

LET US PRAY



Prayers for
**COMMUNITY
HEALTH**

★ TEXAS IMPACT

**Texas Impact's
Prayers for Community Health
created by:
Heather Malkawi
Julia Burkley
& Rev. Dr. Krystal Leedy**

LET US PRAY

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A Prayer for **a pandemic**



May we who are merely inconvenienced
Remember those whose lives are at stake.
May we who have no risk factors
Remember those most vulnerable.
May we who have the luxury of working from home
Remember those who must choose between preserving their
health or making their rent.
May we who have the flexibility to care for our children when
their schools close
Remember those who have no options.
May we who have to cancel our trips
Remember those that have no safe place to go.
May we who are losing our margin money in the tumult of the
economic market
Remember those who have no margin at all.
May we who settle in for a quarantine at home
Remember those who have no home.
As fear grips our country,
let us choose love.
During this time when we cannot physically wrap our arms
around each other,
Let us yet find ways to be the loving embrace of God to our
neighbors.
Amen.

*"Those who go out weeping, bearing the seed for
sowing, shall come home with shouts of joy,
carrying their sheaves." Psalm 126:5-6*

Prayers for protection

Prayer for Protection of People at Higher Risk of Developing the Disease

Dear Lord,

We lift to You our concern for people who are more likely than others to become severely ill from COVID-19 –

the elderly and people with chronic health conditions.

Protect them from harm and be their comfort.

In this time of uncertainty and for many continued preventive isolation from loved ones.

Amen.



A Prayer for Putting on a Face Mask

Creator, as I prepare to go into the world,
help me to see the sacrament
in the wearing of this cloth –
let it be “an outward sign of an inward grace” –
a tangible and visible way
of living love for my neighbors, as I love myself.

Christ, since my lips will be covered,
uncover my heart, that people would see my smile
in the crinkles around my eyes.
Since my voice may be muffled,
help me to speak clearly,
not only with my words, but with my actions.

Holy Spirit, as the elastic touches my ears,
remind me to listen carefully –
and full of care – to all those I meet.
May this simple piece of cloth be shield and banner,
and each breath that it holds,
be filled with your love.

In your Name and in that love, I pray.
May it be so. May it be so.

*“for the Lord gives
wisdom: from his mouth
come knowledge and
understanding”
Proverbs 2:6*

Prayers for those affected by coronavirus



For the Sick, Especially Those Who Suffer Coronavirus

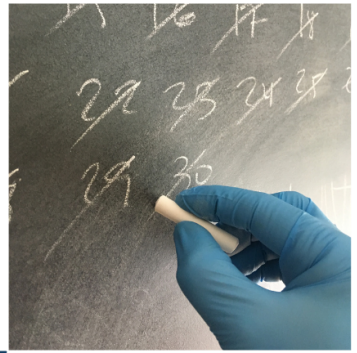
Heavenly Father, giver of life and health:
Comfort and relieve your sick servants,
especially those who suffer coronavirus,
and give your power of healing to those who minister to their needs,
that those for whom our prayers are offered may be strengthened
in their weakness and have confidence in your loving care;
through Jesus Christ our Lord, who lives and reigns with you and the
Holy Spirit, one God, now and forever. Amen.

Prayer for those affected by COVID and disparities therein

Oh God of all comfort,
we pray for those who have been, who are, and who will be,
affected by all that encompasses Covid-19.
The physical, mental, spiritual, emotional, and financial burdens are great.
And we know that not everyone is affected equally, or justly.
We pray especially for those who are risking their lives for the protection
and sustenance of others.
And we pray mightily with, and for, those whose voices often go unheard.
We ask that You will look upon those who the world tries to look away from.
May they know especially that they are heard, they are held, and they are
loved.
May they know Your truth in a world full of lies.
May they know your protection in a world full of violence.
And may they know your abundance in a world full of poverty.
No one child should have to fight so hard for the inheritance that You so
freely gave to all.
By Your name we are beloved, we belong, and we are beautiful. Amen.

*"Be strong and courageous: do not be frightened or
dismayed. for the Lord your God is with you wherever
you go." Joshua 1:29*

A Prayer for **quarantine**



Creator God,
Who made breath, who made life, who made our bodies,
You know what it is to be human like us:
Vulnerable, unique, and a part of a community
As we look to the well-being of others,
We look at ourselves in the mirror and ask,
“What does it mean to love our neighbors as we love ourselves?”
And it is in that great love, which you taught and embodied,
That we find ourselves now in isolation.
Recognizing that you are infinite,
And we are not.
As you know, it is hard to feel vulnerable,
And it is maddening to need a hug
When we can only see the faces of our friends through Zoom.
May the days we spend alone be days where we feel your presence.
And may these days be ones of rest.
Help us to see how temporary discomfort
Can somehow, by your grace, help heal the world.
May your justice reconcile all people to ourselves
And the earth from which we were created.
Bring us together once again
When we can be your body,
Breaking bread and drinking wine,
Telling your story and sharing in joy.
“Stay with us Lord,
For it is evening, and the day is almost over.”
Amen.

