



**COVID-19  
SPIRITUAL  
HEALTH  
KIT**

**SELECTIONS FROM THE**

**BOOK OF COMMON PRAYER  
1979**

**& THE**

**PRAYER BOOK FOR THE ARMED FORCES  
2008**

# INTRODUCTION

Grace & Peace to You from God our Father and the Lord Jesus Christ!

We find ourselves faced with challenges unlike any in our lifetimes, with an easily transmittable disease sweeping the globe, sickening millions, killing many thousands, and creating chaos in our lives.

If you are struggling mentally and spiritually to endure, please know this: **YOU ARE NOT ALONE!**

Though social distancing mandates preclude customary religious gatherings, we can still worship, pray, meditate, and draw support from our God through Jesus Christ our Lord. The selections in this collection are from the rich Anglican tradition of common prayer. Though the prayers are “scripted” as such, the process of praying is always active and intentional. The readings and prayers that follow are meant to support your own personal prayer life, and provide you with easy-to-access hope. Regularly engaging them can help us all remain spiritually connected even when we are socially distanced.

Though the world is wracked with troublesome changes, the love of God is constant, and assures us that we will get through this. Illness, death, and despair will not get the last word. Love will prevail.

The Rev. J. Eric Thompson, Rector  
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Eastertide, 2020

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Healing Peter's Mother-in-law  
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## **THE APOSTLES' CREED**

I believe in God, the Father almighty, creator of heaven and earth. I believe in Jesus Christ, his only son, our Lord. He was conceived by the power of the Holy Spirit and born of the Virgin Mary. He suffered under Pontius Pilate, was crucified, died, and was buried. He descended to the dead. On the third day he rose again. He ascended into heaven, and is seated at the right hand of the Father. He will come again to judge the living and the dead. I believe in the Holy Spirit, the holy catholic Church, the communion of saints, the forgiveness of sins, the resurrection of the body, and the life everlasting. 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, for ever and ever. Amen.

## CONFESSION & FORGIVENESS

Almighty God, our heavenly Father: We have sinned against you, through our own fault, in thought, and word, and deed, and in what we have left undone. For the sake of your Son our Lord Jesus Christ, forgive us all our offenses; and grant that we may serve you in newness of life, to the glory of your Name. *Amen.*

May the Almighty God grant us forgiveness of all our sins, and the grace and comfort of the Holy Spirit.

*Amen.*

*When used alone, substitute "I" for "we," and "me / my" for "us / our."*



# PRAYER FOR THE MORNING

## *PRAISE*

Open my lips, O Lord, \*  
and my mouth shall proclaim your praise.  
Create in me a clean heart, O God, \*  
and renew a right spirit within me.  
Cast me not away from your presence \*  
and take not your holy Spirit from me.  
Give me the joy of your saving help again \*  
and sustain me with your bountiful Spirit.  
Glory to the Father, and to the Son,  
and to the Holy Spirit: \*  
as it was in the beginning, is now,  
and will be for ever. Amen.

*From Psalm 51*

## *A READING*

*You may substitute another Bible Reading, including those here.*  
Blessed be the God and Father of our Lord Jesus Christ!  
By his great mercy we have been born anew to a living  
hope through the resurrection of Jesus Christ from the  
dead.

*1 Peter 1:3*

## *MEDITATION*

*Take a moment to think about the Reading.*

### *APOSTLES' CREED*

#### *MOMENT OF PRAYER*

*for Ourselves and Others*

### *LORD'S PRAYER*

#### *PRAYER FOR THE MORNING*

Lord God, almighty and everlasting Father, you have brought us in safety to this new day: Preserve us with your mighty power, that we may not fall into sin, nor be overcome by adversity; and in all we do, direct us to the fulfilling of your purpose; through Jesus Christ our Lord. *Amen.*

# PRAYER AT NOON

## *PRAISE*

Give praise, you servants of the LORD; \*  
praise the Name of the LORD.

Let the Name of the LORD be blessed, \*  
from this time forth for evermore.

From the rising of the sun to its going down \*  
let the Name of the LORD be praised.

The LORD is high above all nations, \*  
and his glory above the heavens. *From Psalm 113*

## *A READING*

*You may substitute another Bible Reading, including those here.*

O God, you will keep in perfect peace those whose minds  
are fixed on you; for in returning and rest we shall be saved;  
in quietness and trust shall be our strength.

*Isaiah 26:3; 30:15*

## *MOMENT OF PRAYER* *for Ourselves and Others*

### *LORD'S PRAYER*

## *PRAYER AT NOON*

Blessed Savior, at this hour you hung upon the cross, stretching out your loving arms: Grant that all the peoples of the earth may look to you and be saved; for your mercies' sake. *Amen.*

*or this*

Lord Jesus Christ, you said to your apostles, "Peace I give to you; my own peace I leave with you." Regard not our sins, but the faith of your Church, and give to us the peace and unity of that heavenly City, where with the Father and the Holy Spirit you live and reign, now and for ever. *Amen.*

## **PRAYER IN THE EARLY EVENING**

*This devotion may be used before or after the evening meal.*

### *PRAISE*

O gracious light, pure brightness of the everliving Father in heaven, O Jesus Christ, holy and blessed! Now as we come to the setting of the sun, and our eyes behold the vesper light, we sing your praises, O God: Father, Son, and Holy Spirit. You are worthy at all times to be praised by happy voices, O Son of God, O Giver of Life, and to be glorified through all the worlds.

