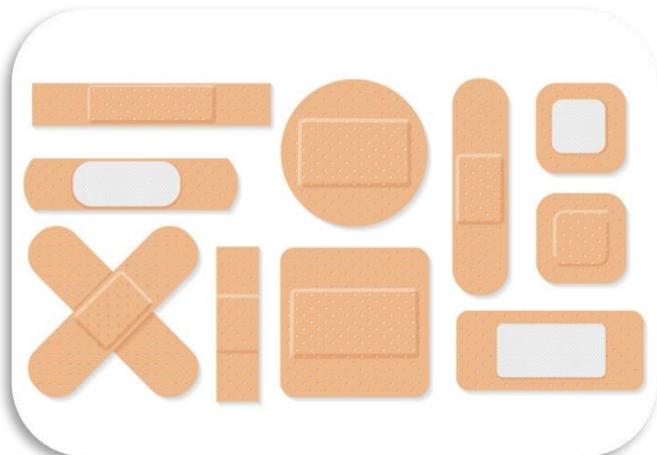
Get Well Soon

Equipment: fabric plasters, pens

Set Up: You could do this activity at a table, maybe with your family. Or in your bedroom.

Suggested Instructions:

Do you know someone – maybe a friend or someone in your family – who isn't well? If you want to, you can write their name onto one of the fabric plasters as a hope or a prayer that they get better soon. Stick the plaster somewhere visible (e.g. on the fridge, on your bedroom door, etc.) where you'll see it every day.



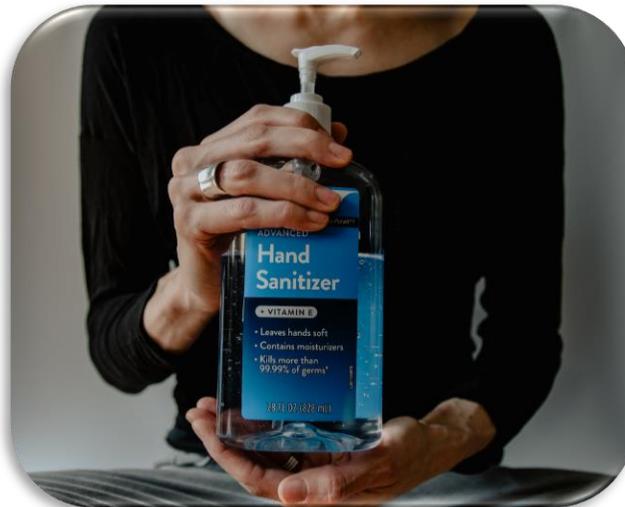
Help the Helpers

Equipment: hand sanitiser

Set Up: You could do this activity whenever you use a hand sanitiser, perhaps whenever you come in or out of your house.

Suggested Instructions:

Squirt a bit of the sanitiser onto one of your hands and rub it in until it's all gone. As you do this, think about the nurses, doctors and other health professionals who are trying to help people who are sick to get better. If you want to, you can say a hope or a prayer for their safety and protection.



Love > (is bigger than) Fear

Equipment: paper, pens, love-heart shapes or love-heart Post-it notes

Set Up: You could do this activity at a table, maybe with your family. Or in your bedroom.

Suggested Instructions:

Fear can feel HUGE and overwhelming. If you want to, you can write your fears about the coronavirus disease onto a piece of paper. But then, you can stick love-heart shapes on top of those fears, completely covering them, as a hope or a prayer to be set free from fear.

1 John 4:18 *"There is no fear in love, but perfect love casts out fear."*

