

PRAYERS AND THOUGHTS FOR WHEN WE ARE WORRIED

We have been locked down for 6 weeks at the least, some of us longer, and in a sense we may find we are getting used to the situation and the restrictions placed on us. Like most of you, I conform to the rules, because the science says it will help slow the course of the virus and reduce both our chances of getting it, but also spreading it to others. All of which will take the pressure off our NHS and move us towards some sort of normality, even if it isn't quite what we remember from pre lockdown days.

And while there is no specific talk or time scale on releasing the lockdown, the idea that there may be some kind of relaxing of it, even if it means wearing facemasks (which to be honest, sounds ghastly to me), is in the conversation now.

I wonder how you feel about this? Perhaps pleased, relieved, frightened, worried that it all might happen too soon and go wrong, leading to a further increase in virus cases? For me, it's a mixture of these feelings, probably several times before breakfast, let alone the rest of the time. We all have a lot to think about, much of it potentially worrying, at the moment, and it probably won't change very much for a while.

By sheer coincidence the Psalm given in the Lectionary reading for this coming Sunday (4 of Easter) is the well known and loved Ps 23, The Lord's my Shepherd, which is well worth a reflection and another look at, giving us the assurance of the Lord's abiding presence and care for us. I have quoted it in a previous Post, so won't do so again now, but I do offer these two prayers which might just be appropriate for your use at this time. I'm afraid I can't attribute them to anyone, as I don't know the originator, but they came from a very good friend, who is also a Friend (Quaker) who was attending a Christian fellowship on a Cruise Ship, earlier this year. They go like this:-

In times of trouble

*Lord, take from me the wounds of yesterday,
the stress of today,
and fear for tomorrow.
For your love's sake.*

Amen

A prayer for every day

*Help me, O Lord, to live one day at a time.
Let your grace be sufficient for today.
Let me not be anxious about tomorrow.
Let me rest in the arms of your love,
in time and in eternity,
blessed by your goodness,
now and forever.*

Amen

May the Lord of peace be with you and all whom you love at this time.

Alice