## *A READING*

*You may substitute another Bible Reading, including those here.*

It is not ourselves that we proclaim; we proclaim Christ Jesus as Lord, and ourselves as your servants, for Jesus' sake. For the same God who said, "Out of darkness let light shine," has caused his light to shine within us, to give the light of revelation--the revelation of the glory of God in the face of Jesus Christ.     *2 Corinthians 4:5-6*

## *MOMENT OF PRAYER* *for Ourselves and Others*

### *LORD'S PRAYER*

#### PRAYER FOR EVENING

Lord Jesus, stay with us, for evening is at hand and the day is past; be our companion in 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.*

# PRAYER AT BEDTIME

## *PRAISE*

Behold now, bless the LORD,  
all you servants of the LORD, \*  
you that stand by night  
in the house of the LORD.

Lift up your hands in the holy place  
and bless the LORD; \*  
the LORD who made heaven and earth  
bless you out of Zion.

*Psalm 134*

## *A READING*

*You may substitute another Bible Reading, including those here.*

Lord, you are in the midst of us and we are called by  
your Name: Do not forsake us, O Lord our God.

*Jeremiah 14:9,22*

## *THE SONG OF SIMEON*

Lord, you now have set your servant free \*  
to go in peace as you have promised;  
For these eyes of mine have seen the Savior, \*  
whom you have prepared  
for all the world to see;  
A Light to enlighten the nations, \*  
and the glory of your people Israel.

*Luke 2:29-32*

## *MOMENT OF SILENT PRAYER* *for Ourselves and Others*

*Remember to give thanks for the blessings of the day.*

## *CONFESSION & FORGIVENESS*

### *LORD'S PRAYER*

## PRAYERS FOR THE NIGHT

Visit this place, O Lord, and drive far from it all snares of the enemy; let your holy angels dwell with us to preserve us in peace; and let your blessing be upon us always; through Jesus Christ our Lord. *Amen.*

The almighty and merciful Lord, Father, Son, and Holy Spirit, bless us and keep us. *Amen.*

# HELPFUL BIBLE READINGS

Deuteronomy 31:6

*Be strong and bold, have no fear*

Psalms 23

*You have anointed my head with oil*

Psalms 46:1-3

*God is our refuge and strength*

Psalms 91

*He will give his angels charge over you*

Psalms 103

*He forgives all your sins*

Psalms 145:14-22

*The eyes of all wait upon you, O Lord*

Isaiah 41:10

*Do not fear, for I am with you*

Matthew 9:2-8

*Your sins are forgiven*

Matthew 11:28-30

*Come to me all who are weary*

Mark 6:7,12-13

*They anointed with oil many that were sick*

Luke 17:11-19

*Your faith has made you well*

John 3:16-17

*For God so loved the world*

Hebrews 12:1-2

*Looking to Jesus, the perfecter of our faith*

2 Corinthians 1:3-5

*God comforts us in affliction*

2 Corinthians 12:9-10

*My grace is sufficient for you*

James 5:14-16

*Is any among you sick?*

1 John 5:13-15

*That you may know that you have eternal life*



# PRAYERS FOR VARIOUS OCCASIONS

## *FOR A SICK PERSON*

O Father of mercies and God of all comfort, our only help in time of need: We humbly beseech thee to behold, visit, and relieve thy sick servant *N.* for whom our prayers are desired. Look upon *him* with the eyes of thy mercy; comfort *him* with a sense of thy goodness; preserve *him* from the temptations of the enemy; and give *him* patience under *his* affliction. In thy good time, restore *him* to health, and enable *him* to lead the residue of his life in thy fear, and to thy glory; and grant that finally *he* may dwell with thee in life everlasting; through Jesus Christ our Lord. *Amen.*

## *FOR RECOVERY FROM SICKNESS*

O God, the strength of the weak and the comfort of sufferers: Mercifully accept our prayers, and grant to your servant *N.* the help of your power, that *his* sickness may be turned into health, and our sorrow into joy; through Jesus Christ our Lord. *Amen.*

*or this*

O God of heavenly powers, by the might of your command you drive away from our bodies all sickness and all infirmity: Be present in your goodness with your servant *N.*, that *his* weakness may be banished and *his* strength restored; and that, *his* health being renewed, *he* may bless your holy Name; through Jesus Christ our Lord. *Amen.*

*FOR A SICK CHILD*

Heavenly Father, watch with us over your child *N.*, and grant that *he* may be restored to that perfect health which it is yours alone to give; through Jesus Christ our Lord. *Amen.*