Prayers for vocation & leadership



Prayer for those returning to work

Lord, you know what it is like to be alone and be afraid. You know what it is like to be sent where you did not want to go. And so we pray for those who are soon returning to their workplaces. And we pray especially for those who are returning to places which now hold memories of sickness, of trauma, of pain. Walk ahead of them and walk beside them. And especially we ask, with your loving gaze, watch over them.

Prayer for leaders responsible for making decisions about the coronavirus

Gracious God and Father, Maker of all things and source of wisdom and goodness, we seek Your guidance daily.

Make your presence felt to those various persons who have the high responsibility of making decisions that affect the lives and futures of our families, communities, countries, and the wider world.

We pray that they communicate clearly, truthfully, and calmly — with each other and with the public — and that their messages are crafted with the goal of the safety and welfare of all. May truth and empathy be the touchstones of anyone tasked with setting policies for our protection.

Help those in authority see the people they govern as valued members of their own families; give them clear vision as well as hope.

May they, leaders both elected and appointed, serve as did Our Lord Jesus, with true compassion and in Your Truth.

We ask this, as always, in the name of Jesus, your Son and Our Lord.
Amen.

*"I can do all things
through him who
strengthens me."
Philippians 4:13*

prayer-parenting-pandemic

This is a prayer for parenting in a pandemic
A prayer for the dirty laundry and piled up dishes,
A prayer for dance parties and cuddle puddles,
For long walks and improved “science experiments,”
For screen time as education and distraction,

This is a prayer for working parents zooming another
meeting with a little face joining in,
for new parents, waiting for new life without support
for the single parents, doing all this alone

For parents who are on the front lines,
and essential workers,
who worry every day about being away from home,
about bringing something home,
about holding it all together as you hold the world together.

This is a prayer for the more than 2,000 meals you’ve made
For the hundred-millionth time you’ve heard “Can I have a
snack?”
For the 5 minutes of alone time you can squeak out every
day
For the 2, 4, 6, 60 gray hairs you’ve acquired, so far

This is a prayer for the meltdowns, the missed naps, the
many, many tears.
The distance-learning homework no one wants to do but
still, somehow, feel the need to fight about.

This is a prayer for wondering if they will ever fall asleep,
For wondering if they will ever get up
A prayer for pretending that you’re enjoying yourself while
you all play their favorite game.
This is a prayer for all the missed milestones:
missing their graduation.

For your own tears because you can’t fix this problem. This
is for all the milestones still marked:
The public birthday party parades,
And zoom proms hosted by celebrities,
The family celebrations of learning to walk,
The first lost tooth,
The private, personal celebrations of the many ways you’ve
watched your children grow and mature – right up close.

This prayer is for all the newly formed family bands
And midday, pajama clad dance parties,
For all the backyard bathing
For the new trampolines, new bikes, new play structures.

A prayer for inside obstacle courses,
And learning to make new crafts,
For all the pets that have joined new families.

This prayer for bonding and breaking,
For togetherness and too much togetherness,
This is a prayer for love,
For anger, for grief, for time out of time.
This is a prayer for parenting in a pandemic.

*“Cast all your anxiety on him because he
cares for you.” 1 Peter 5:7*

Prayers for vaccines

A Reflection for Receiving the Coronavirus Vaccine

As we move from darkness to light
May we take this vaccine as a sign of what
is to come:

A world reopened and renewed
Embracing family and friends
Gathering together in joy
May we also be mindful of what has been
The lives lost, the sorrow felt
And may the past and present intertwine
Giving us hope for the future.



A Prayer on a Child [of God's] Vaccination Day

For this moment that we've waited for;
For getting through this together;
For each child who holds out an arm
and says, "I'm ready."

For the caregivers who sustain us;
For the scientists who made this day
possible;

For the teachers who will breathe
easier;

For the frontline workers who keep
things running;

For the doctors and nurses who work
through exhaustion;

For our elders, the keepers of
knowledge.

For the makers of masks;

For the bakers of bread;

For the words that soothed when hugs
weren't possible.

For finding new ways;
For making it through;
For those who didn't make it though.

For all that we've learned;
For all that we've lost;
For all the healing we need.

For the tears of relief;
For the fears we still hold;
For the journey ahead.

For the future;
For hope;
For each other.

*"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 40:31*

Litany in the times of covid-19

With all our hearts and minds, let us pray to the Lord believing God hears our prayers and sees our tears.

God of eternal love, this covid-19 pandemic opened a Pandora's Box of deadly virus causing untold suffering to the world, causing diseases and death to millions of people and wreaking havoc to the economy. Look with compassion upon your people, and all people are your people. Heal the sick, save the dying, give eternal rest to the dead and comfort the bereaved.

Lord, in your mercy, Hear our prayer.

God of all creation, you meant us to be a single people; ruled by love, justice, freedom and peace. Break down the walls of our disunity that we may build bridges of understanding, harmony and solidarity. Weave us together even in our racial, cultural, ethnic and language diversity. Knit us to be one Body in one Spirit. Help us to realize that in these times of pandemic, we are all in this together and mutually in need of each other's encouragement and grace.

Lord, in your mercy, Hear our prayer.

We pray for the doctors, nurses and all medical and health care workers who are on the frontlines of the battle against covid-19. Cover them with divine protection and give them the double portion of your strength as they care for the sick thereby expose themselves to the virus and risking their health and the health of their families.

Lord, in your mercy, Hear our prayer.

continued

Litany

in the times of covid-19

We pray for the scientists, the immunologists, the pharmaceuticals that they may soon discover the effective and risk-free medicines and vaccines. Give them wisdom and humility to seek divine guidance and tap into divine intelligence from the One who created the world and everything in it.

Lord, in your mercy, Hear our prayer.

We pray for the elderly, those with pre-existing health issues and children who are most vulnerable to viral infections. Enable them to take extra precaution in physical distancing, hygienic behavior and strengthen their immunity to the virus.

Lord, in your mercy, Hear our prayer.

We pray for people of color who are most impacted in terms of infection and death. For the African Americans who are on the frontlines as workers of essential services; for Latino Americans who have the most number of blue collar workers; for the Indigenous Americans on the reservations with inadequate medical help; and for the Asian Americans who suffer unjust treatment due to the misnaming of covid-19 as "Chinese virus."

Lord, in your mercy, Hear our prayer.

We pray for the leaders of our government that they may set aside political partisanship and work in harmony for the common good. Help them to listen to the cries from the grassroots that their hearts may burn with compassion on the plight of the people. Enable them to make wise and just decisions, choosing public health over private profit, choosing life over death.

Lord, in your mercy, Hear our prayer.

continued

Litany

in the times of covid-19

We pray for religious leaders; that we all maybe one even as you and Christ are One. In these times of pandemic, we are all God's children and siblings in Christ who suffered and died for all on the cross at Calvary. Help us to care for one another and to share God's love in the life we lead, in the relationships we create, in the words we speak and in the works we do.

Lord, in your mercy, Hear our prayer.

We pray for those who follow social distancing, wearing masks, frequent handwashing and all other safety precautions to avoid spreading the virus and halt infections. Help us to embrace suffering as discipline, knowing that "suffering produces endurance and endurance produces character and character produces hope" (Romans 5:3-4).

Lord, in your mercy, Hear our prayer.

We pray for the whole creation, that in our common "groaning" we may see a birth of a new world, a world where love and justice meet and where freedom and righteousness kiss each other. We pray that the Reign of God will be on our lips and in our hearts spreading not the deadly virus of hate and selfishness but a life-giving virus of love, mercy and compassion. Unleash not your judgment O Lord but your forgiveness that we may incline our hearts to keep your law and love one another as Jesus loved us. May this pandemic unite us to be the kind of people that you want us to be. All these we ask in the name of Jesus Christ who holds all things together and who reigns with you and the Holy Spirit, one God forever and ever.

Amen.

Morning & Evening prayers

A Morning Breath Prayer

(inhale)

Holy Spirit, Breath of Life,

(exhale)

Inspire me alive in these days.

A Prayer Before Going to Sleep

God our Father, by whose mercy
the world turns safely into darkness and returns again to light:
we place in your hands our unfinished tasks,
our unsolved problems, and our unfulfilled hopes,
knowing that only what you bless will prosper.
To your love and protection
we commit each other and all those we love,
knowing that you alone are our sure defender,
through Jesus Christ our Lord.

*"He who rescued us
from so deadly a peril
will continue to rescue
us; on him we have
set our hope that he
will rescue us again."
2 Corinthians 1:10*



A Plan to **move forward**



1 In your congregation

So much has happened over the past two years. Moving into this new year, ponder how to take account of changes like births, deaths, weddings, and graduations that may not have been observed in-person. Could you memorialize your congregation's COVID journey in a journal or timeline?



2 In your community

Our wider communities have new needs as well as ongoing needs that may not have been met recently. It's time for a check-in with local care providers, schools, and others who serve vulnerable populations: are there new ways to help, or ways to re-engage?



3 In your state

COVID-19 has exposed weaknesses in systems like healthcare, transportation, and communications that require public policy solutions. You can learn more and get involved in advocating for stronger public infrastructure and policy frameworks at [texasimpact.org](https://www.texasimpact.org).

notes

notes

of the prayers



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WorldVision & Rev. Richard Bott
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Book of Common Prayer & Mags Trim
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Mags Trim & Jen Pollock Michel
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Rabbi Rebecca Kamil & Katherine Kline
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Breath Prayer & Church of South India

"We know that all things work together for good for those who love God, who are called according to his purpose."

Romans 8:28



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