*or this*

Lord Jesus Christ, Good Shepherd of the sheep, you gather the lambs in your arms and carry them in your bosom: We commend to your loving care this child *N.* Relieve *his* pain, guard *him* from all danger, restore to *him* your gifts of gladness and strength, and raise *him* up to a life of service to you. Hear us, we pray, for you dear Name's sake. *Amen.*

*FOR STRENGTH AND CONFIDENCE*

Heavenly Father, giver of life and health: Comfort and relieve your sick servant *N.*, and give your power of healing to those who minister to *his* needs, that *he* may be strengthened in *his* weakness and have confidence in your loving care; through Jesus Christ our Lord. *Amen.*

*FOR THE SANCTIFICATION OF ILLNESS*

Sanctify, O Lord, the sickness of your servant *N.*, that the sense of *his* weakness may add strength to *his* faith and seriousness to *his* repentance; and grant that *he* may live with you in everlasting life; through Jesus Christ our Lord. *Amen.*

*FOR HEALTH OF BODY AND SOUL*

May God the Father bless you, God the Son heal you, God the Holy Spirit give you strength. May God the holy and undivided Trinity guard your body, save your soul, and bring you safely to his heavenly country; where he lives and reigns for ever and ever. *Amen.*

*FOR HEALTHCARE WORKERS*

Sanctify, O Lord, those whom you have called to the study and practice of the arts of healing, and to the prevention of disease and pain. Strengthen them by your life-giving Spirit, that by their ministries the health of the community may be promoted and your creation glorified; through Jesus Christ our Lord. *Amen.*

*THANKSGIVING FOR A BEGINNING OF RECOVERY*

O Lord, your compassions never fail and your mercies are new every morning: We give you thanks for giving our brother (sister) N. both relief from pain and hope of health renewed. Continue in him, we pray, the good work you have begun; that he, daily increasing in bodily strength, and rejoicing in your goodness, may so order his life and conduct that he may always think and do those things that please you; through Jesus Christ our Lord. *Amen.*

*FOR TRUST IN GOD*

O God, the source of all health: So fill my heart with faith in your love, that with calm expectancy I may make room for your power to possess me, and gracefully accept your healing; through Jesus Christ our Lord. *Amen.*

*IN PAIN*

Lord Jesus Christ, by your patience in suffering you hallowed earthly pain and gave us the example of obedience to your Father's will: Be near me in my time of weakness and pain; sustain me by your grace, that my strength and courage may not fail; heal me according to your will; and help me always to believe that what happens to me here is of little account if you hold me in eternal life, my Lord and my God. *Amen.*

*FOR SLEEP*

O heavenly Father, you give your children sleep for the refreshing of soul and body: Grant me this gift, I pray; keep me in that perfect peace which you have promised to those whose minds are fixed on you; and give me such a sense of your presence, that in the hours of silence I may enjoy the blessed assurance of your love; through Jesus Christ our Lord. Amen.

*IN THE MORNING AMIDST ILLNESS*

This is another day, O Lord. I know not what it will bring forth, but make me ready, Lord, for whatever it may be. If I am to stand up, help me to stand bravely. If I am to sit still, help me to sit quietly. If I am to lie low, help me to do it patiently. And if I am to do nothing, let me do it gallantly. Make these words more than words, and give me the Spirit of Jesus. Amen.

*FOR CIVIL AUTHORITY*

O Lord our Governor, whose glory is in all the world: We commend this nation to thy merciful care, that, being guided by thy Providence, we may dwell secure in thy peace. Grant to the President of the United States, the Governor of this State (*or Commonwealth*), and to all in authority, wisdom and strength to know and to do thy will. Fill them with the love of truth and righteousness, and make them ever mindful of their calling to serve this people in thy fear; through Jesus Christ our Lord, who liveth and reigneth with thee and the Holy Spirit, one God, world without end. Amen.

*FOR THE UNEMPLOYED*

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

*FOR PROTECTION*

Assist us mercifully, O Lord, in these our supplications and prayers, and dispose the way of thy servants towards the attainment of everlasting salvation; that, among all the changes and chances of this mortal life, they may ever be defended by thy gracious and ready help; through Jesus Christ our Lord. Amen.

*A PRAYER OF SELF-DEDICATION*

Almighty and eternal God, so draw our hearts to thee, so guide our minds, so fill our imaginations, so control our wills, that we may be wholly thine, utterly dedicated unto thee; and then use us, we pray thee, as thou wilt, and always to thy glory and the welfare of thy people; through our Lord and Savior Jesus Christ. Amen.



*A PRAYER ATTRIBUTED TO ST. FRANCIS*

Lord, make us instruments of your peace. Where there is hatred, let us sow love; where there is injury, pardon; where there is discord, union; where there is doubt, faith; where there is despair, hope; where there is darkness, light; where there is sadness, joy. Grant that we may not so much seek to be consoled as to console; to be understood as to understand; to be loved as to love. For it is in giving that we receive; it is in pardoning that we are pardoned; and it is in dying that we are born to eternal life. Amen.